**Supplementary Table 1**: Medical subject headings (MeSH) and non-MeSH keywords used to search relevant publications

|  |  |
| --- | --- |
| Concept 1 | "plum"[tiab] OR "Eugenia jambolana"[ MeSH ] OR “ Syzygium cumini”"[ MeSH ] OR ”Eugenia jambolana”[ MeSH ]OR “Plum Tree, Java"[ MeSH ] OR “Eugenia cumini”[ MeSH ] |
| Concept 2 | Intervention [tiab] OR Intervention Study [tiab] OR Intervention Studies [tiab] OR controlled trial [tiab] OR randomised [tiab] OR random [tiab] OR randomly [tiab]) OR placebo [tiab] OR assignment [tiab] OR randomized controlled trial [tiab] OR randomized clinical trial [tiab] OR randomized clinical trial [tiab] OR rct [tiab] OR blinded [tiab] OR double blind [tiab]) OR double blinded [tiab]) OR open-label [tiab]) OR trial [tiab] OR clinical trial [tiab] OR clinical trial [tiab] OR "Non-Randomized Controlled Trials"[tiab] OR "Non-Randomized Trials"[tiab]) OR "Non-Randomized "[tiab] OR "Clinical Trials as Topic"[Mesh] |

Without limitation to language or date of publication

The combination of keywords as mentioned above was used to search online databases. ("concept 1" AND "concept 2")

**Supplementary Table 2.** GRADE profile of plum supplementation on lipid profile

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcomes** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Publication Bias** | **Quality of evidence** |
| **TG** | No serious limitations | Serious Limitations | No Serious Limitations | Serious limitations | Serious limitations | ⊕◯◯ ◯ Very Low |
| **HDL** | No serious limitations | Serious Limitations | No Serious Limitations | Serious limitations | No serious limitations | ⊕⊕◯ ◯ Low |
| **LDL** | No serious limitations | Serious Limitations | No Serious Limitations | No serious limitations | No serious limitations | ⊕⊕◯ ◯ Moderate |
| **TC** | No serious limitations | Serious Limitations | No Serious Limitations | Serious limitations | No serious limitations | ⊕⊕◯ ◯ Low |