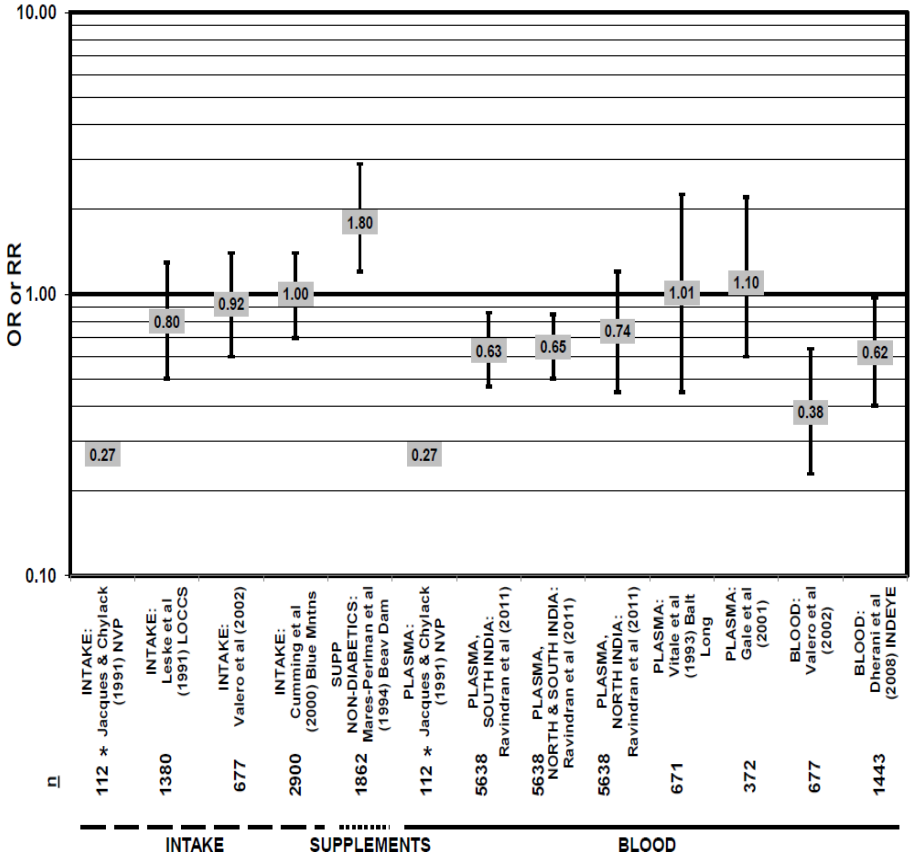
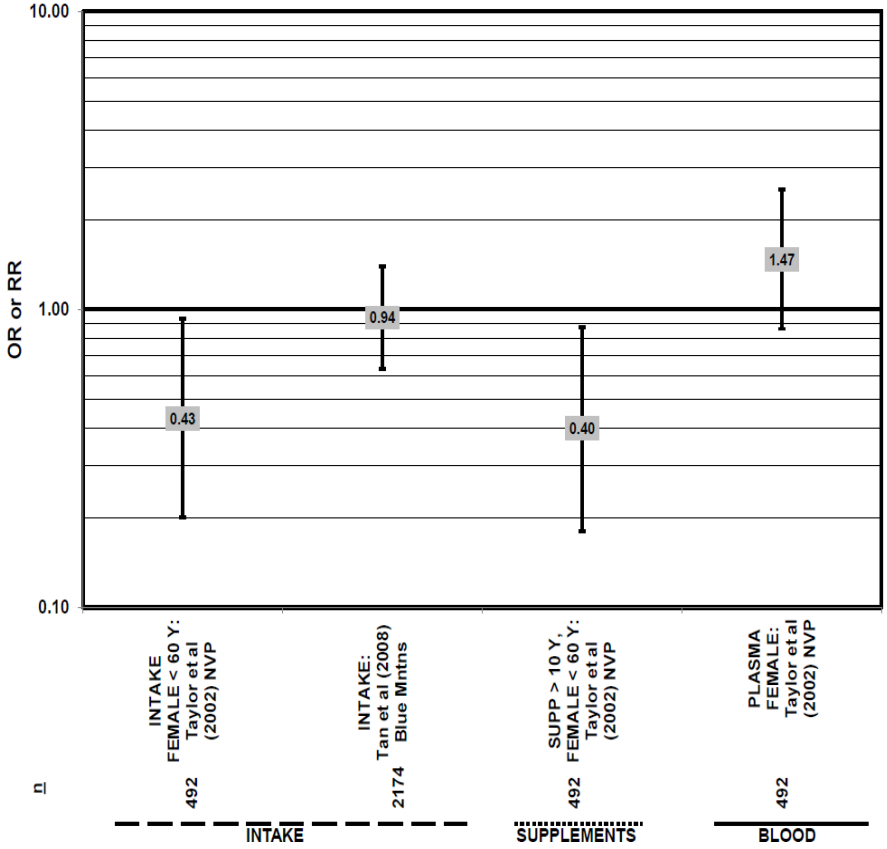
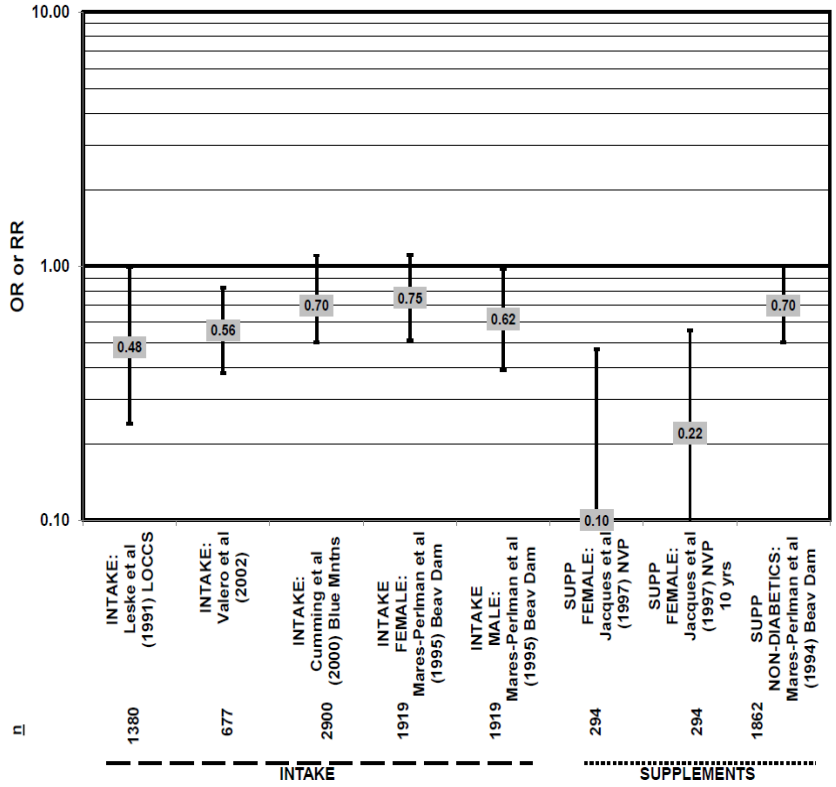


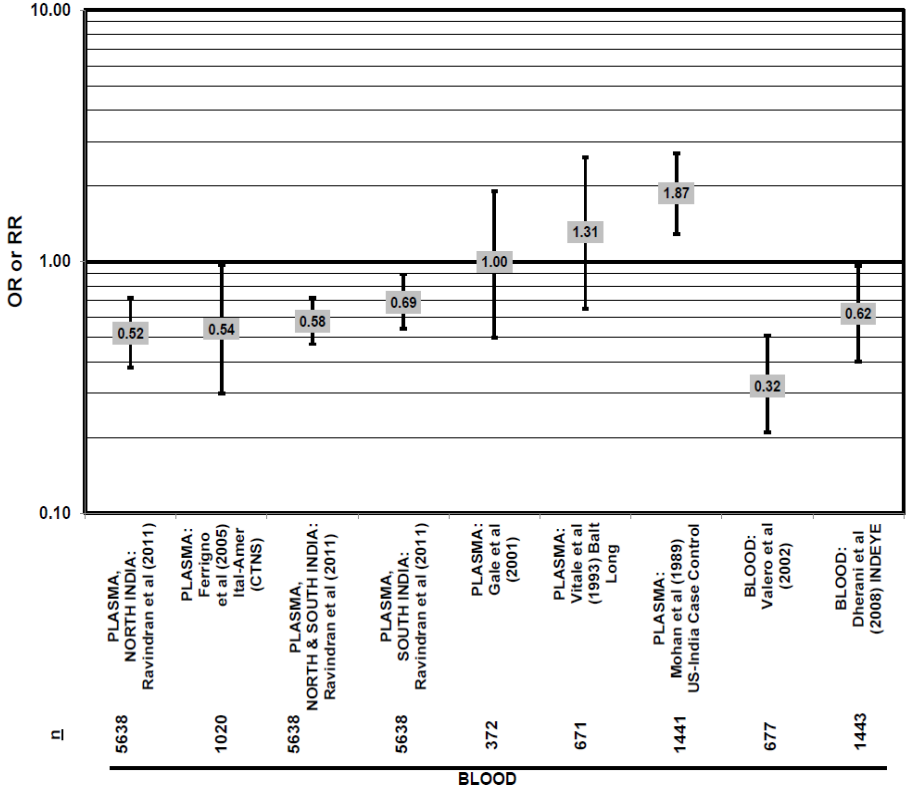
Supplemental Figure S1. Relationship between cortical cataract and high vs. low intake (with or without supplements) or blood levels of vitamin C: retrospective and cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[1-10]



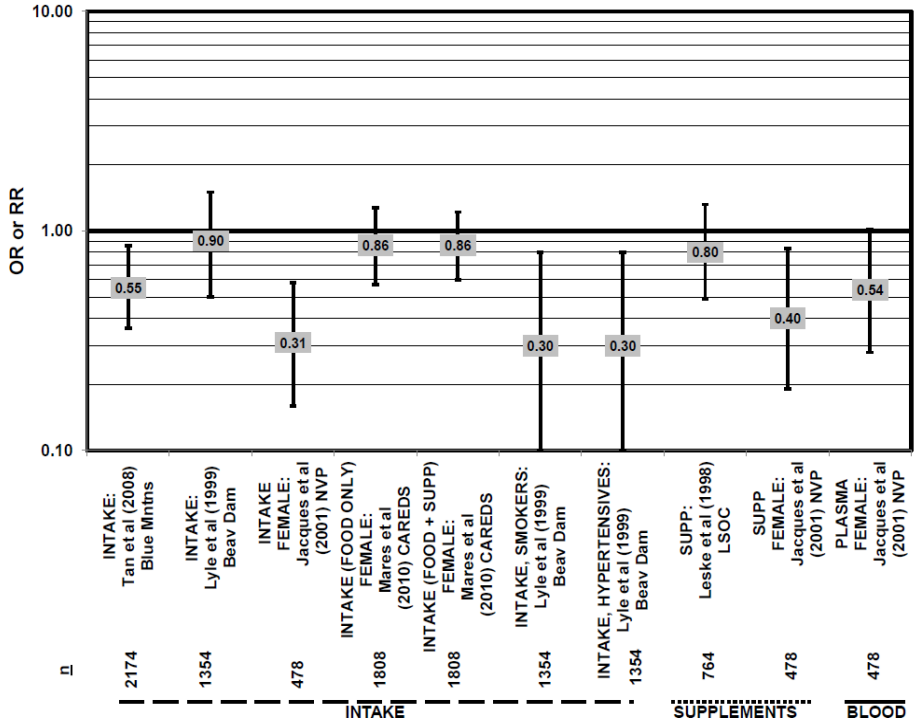
Supplemental Figure S2. Relationship between cortical cataract and high vs. low intake (with or without supplements) or blood levels of vitamin C: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[2, 11]



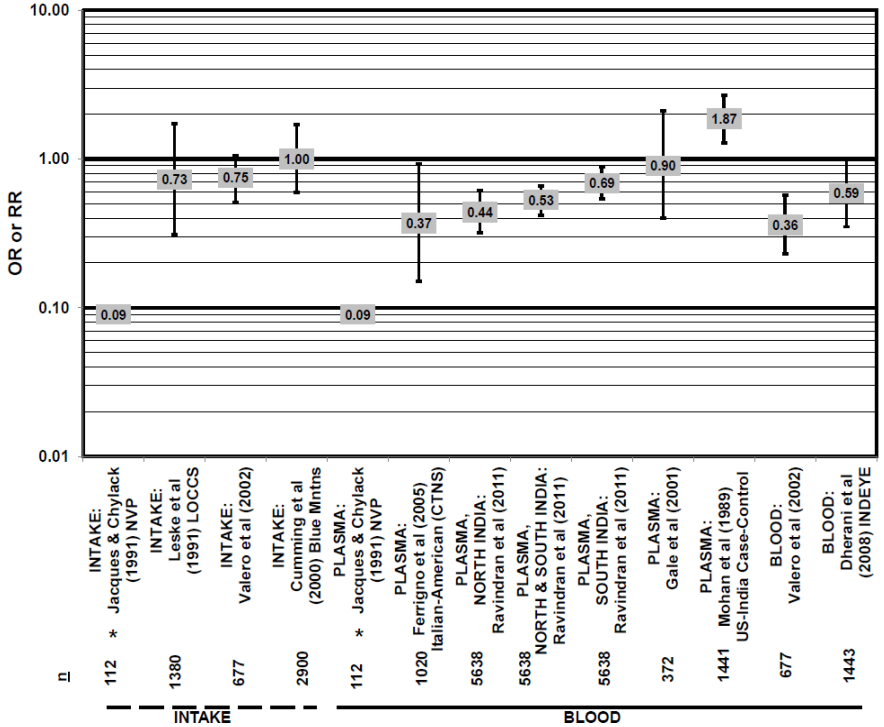
Supplemental Figure S3. Relationship between nuclear cataract and high vs. low intake (with or without supplements) of vitamin C: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 6, 7, 9, 12, 13]



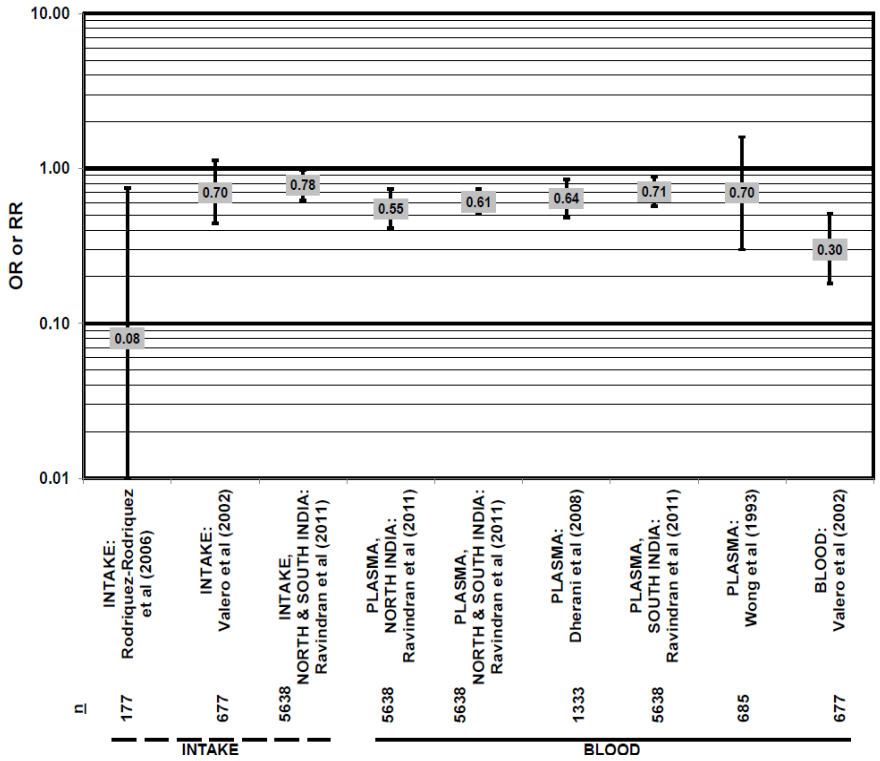
Supplemental Figure S4. Relationship between nuclear cataract and high vs. low blood levels of vitamin C: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[3, 5, 7, 10, 14-16]



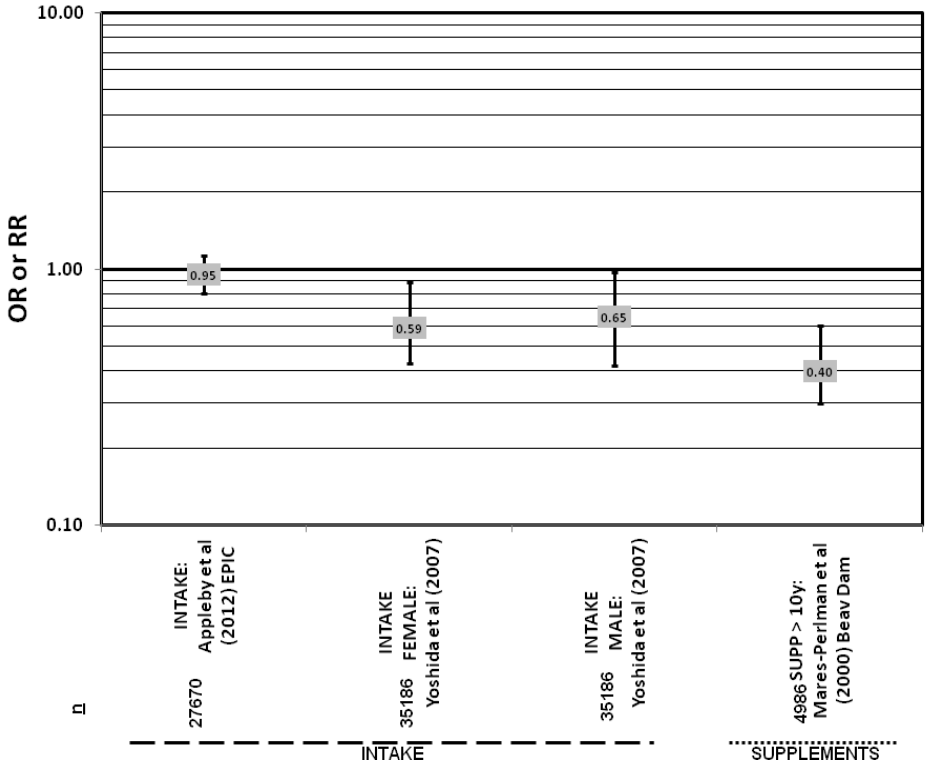
Supplemental Figure S5. Relationship between nuclear cataract and high vs. low intake (with or without supplements) or blood levels of vitamin C: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[11, 17-20]



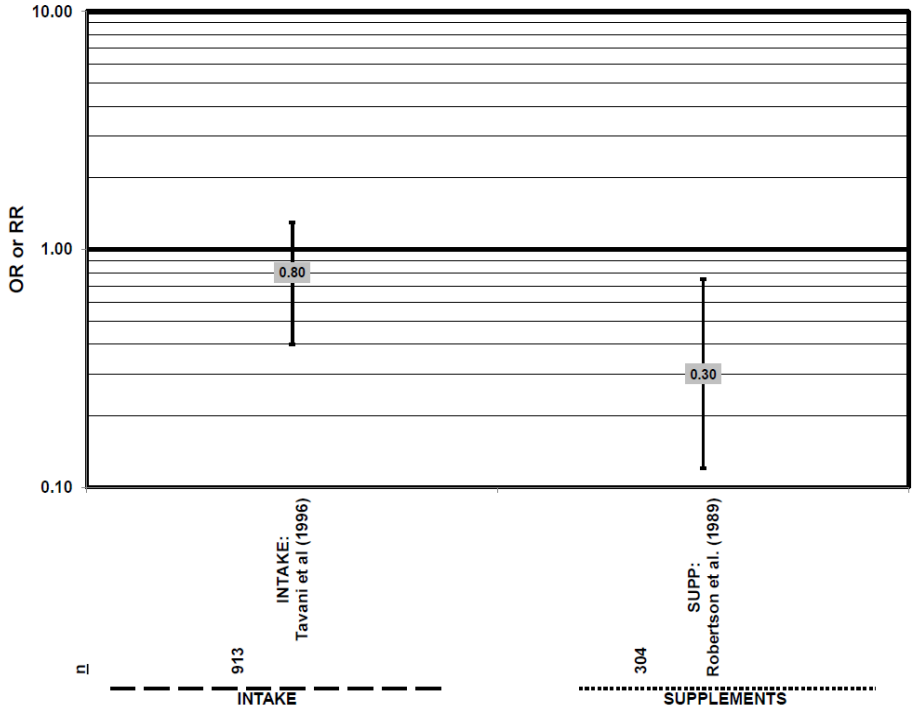
Supplemental Figure S6. Relationship between posterior subcapsular cataract and high vs. low intake or blood levels of vitamin C: retrospective and cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[1, 3, 4, 6, 7, 10, 14-16]



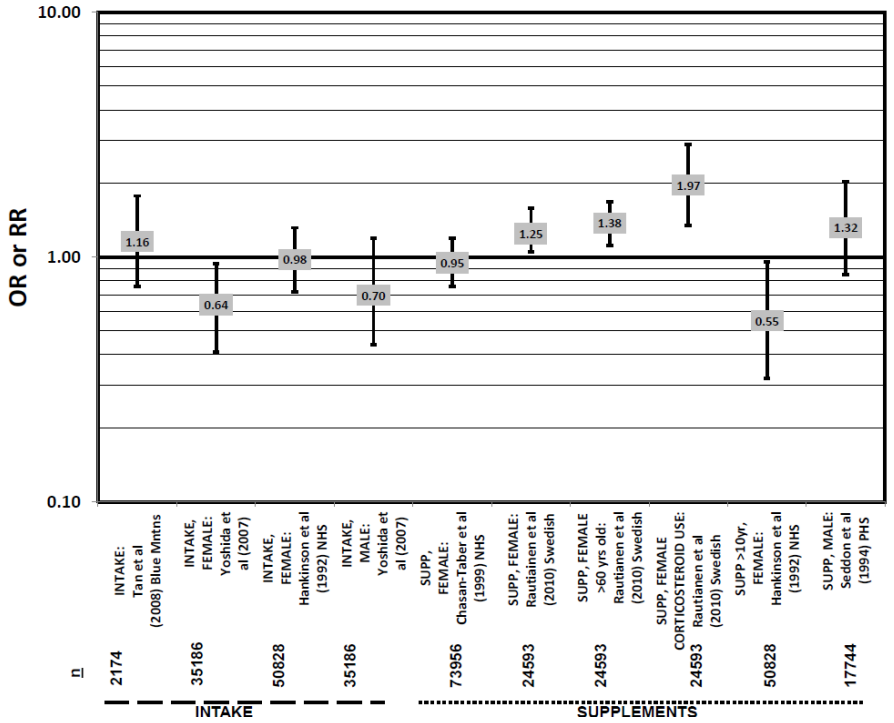
Supplemental Figure S7. Relationship between "any" type of cataract and high vs. low intake or blood levels of vitamin C: retrospective and cross-sectional studies. In each cohort , the total number of participants (n) included in the analysis is indicated below the graph.[7, 10, 16, 21-24]



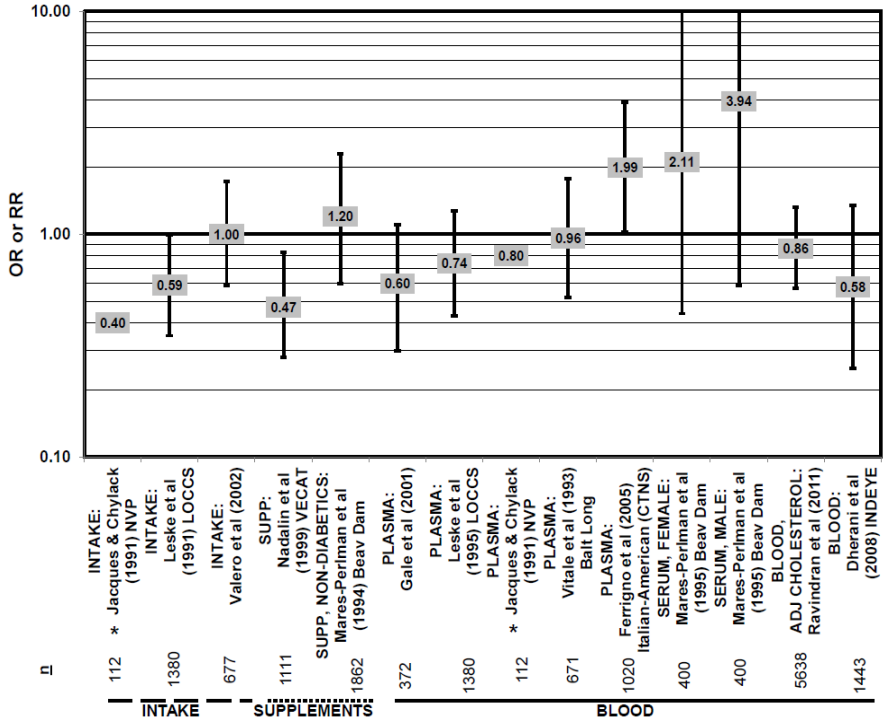
Supplemental Figure S8. Relationship between "any" type of cataract and high vs. low intake (with or without supplements) of vitamin C: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[25-27]



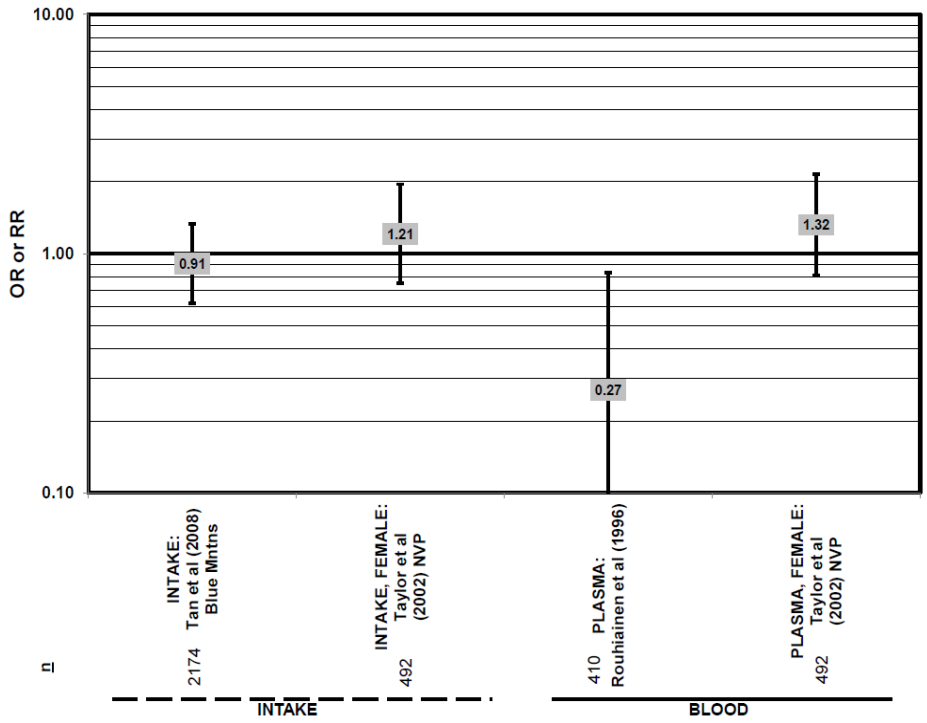
Supplemental Figure S9. Relationship between cataract extraction and high vs. low intake (with or without supplements) of vitamin C: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[23, 28]



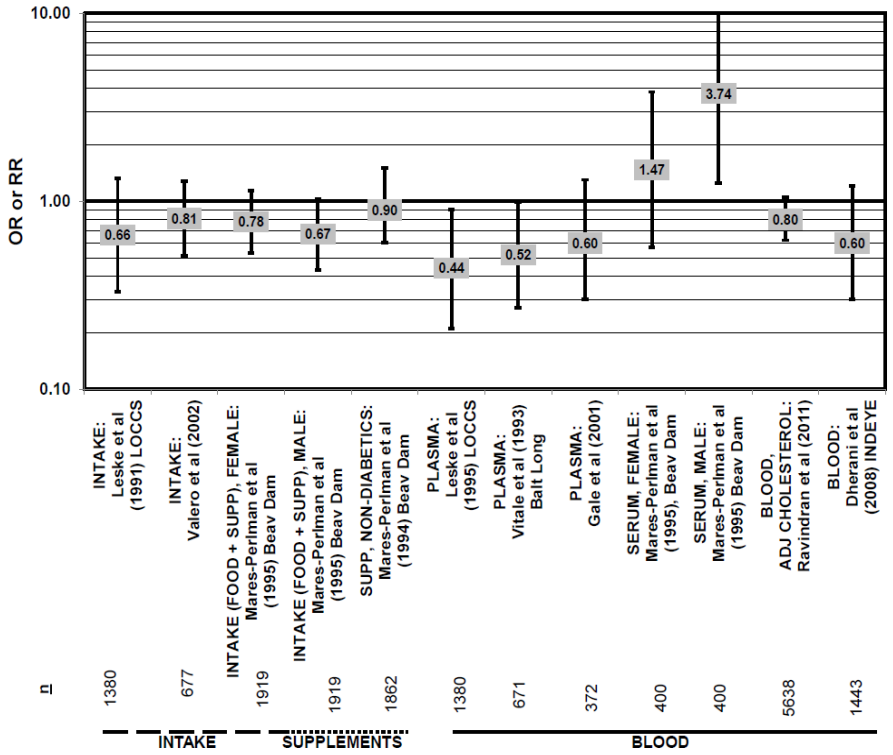
Supplemental Figure S10. Relationship between cataract extraction and high vs. low intake (with or without supplements) of vitamin C: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[11, 26, 29-32]



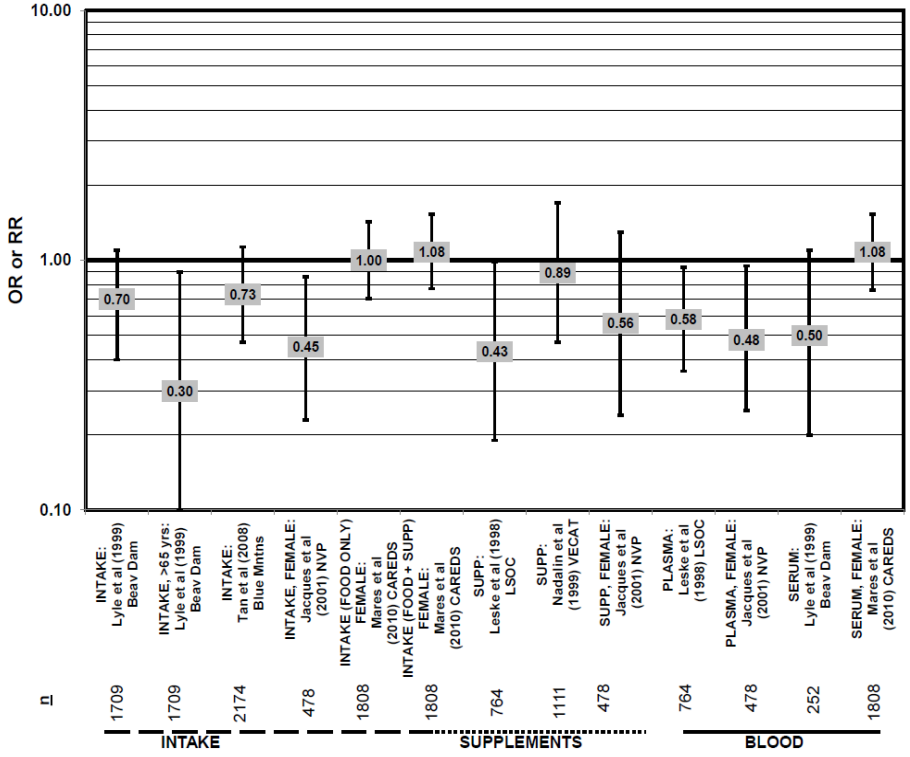
Supplemental Figure S11. Relationship between cortical cataract and high vs. low intake (with or without supplements) or blood levels of vitamin E: retrospective and cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[3-5, 7, 9, 10, 14, 16, 33-35]



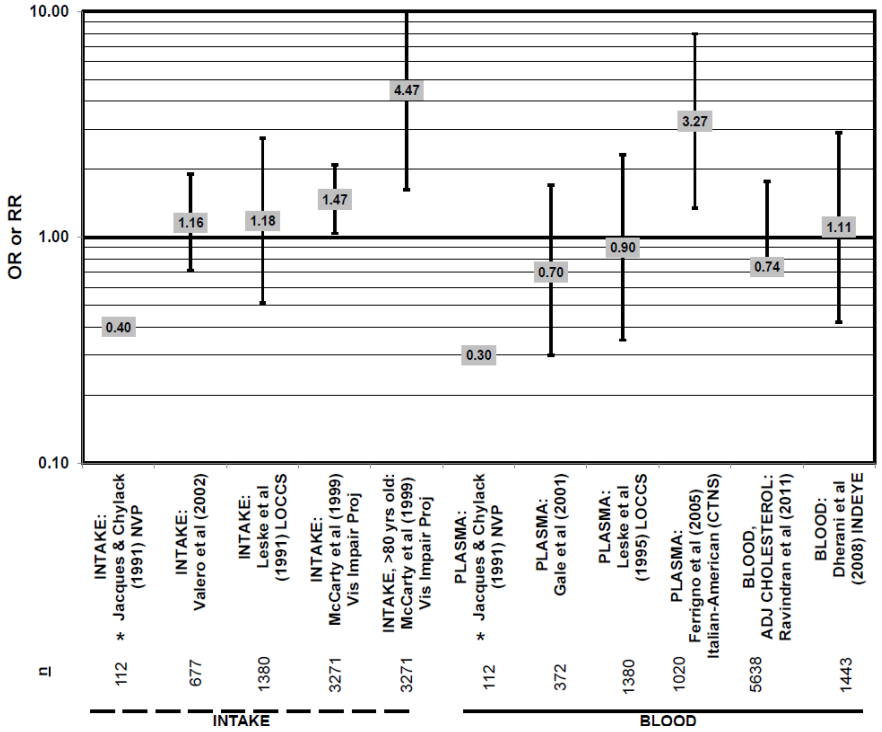
Supplemental Figure S12. Relationship between cortical cataract and high vs. low intake or blood levels of vitamin E: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[2, 11, 36]



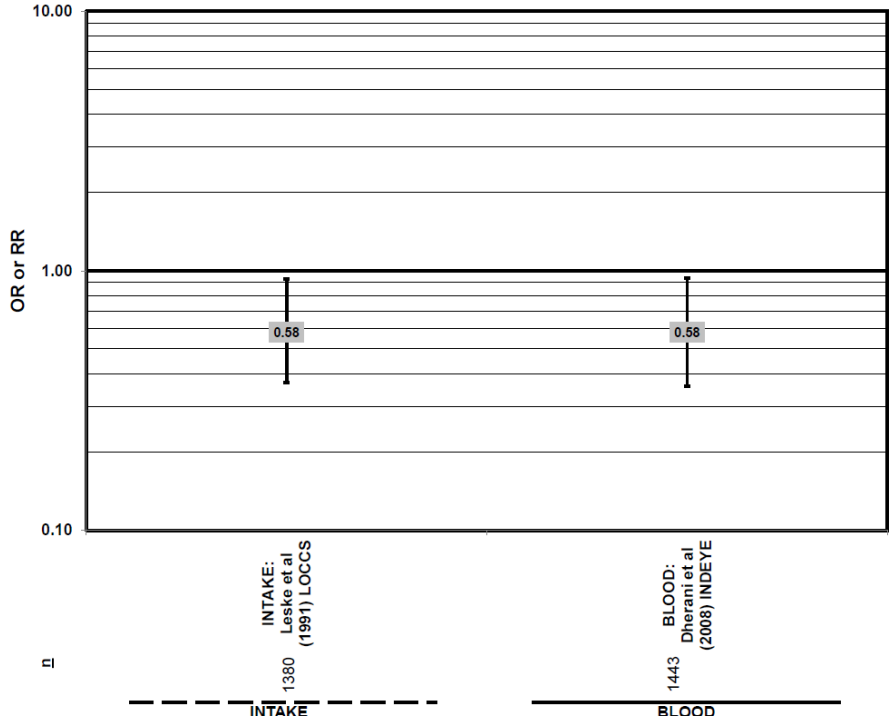
Supplemental Figure S13. Relationship between nuclear cataract and high vs. low intake (with or without supplements) or blood levels of vitamin E: retrospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[3-5, 7, 9, 10, 13, 16, 33]



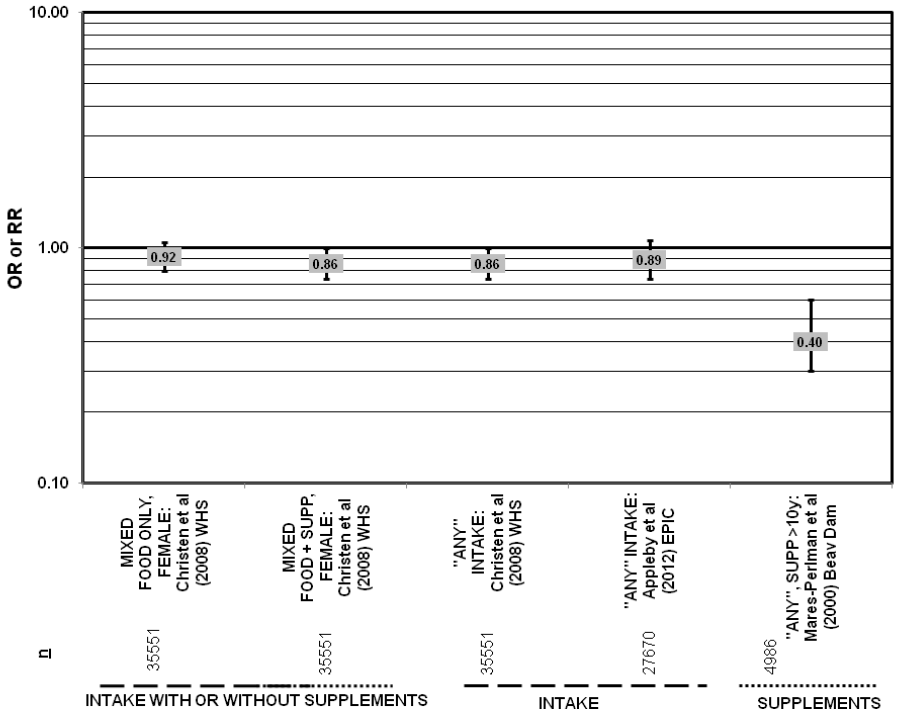
Supplemental Figure S14 Relationship between nuclear cataract and high vs. low intake (with or without supplements) or blood levels of vitamin E: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[11, 17-20, 34]



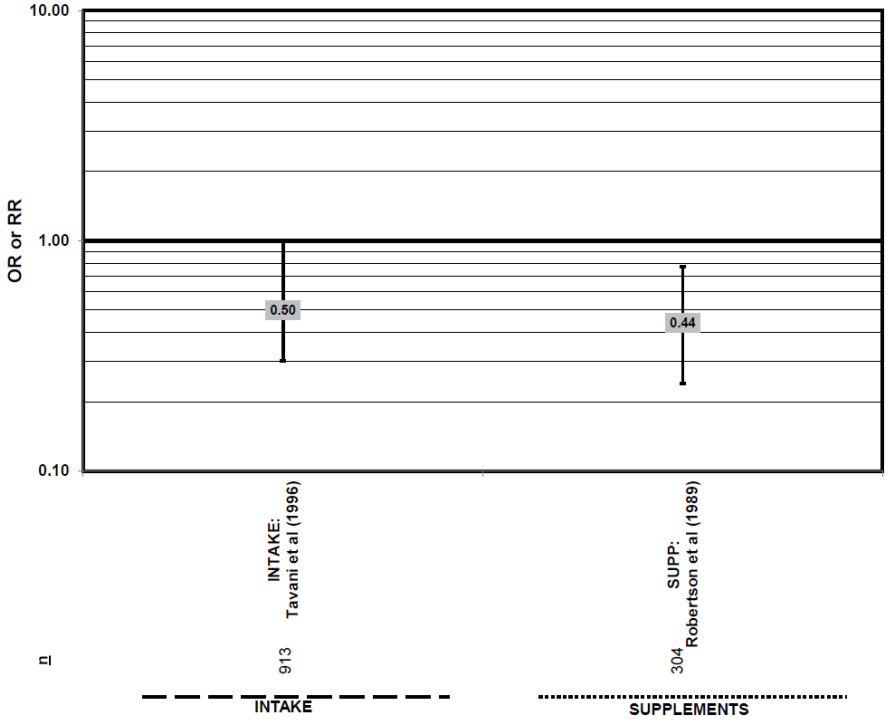
Supplemental Figure S15. Relationship between posterior subcapsular cataract and high vs. low intake or blood levels of vitamin E: retrospective and cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[1, 3, 4, 7, 10, 14, 16, 33, 37]



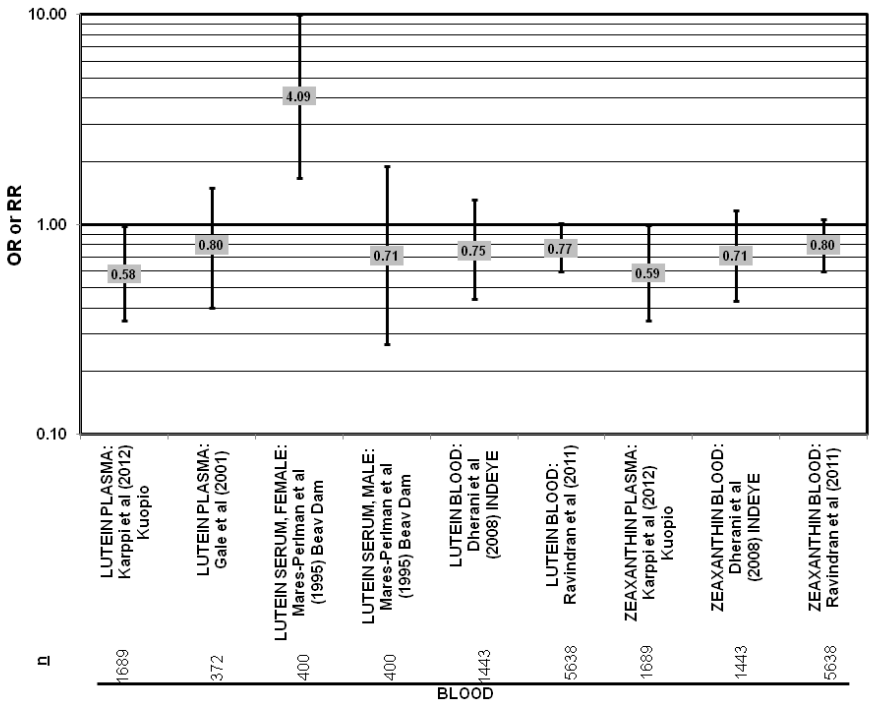
Supplemental Figure S16. Relationship between mixed cataract and high vs. low intake or blood levels of vitamin E: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 16]



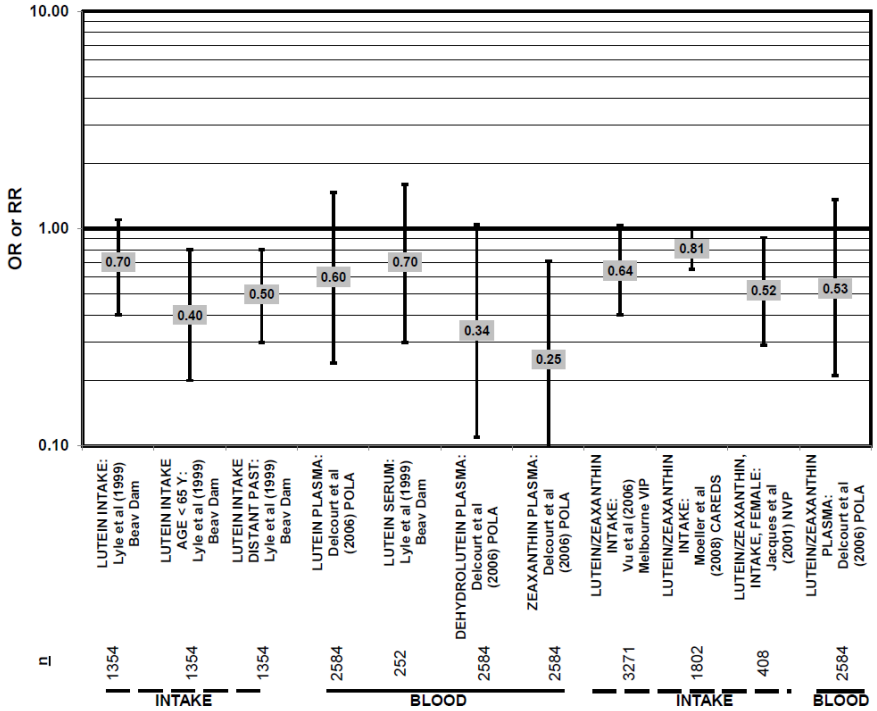
Supplemental Figure S17. Relationship between mixed or "any" type of cataract and high vs. low intake (with or without supplements) of vitamin E: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[25, 27, 38]



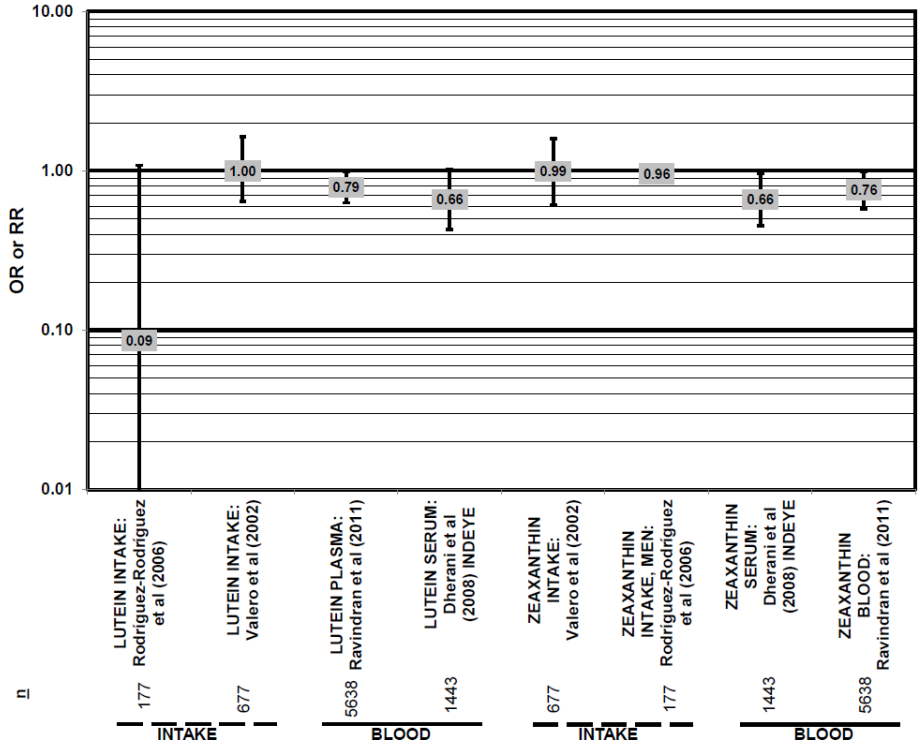
Supplemental Figure S18. Relationship between cataract extraction and high vs. low intake (with or without supplements) of vitamin E: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[23, 28]



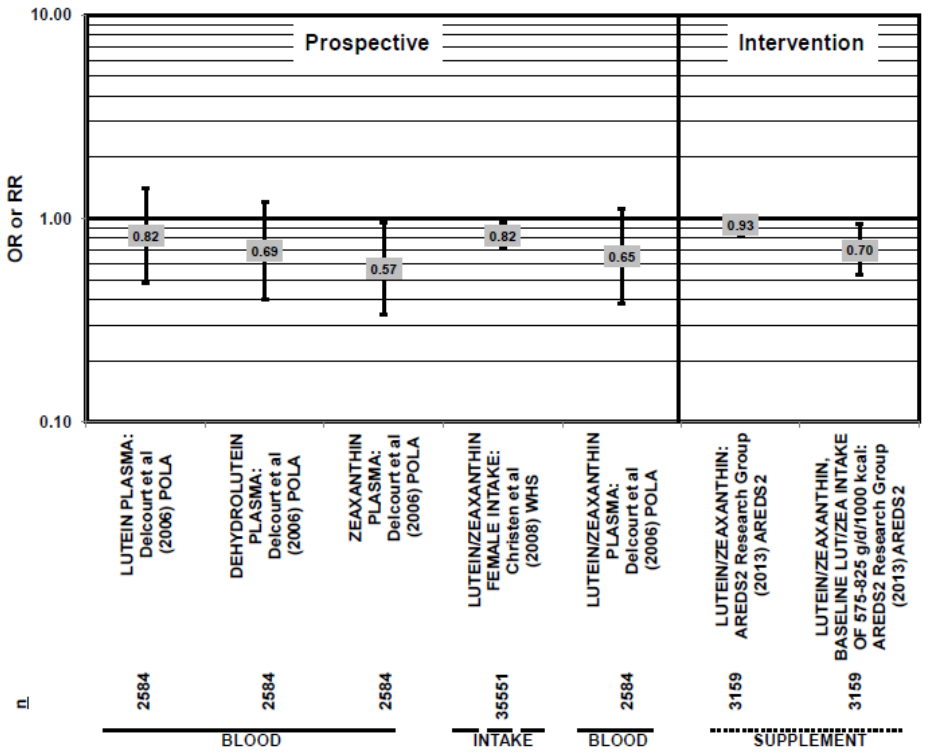
Supplemental Figure S19. Relationship between nuclear cataract and high vs. low blood levels of lutein and/or zeaxanthin: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[3, 10, 16, 35, 39]



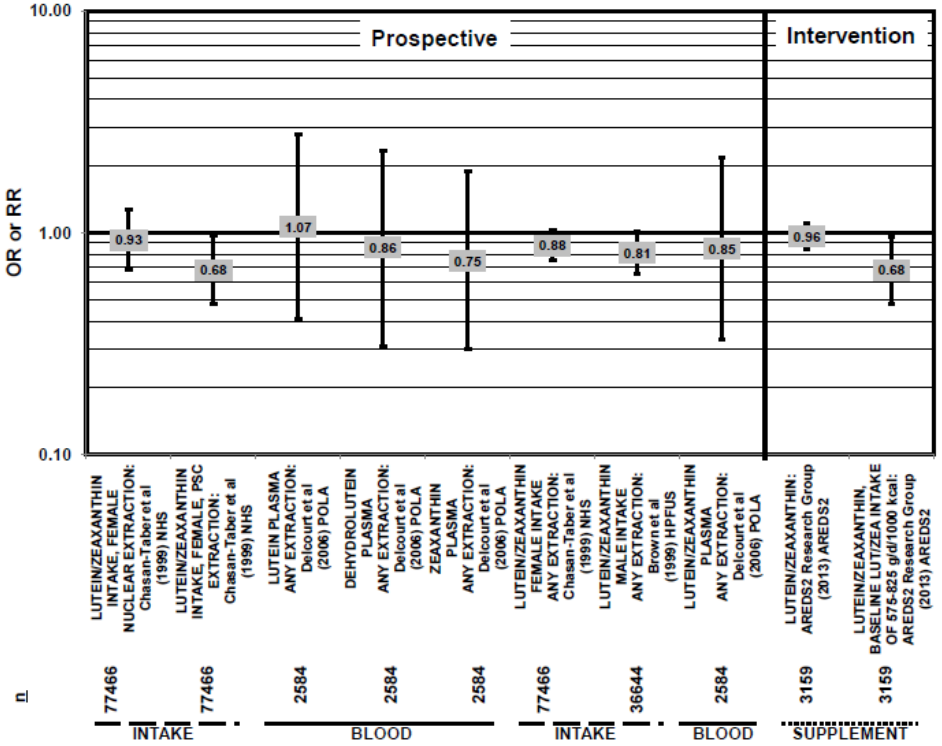
Supplemental Figure S20. Relationship between nuclear cataract and high vs. low intake or blood levels of lutein, deyhydrolutein and/or zeaxanthin: prospective studies. In each cohort, the total number of participants included in the analysis is indicated below the graph.[19, 20, 40-43]



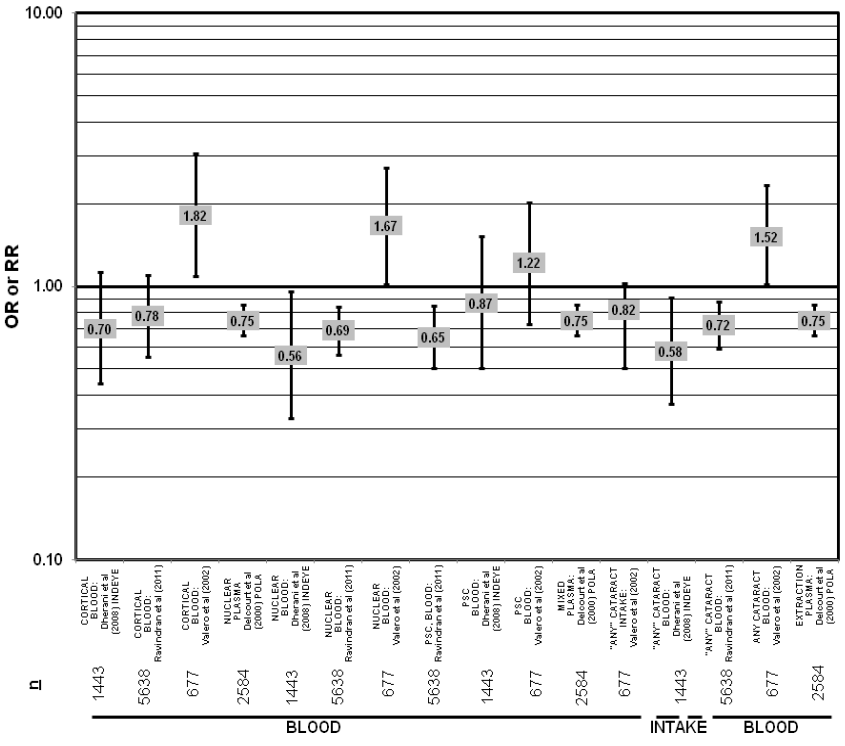
Supplemental Figure S21. Relationship between "any" type of cataract and high vs. low intake or blood levels of lutein and/or zeaxanthin: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[7, 10, 16, 21]



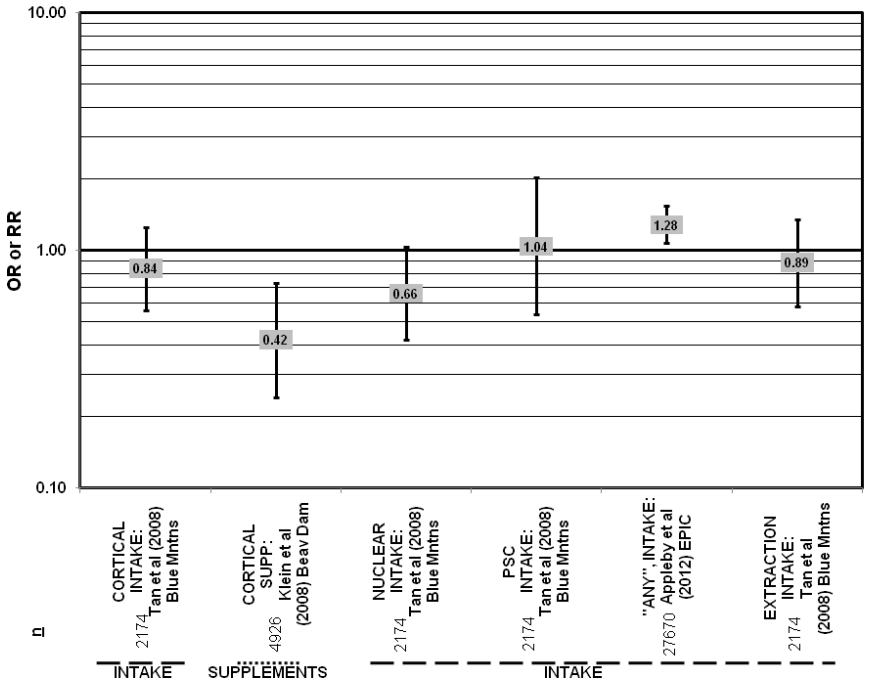
Supplemental Figure S22. Relationship between "any" type of cataract and high vs. low intake or blood levels of lutein, dehydrolutein and/or zeaxanthin: prospective and intervention studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[38, 40, 44]



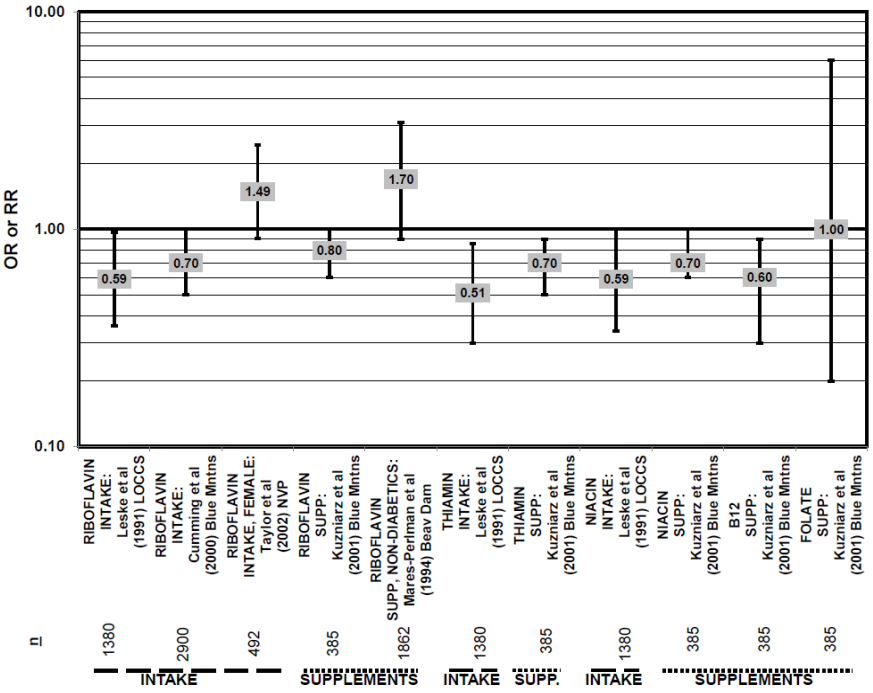
Supplemental Figure S23. Relationship between cataract extraction and high vs. low intake or blood levels of lutein, dehydrolutein and/or zeaxanthin: prospective and intervention studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[40, 44-46]



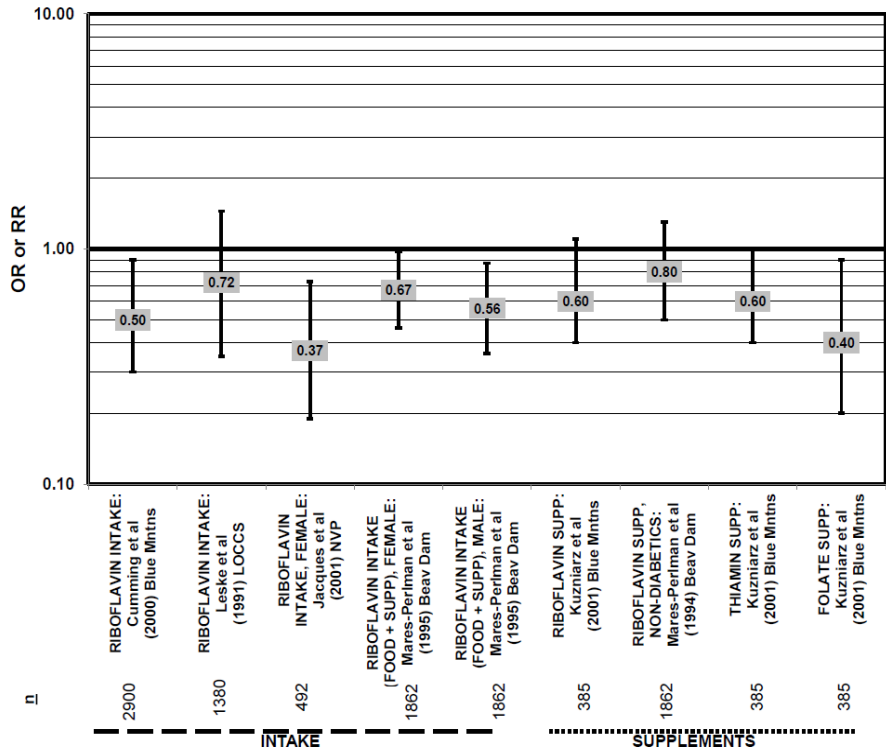
Supplemental Figure S24. Relationship between cortical, nuclear, posterior subcapsular, mixed, “any” type of cataract or cataract extraction and intake or blood levels of vitamin A or retinol: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[7, 10, 16, 47]



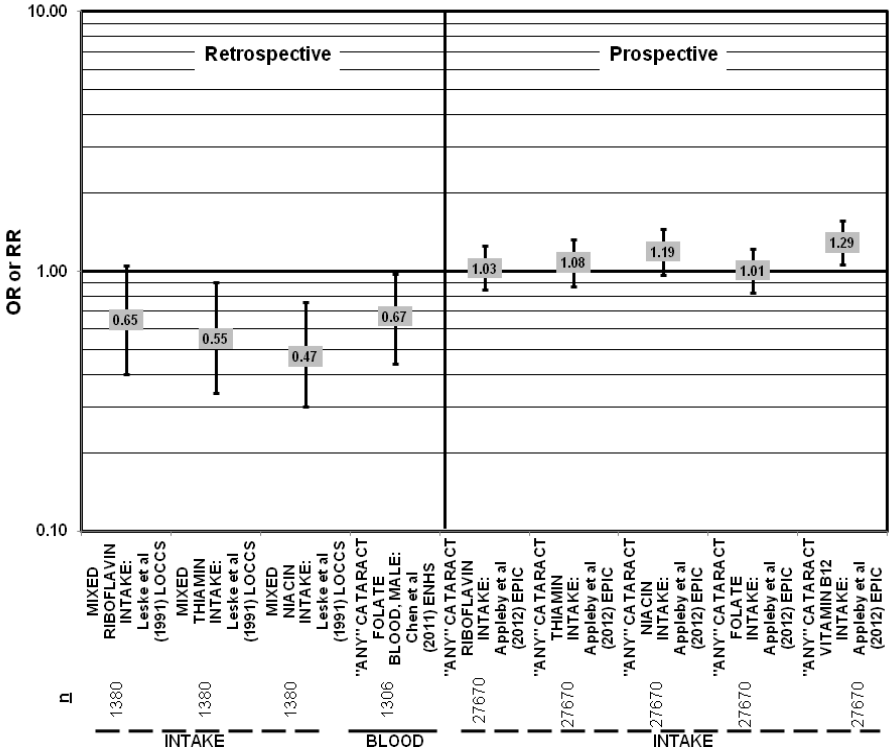
Supplemental Figure S25 Relationship between cortical, nuclear, posterior subcapsular , "any" type of cataract or extraction of cataract and high vs. low intake (with or without supplements) of vitamin A or retinol: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[11, 27, 48]



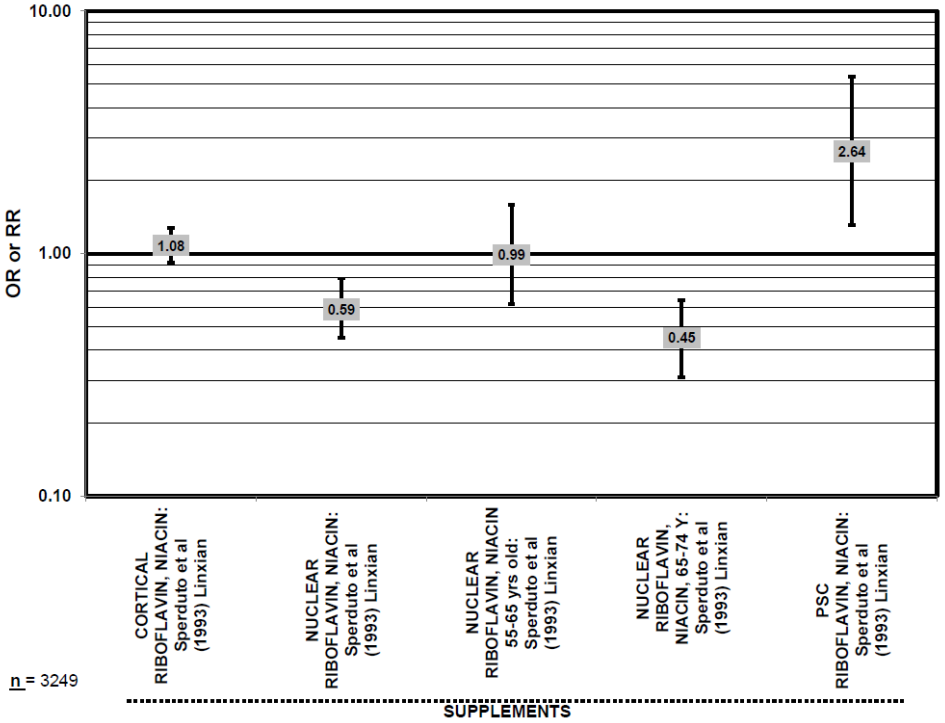
Supplemental Figure S26. Relationship between cortical cataract and high vs. low intake (with or without supplements) of B vitamins: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[2, 4, 6, 9, 49]



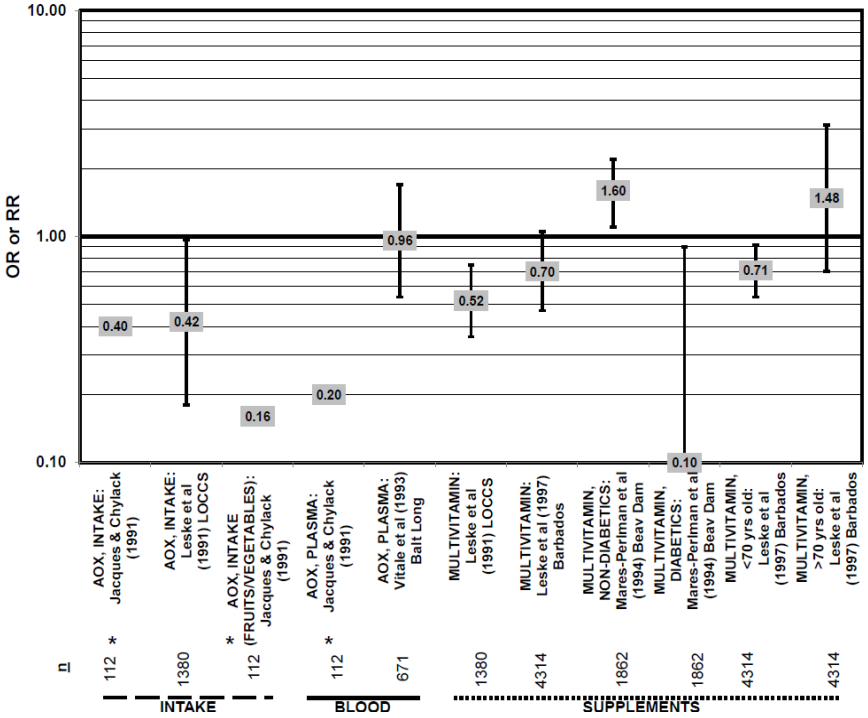
Supplemental Figure S27. Relationship between nuclear cataract and high vs. low intake (with or without supplements) of B vitamins: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 6, 9, 13, 19, 49]



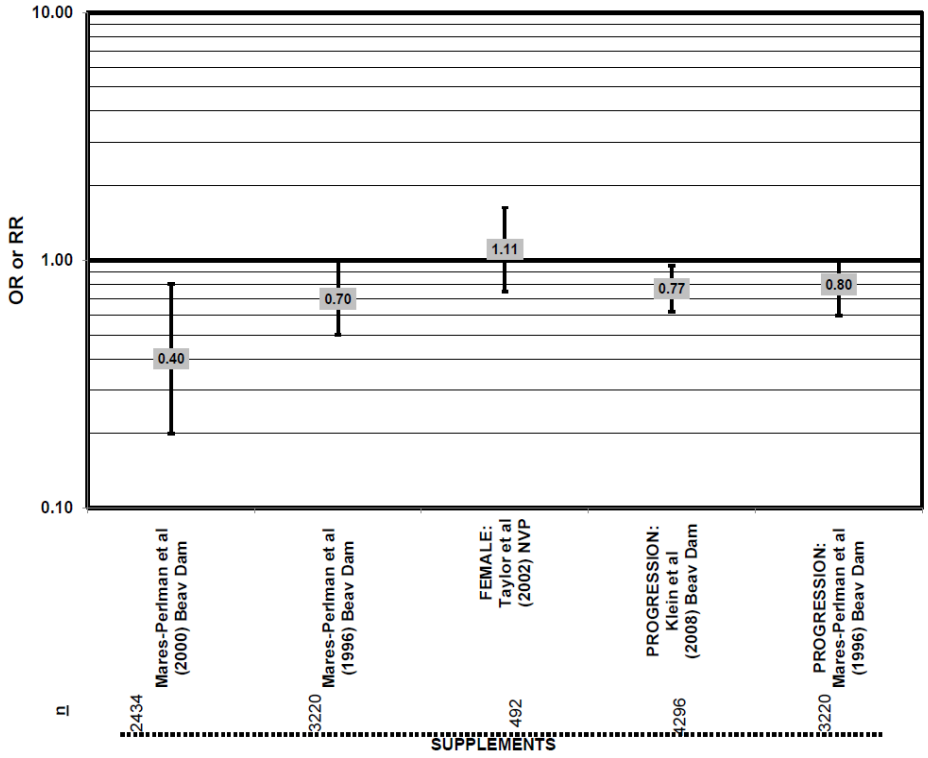
Supplemental Figure S28. Relationship between mixed or "any" type of cataract and high vs. low intake or blood levels of B vitamins: retrospective , cross-sectional and prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 27, 50]



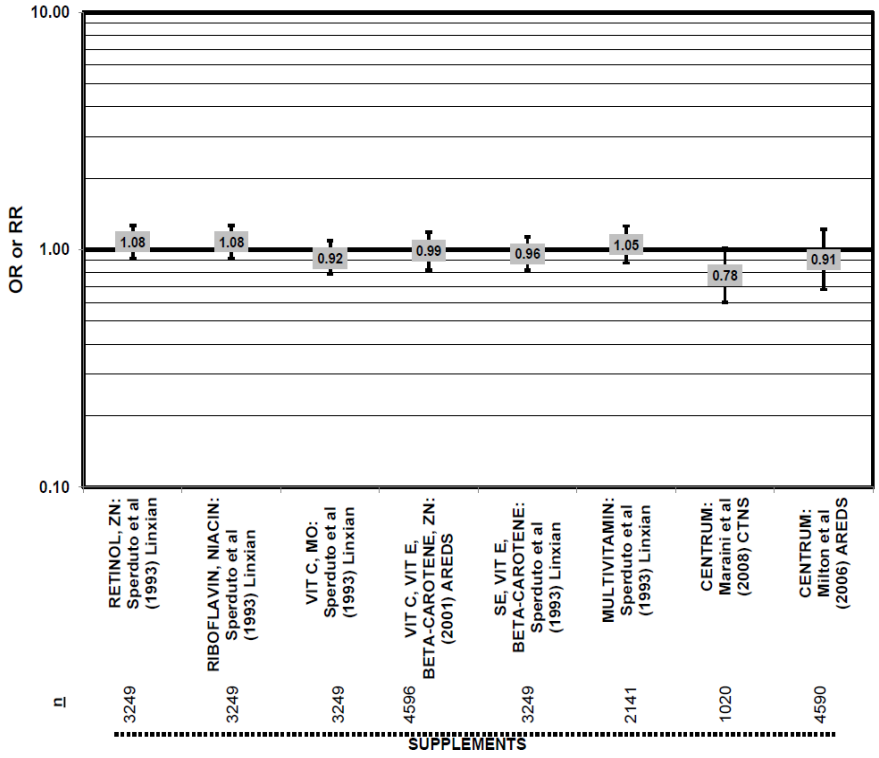
Supplemental Figure S29. Relationship between cortical, nuclear or posterior subcapsular cataract and B vitamin supplementation: intervention studies. In this cohort, the total number of participants (n) included in the analysis is indicated below the graph.[51]



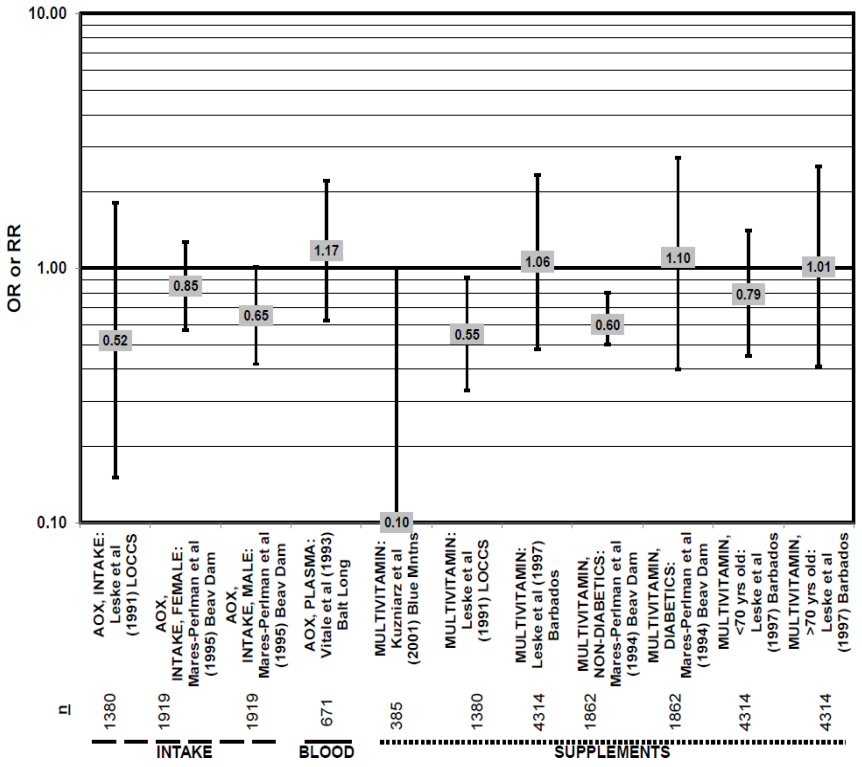
Supplemental Figure S30. Relationship between cortical cataract and intake or blood levels of antioxidant combinations (AOX) or multivitamin use: retrospective or cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph. [1, 4, 5, 9, 52]



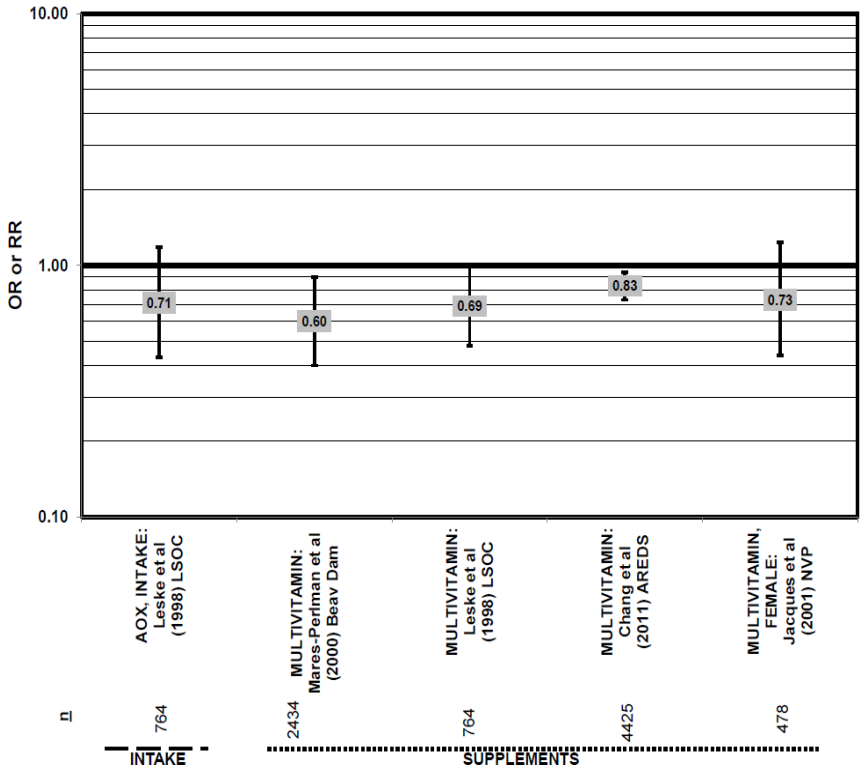
Supplemental Figure S31. Relationship between cortical cataract or progression to cortical cataract and multivitamin use: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[2, 25, 48, 53]



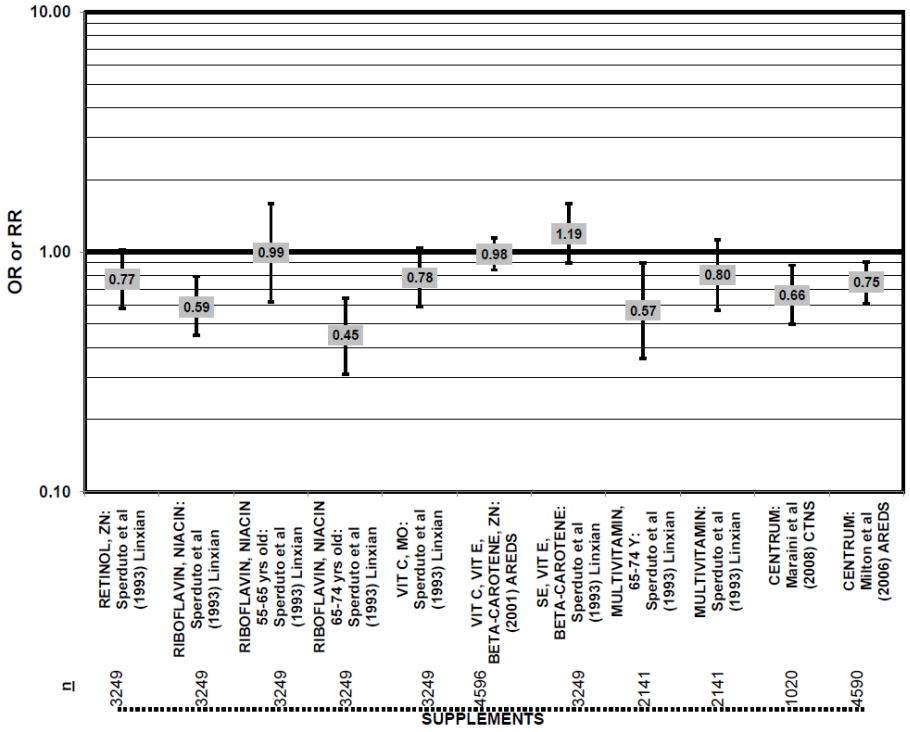
Supplemental Figure S32. Relationship between cortical cataract and supplementation with antioxidant combinations or multivitamins: intervention studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[51, 54-56]



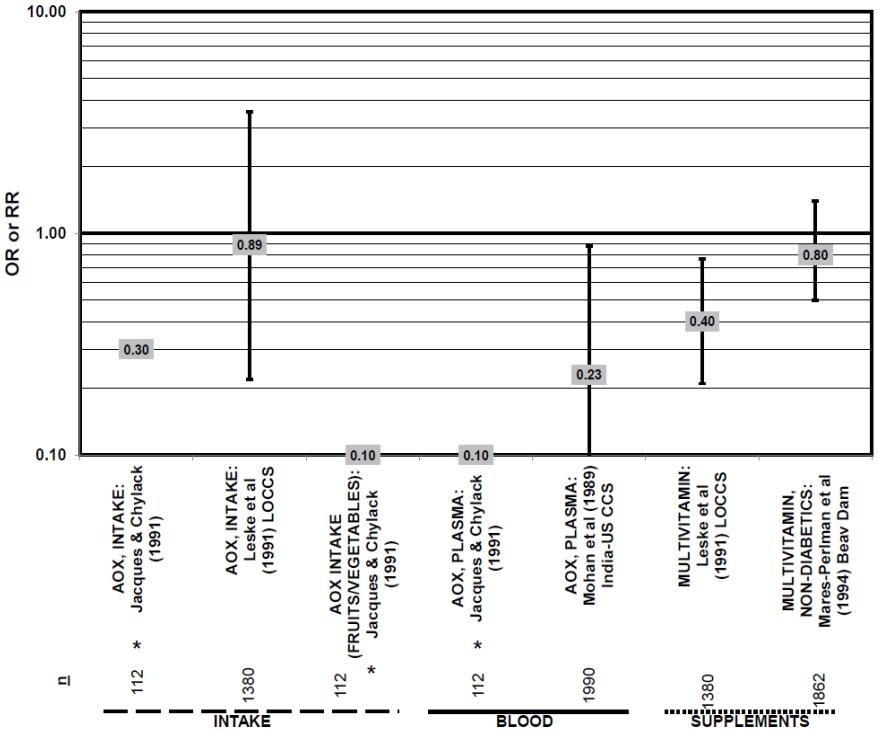
Supplemental Figure S33. Relationship between nuclear cataract and high vs. low intake or blood levels of antioxidant combinations (AOX) or multivitamin use: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 5, 9, 13, 49, 52]



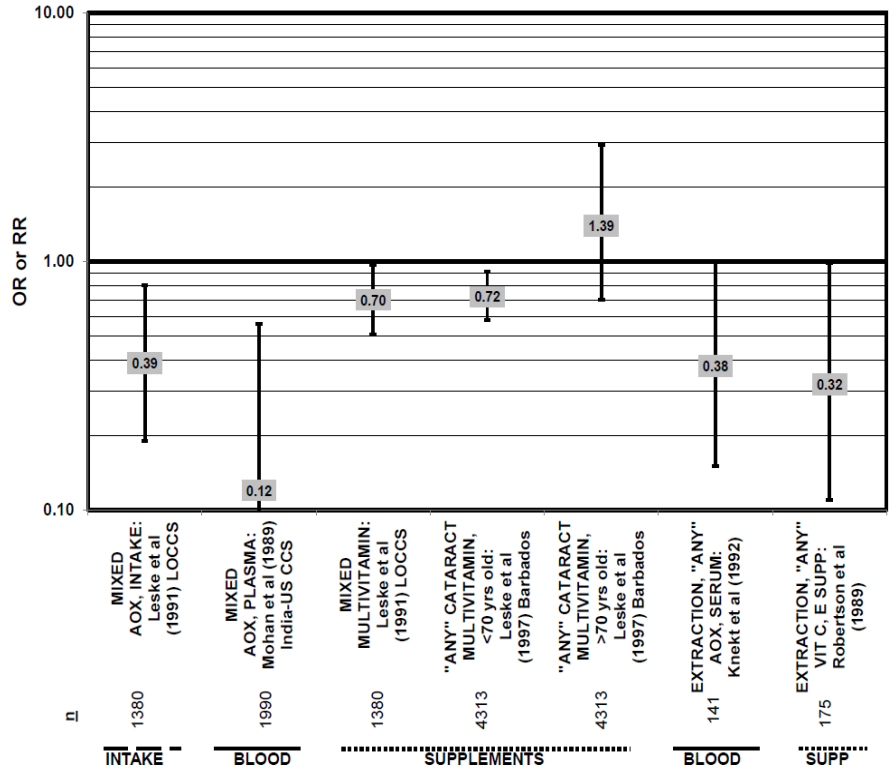
Supplemental Figure S34. Relationship between nuclear cataract and high vs. low intake of antioxidant combinations (AOX) or multivitamin use: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[17, 19, 25, 57]



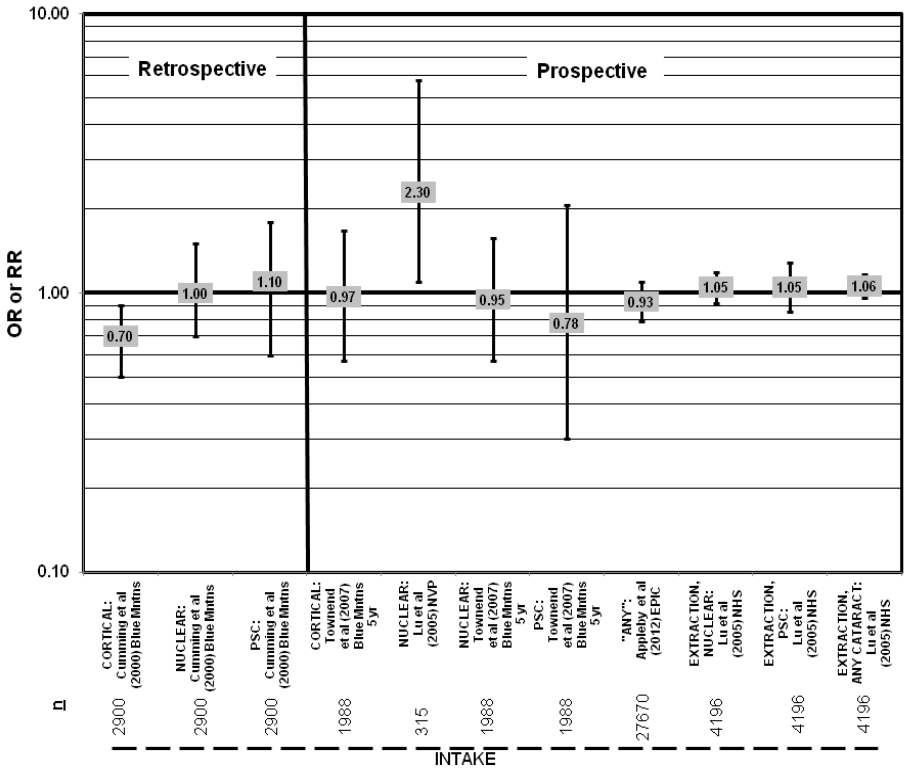
Supplemental Figure S35. Relationship between nuclear cataract and supplementation with antioxidant combinations or multivitamins: intervention studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[51, 54-56]



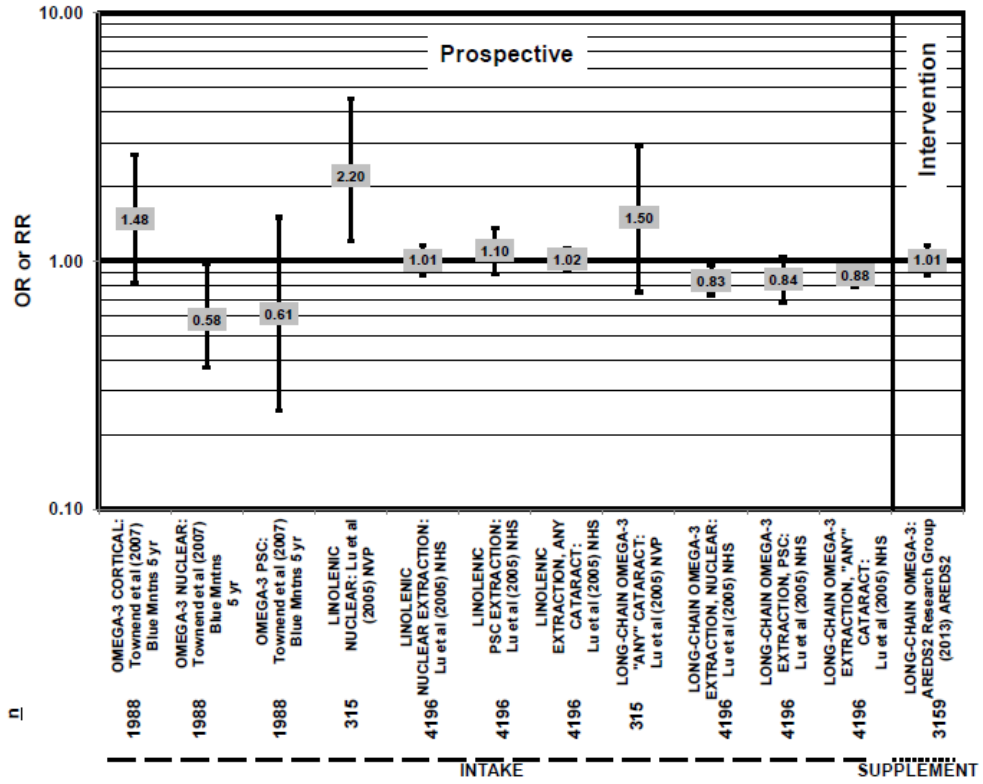
Supplemental Figure S36. Relationship between posterior subcapsular cataract and high vs. low intake or blood levels of antioxidant combinations (AOX) or multivitamin use: retrospective and cross-sectional studies. * indicates that confidence intervals were not reported in the primary publication. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[1, 4, 9, 15]



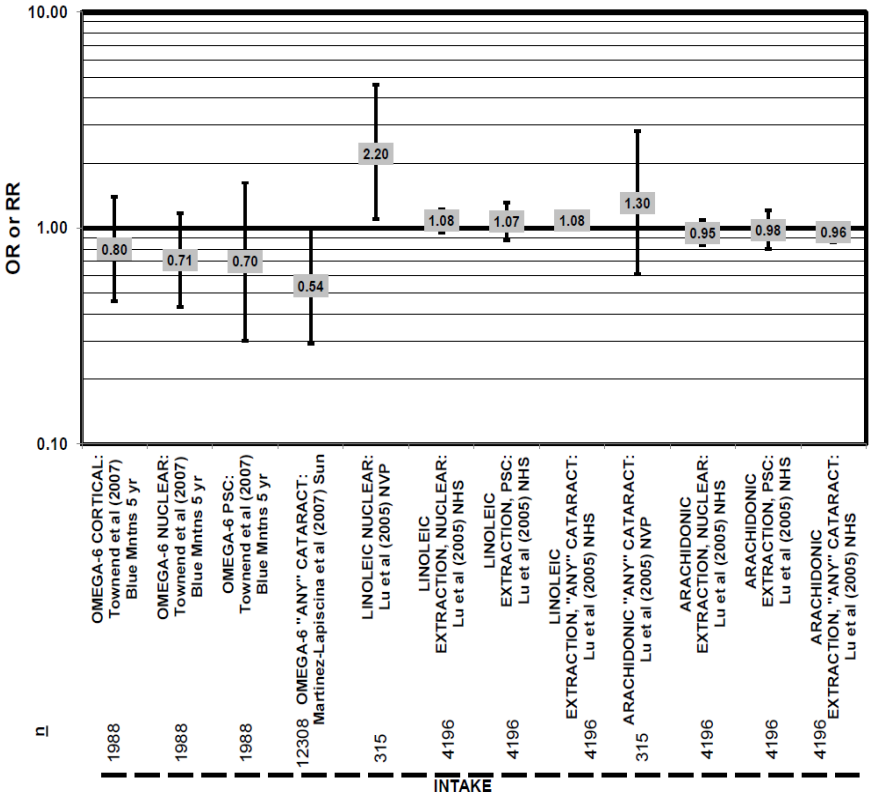
Supplemental Figure S37. Relationship between mixed,"any" type of cataract or extraction of cataract and high vs. low intake (with or without supplements) or blood levels of antioxidant combinations (AOX) or multivitamin use: retrospective and cross-sectional studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[4, 15, 23, 58]



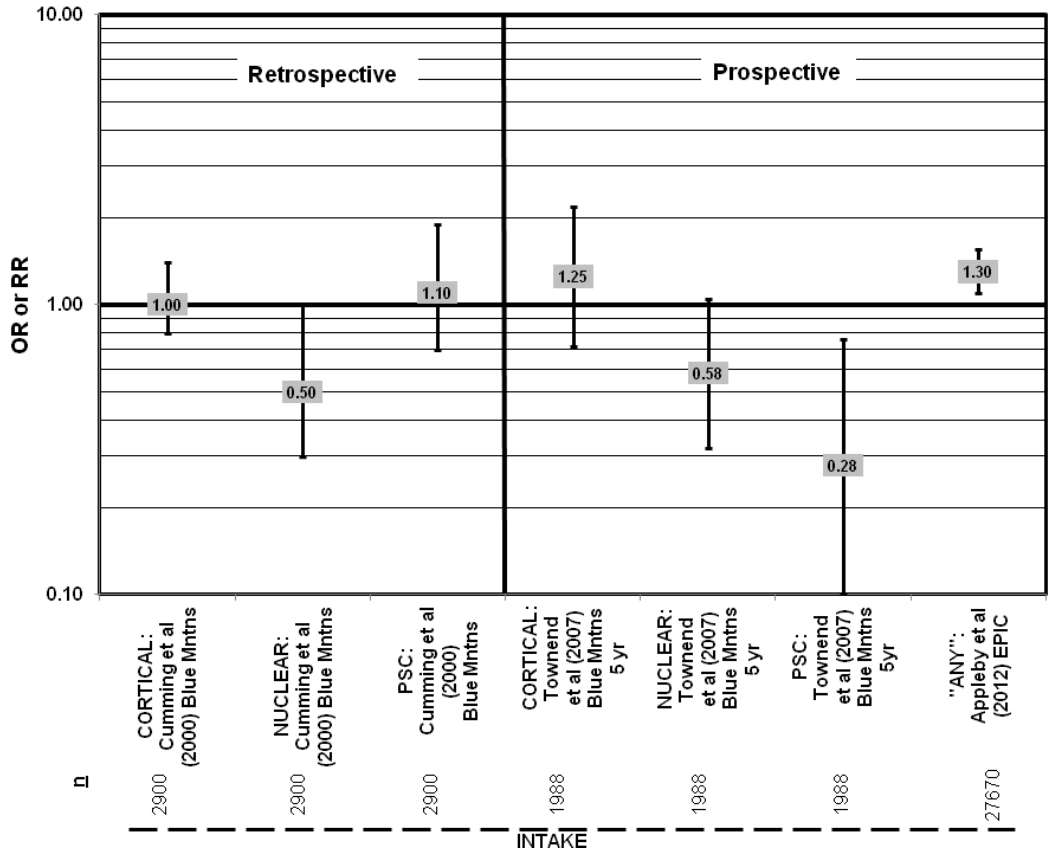
Supplemental Figure S38. Relationship between cortical, nuclear, posterior subcapsular, "any" type of cataract or extraction of cataract and high vs. low intake of polyunsaturated fat: retrospective, cross-sectional, and prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[6, 27, 59-61]



Supplemental Figure S39. Relationship between cortical, nuclear, posterior subcapsular, "any" type of cataract or extraction of cataract and high vs. low intake of omega-3 fatty acids: prospective and intervention studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[44, 59-61]



Supplemental Figure S40. Relationship between cortical, nuclear, posterior subcapsular, "any" type of cataract or extraction of cataract and high vs. low intake of omega-6 fatty acids: prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[59-61]



Supplemental Figure S41. Relationship between cortical, nuclear or posterior subcapsular cataract and high vs. low intake of dietary protein: retrospective, cross-sectional, and prospective studies. In each cohort, the total number of participants (n) included in the analysis is indicated below the graph.[6, 27, 59]