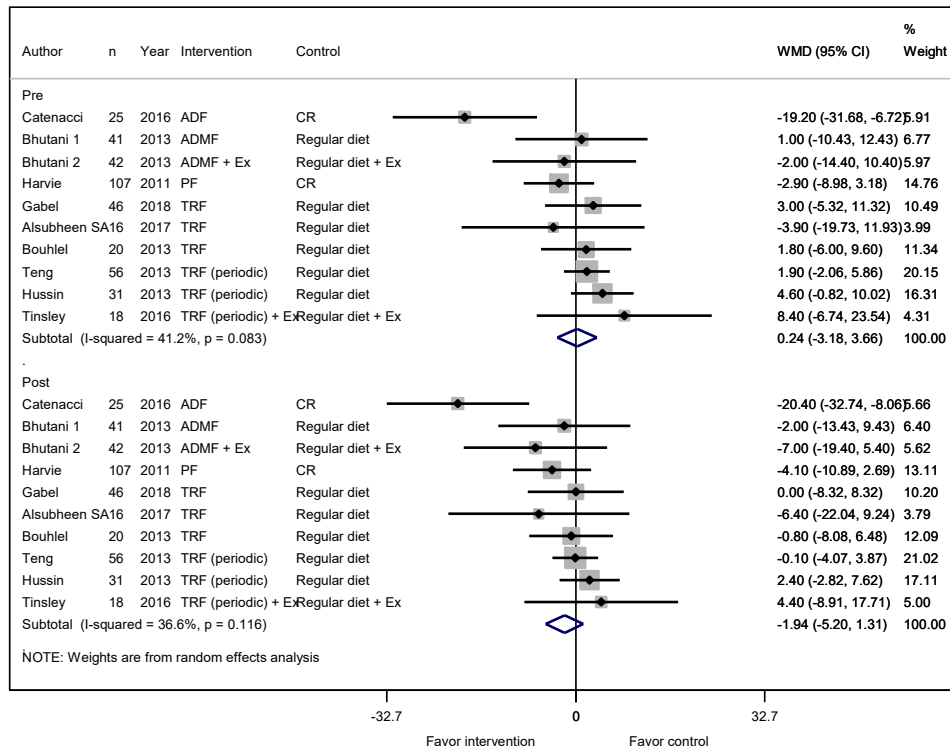
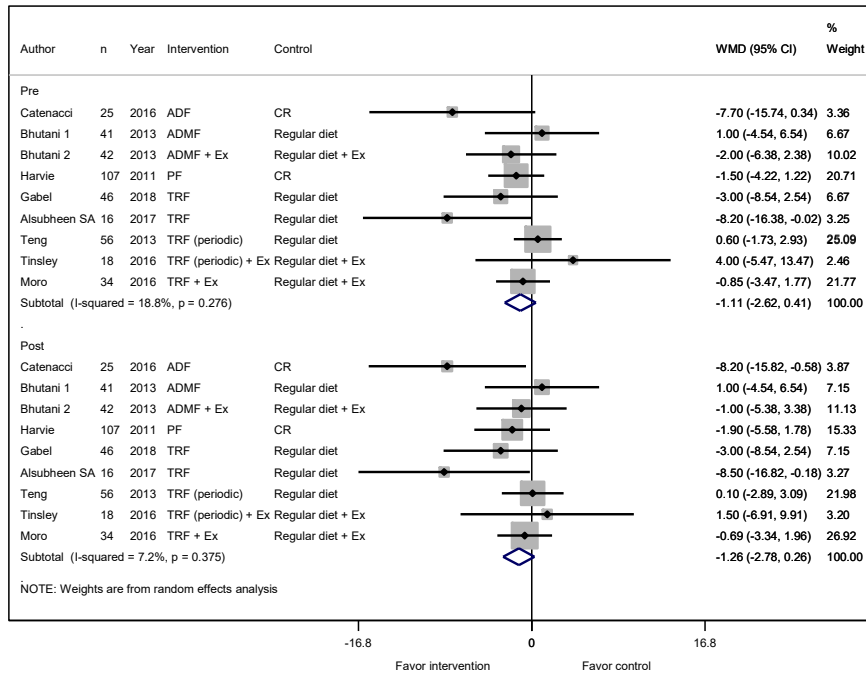


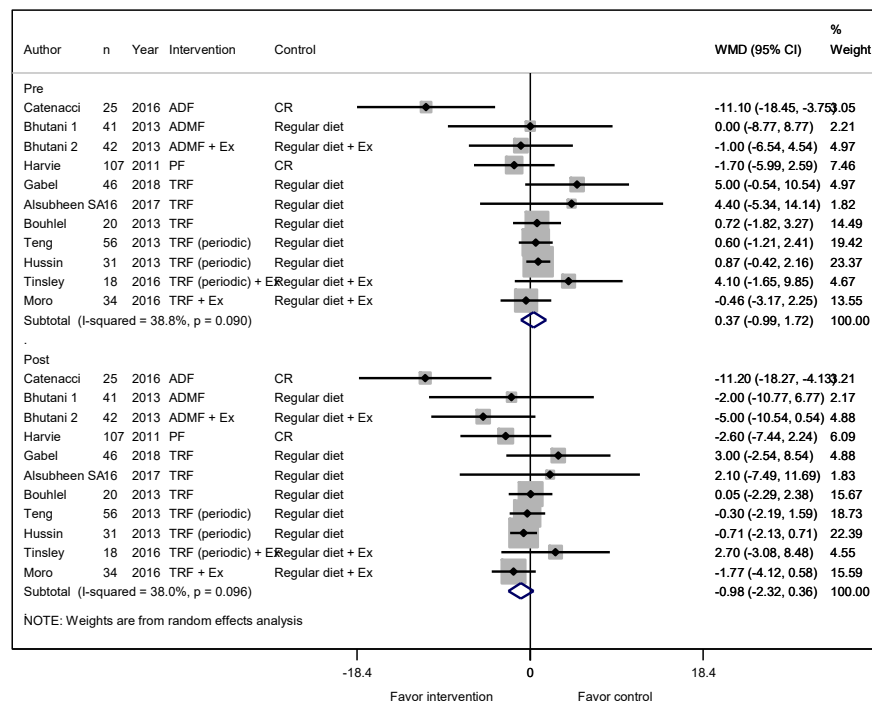
Supplementary Material



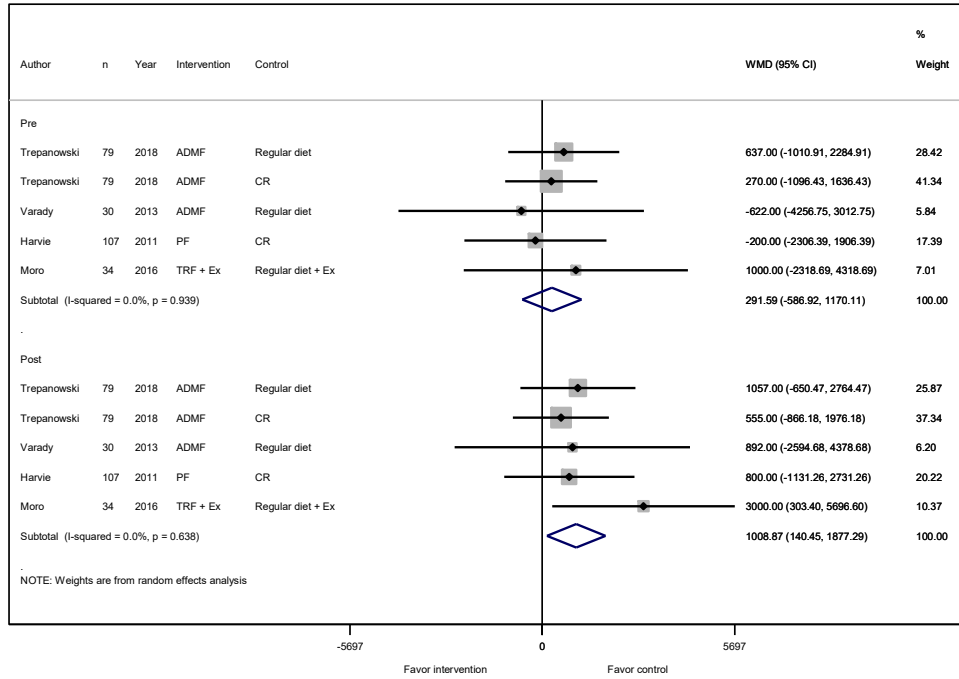
Supplementary Figure 1. Effect of intermittent fasting (IF) versus non-fasting control on body weight (changes from baseline) in adults without chronic metabolic disease. The squares indicate the study-specific outcome estimates, and the size of the squares corresponds to the study's weight in the meta-analysis. Horizontal lines denote the range of the 95% confidence interval. The diamonds indicate pooled estimates. Weights are from random effects analysis.



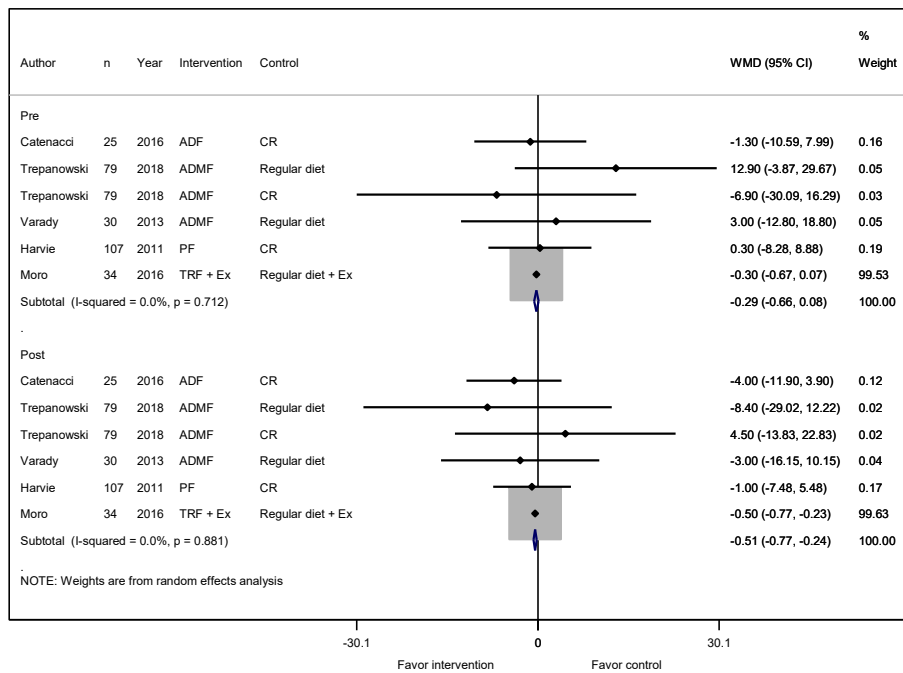
Supplementary Figure 2. Effect of IF versus non-fasting control on lean mass (changes from baseline) in adults without chronic metabolic disease.



Supplementary Figure 3. Effect of IF versus non-fasting control on fat mass (changes from baseline) in adults without chronic metabolic disease.



Supplementary Figure 4. Effect of IF versus non-fasting control on adiponectin concentration (changes from baseline) in adults without chronic metabolic disease.



Supplementary Figure 5. Effect of IF versus non-fasting control on leptin level (changes from baseline) in adults without chronic metabolic disease.