**Suppl. Table 1.** Subgroup analyses of green tea on glycemic control

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | NO | WMD (95%CI) | P within group | P heterogeneity | I2 (%) |
| Subgroup analyses of green tea supplementation on body weight. |
| Trial duration (week) |  |  |  |  |  |
| ≤8 | 5 | -0.28 (-1.92, 1.35) | 0.733 | 0.998 | 0.0% |
| >8 | 7 | -0.40 (-0.64, -0.16) | **0.001** | 0.999 | 0.0% |
| Green tea dosage (mg/day) |  |  |  |  |  |
| ≤800 | 7 | -0.39 (-0.63, -0.15) | **0.001** | 1.000 | 0.0% |
| >800 | 5 | -0.75 (-2.60, 1.09) | 0.424 | 0.989 | 0.0% |
| Obesity status |  |  |  |  |  |
| Overweight (25≤BMI<30) | 10 | -0.39 (-0.63, -0.15) | **0.001** | 1.000 | 0.0% |
| Obese (30≤BMI) | 2 | -1.28 (-4.25, 1.68) | 0.396 | 0.866 | 0.0% |
| Subgroup analyses of green tea supplementation on BMI. |
| Trial duration (week) |  |  |  |  |  |
| ≤8 | 6 | -0.09 (-0.60, 0.40) | 0.702 | 0.929 | 0.0% |
| >8 | 8 | -0.04 (-0.09, -0.00) | **0.049** | 0.039 | 52.7% |
| Green tea dosage (mg/day) |  |  |  |  |  |
| ≤800 | 8 | -0.04 (-0.09, -0.00) | **0.047** | 0.038 | 52.9% |
| >800 | 6 | -0.04 (-0.58, 0.49) | 0.868 | 0.929 | 0.0% |
| Obesity status |  |  |  |  |  |
| Overweight (25≤BMI<30) | 10 | -0.19 (-0.28, -0.10) | **<0.001** | 0.997 | 0.0% |
| Obese (30≤BMI) | 4 | 0.00 (-0.04, 0.06) | 0.767 | 0.866 | 0.0% |
| Subgroup analyses of green tea supplementation on WC. |
| Trial duration (week) |  |  |  |  |  |
| ≤8 | 3 | -1.14 (-3.09, 0.80) | 0.250 | 0.611 | 0.0% |
| >8 | 6 | -1.05 (-3.20, 1.10) | 0.339 | 0.004 | 71.2% |
| Green tea dosage (mg/day) |  |  |  |  |  |
| ≤800 | 5 | -0.68 (-3.40, 2.04) | 0.624 | 0.002 | 76.4% |
| >800 | 4 | -1.46 (-3.09, 0.16) | 0.078 | 0.723 | 0.0% |
| Obesity status |  |  |  |  |  |
| Overweight (25≤BMI<30) | 8 | -1.03 (-2.85, 0.78) | 0.263 | 0.003 | 67.9% |
| Obese (30≤BMI) | 1 | -2.20 (-5.16, 0.76) | 0.145 | - | - |
| Subgroup analyses of green tea supplementation on FM |
| Trial duration (week) |  |  |  |  |  |
| ≤8 | 1 | 0.42 (-1.18, 2.02) | 0.608 | - | - |
| >8 | 5 | -0.56 (-0.74, -0.39) | **<0.001** | 0.105 | 47.7% |
| Green tea dosage (mg/day) |  |  |  |  |  |
| ≤800 | 5 | -0.58 (-0.75, -0.40) | **<0.001** | 0.738 | 0.0% |
| >800 | 1 | 1.67 (0.02, 3.31) | **0.047** | - | - |
| Obesity status |  |  |  |  |  |
| Overweight (25≤BMI<30) | 5 | -0.58 (-0.75, -0.40) | **<0.001** | 0.738 | 0.0% |
| Obese (30≤BMI) | 1 | 1.67 (0.02, 3.31) | **0.047** | - | - |

Abbreviation, BMI, body mass index; WC, waist circumference; FM, fat mass; WMD, weighted mean difference; CI, confidence interval.