**Supplemental Table 1.** Description of population, intervention, comparator and outcome (PICO)

|  |  |
| --- | --- |
| Population | Healthy and patients subjects |
| Intervention | Collagen peptide supplementation |
| Comparison | Placebo |
| Outcome | Anthropometric and body composition (body mass, fat mass, fat-free mass, and body mass index), lipid profile (LDL, HDL, triglyceride, and total cholesterol), blood pressure [both systolic blood pressure (SBP) and diastolic blood pressure (DBP)] and glycemic indices including fasting blood sugar, HbA1c, and insulin resistance |