

Table SI. Summary of statistics of included studies with genotypes 1/2.

A, Changes in HOMA-IR

First author (year)	Diff in means of change in HOMA-IR	Lower limit	Upper limit	Z-value	P-value	(Refs.)
Kim (2009)	-2.770	-6.150	0.610	-1.606	0.108	(22)
Kawaguchi (2009)	-0.190	-0.724	0.344	-0.698	0.485	(34)
Petta (2009)	-0.209	-0.787	0.369	-0.708	0.479	(26)
Kawaguchi (2007)	-0.621	-1.062	-0.181	-2.764	0.006	(20)
Combined	-0.403	-0.695	-0.111	-2.708	0.007	
Combined without Kawaguchi (2007)	-0.233	-0.623	0.157	-1.172	0.241	(20)

B, Changes in HOMA- β

First author (year)	Diff in means of change in HOMA- β	Lower limit	Upper limit	Z-value	P-value	(Refs.)
Kawaguchi (2009)	-33.000	-117.771	51.771	-0.763	0.445	(34)
Kawaguchi (2007)	-15.021	-22.985	-7.058	-3.697	0.000	(20)
Combined effect	-15.179	-23.107	-7.250	-3.752	0.000	
Combined without Kawaguchi (2007)	-33.000	-117.771	51.771	-0.763	0.445	(20)

Diff, difference; HOMA, homeostasis model assessment; IR, insulin resistance.