**Online Supporting Material**

**Supplemental Figure 1**

A

B



C

D

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Funnel plot for the relations between GSE supplementation and serum levels of lipids (mmol/L) in (A) total cholestrol, (B) LDL-cholesterol, (C) HDL-cholesterol and (D) triglyceride. Based on visual inspection of funnel plots, we found no evidence of publication bias.

**Online Supporting Material**

**Supplemental Figure 2**

A

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B

C

D

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Sensitivity analysis of the relations between GSE supplementation and serum levels of lipids (mmol/L) in (A) total cholestrol, (B) LDL-cholesterol, (C) HDL-cholesterol and (D) triglyceride