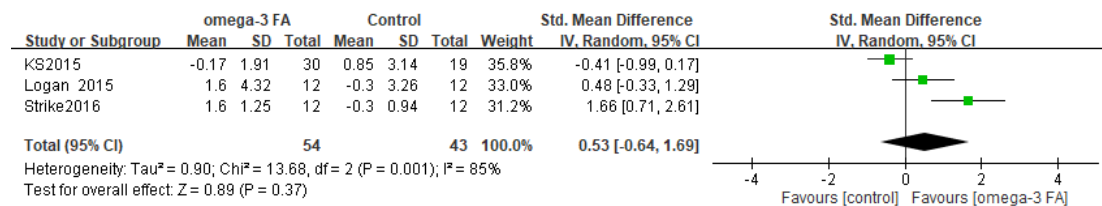
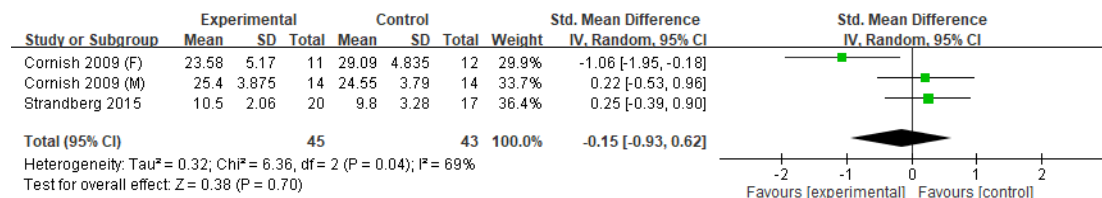


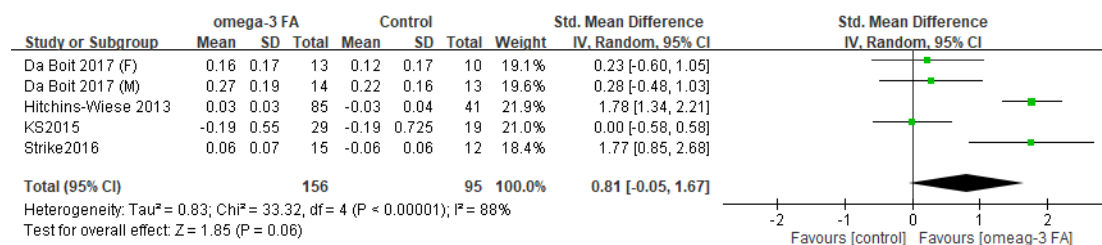
(a)



(b)

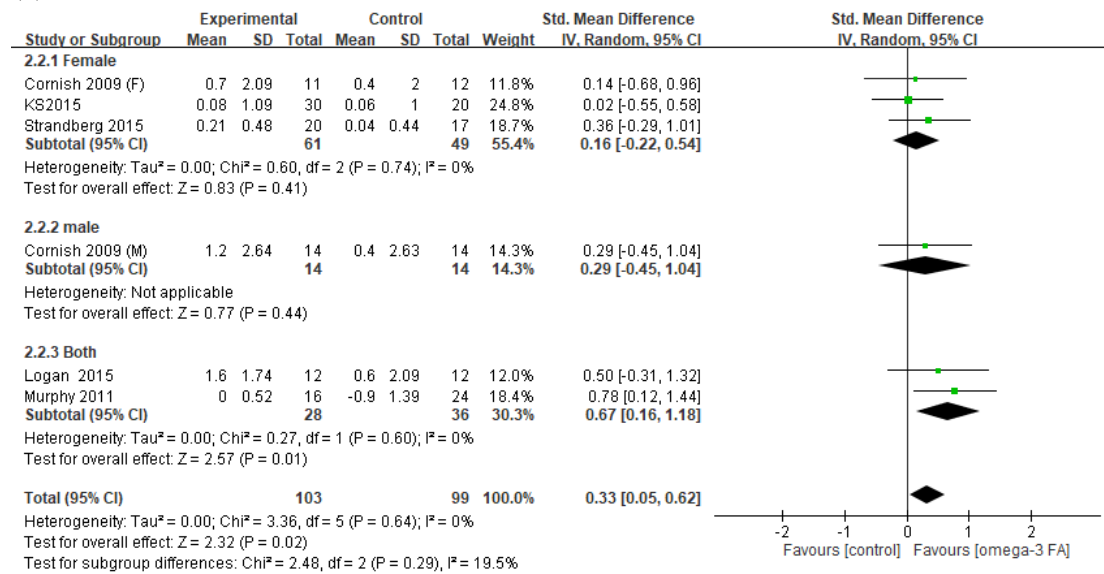


(c)

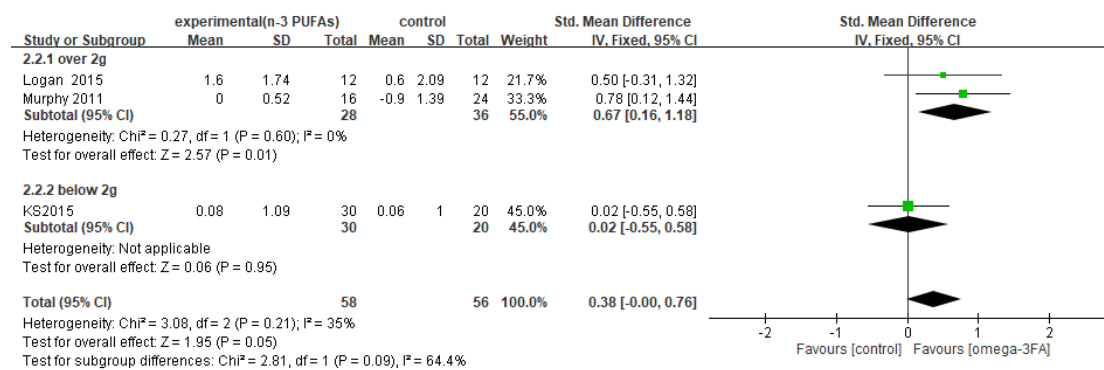


Supplementary Figure S1. Forest plots of the effect of n-3 PUFA supplementation on handgrip (a), one-repetition maximum strength of the leg (b), and walking speed (c).

(a)

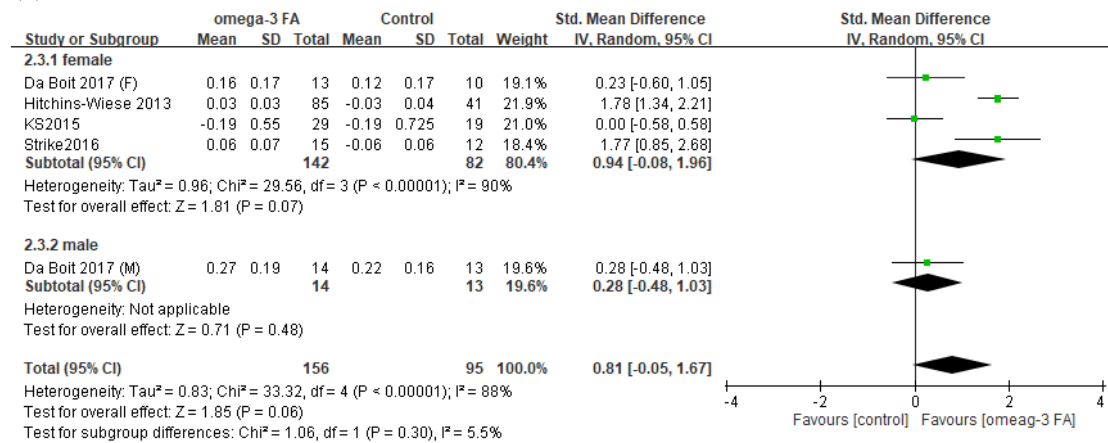


(b)

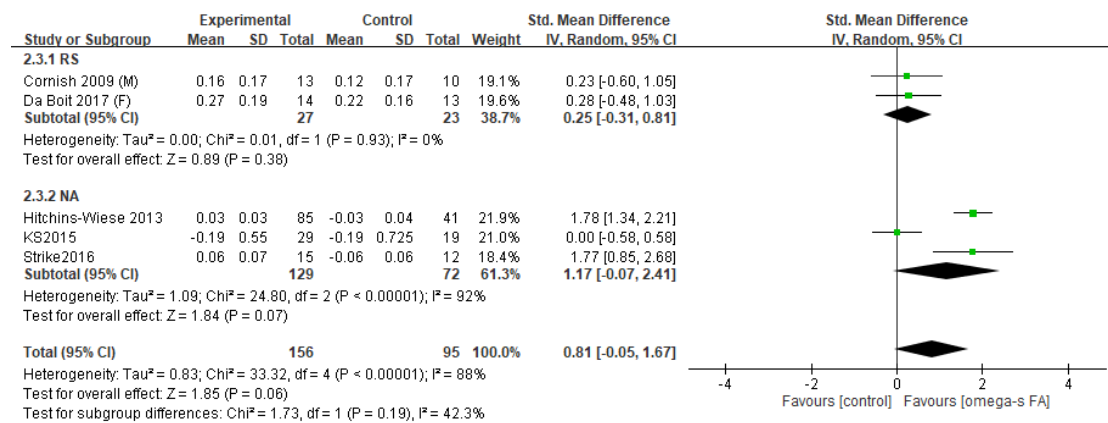


Supplementary Figure S2. Forest plots of the included studies assessing the effect of n-3 PUFA supplementation on muscle mass categorized by sex (a) and the dosage of n-3 PUFAs (b).

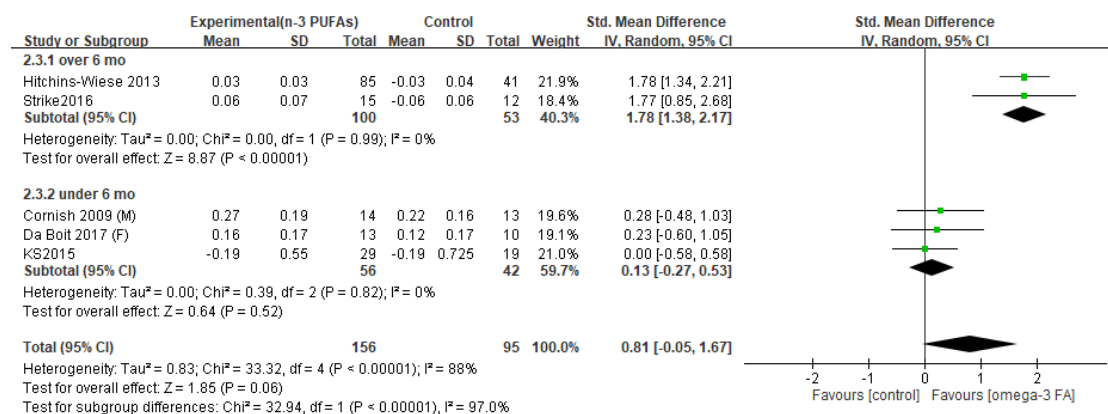
(a)



(b)

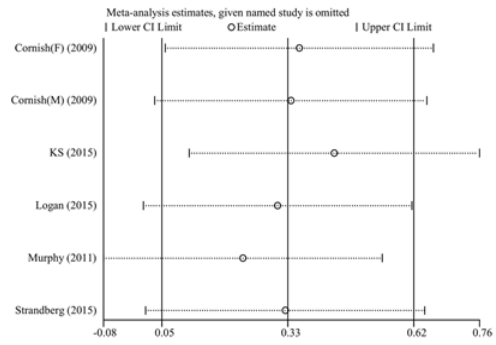


(c)

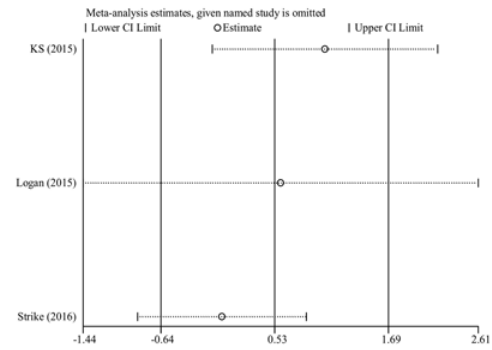


Supplementary Figure S3. Forest plots of the included studies assessing the effect of n-3 PUFA supplementation on walking speed categorized by sex (a), resistance training intervention (b), and the duration of supplementation (c).

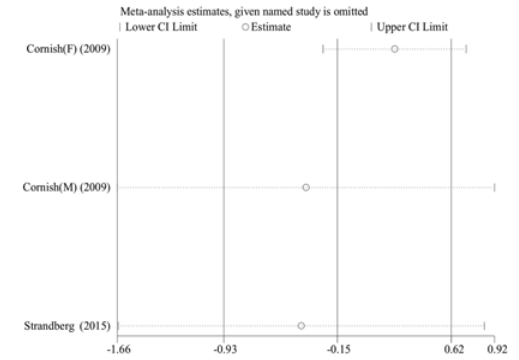
(a)



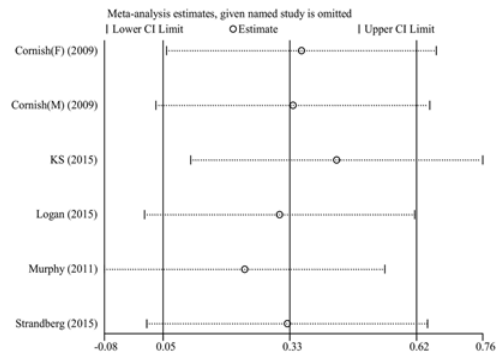
(b)



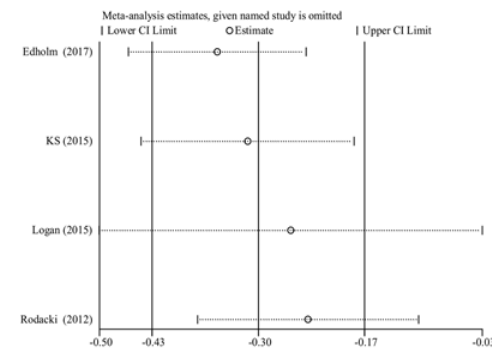
(c)



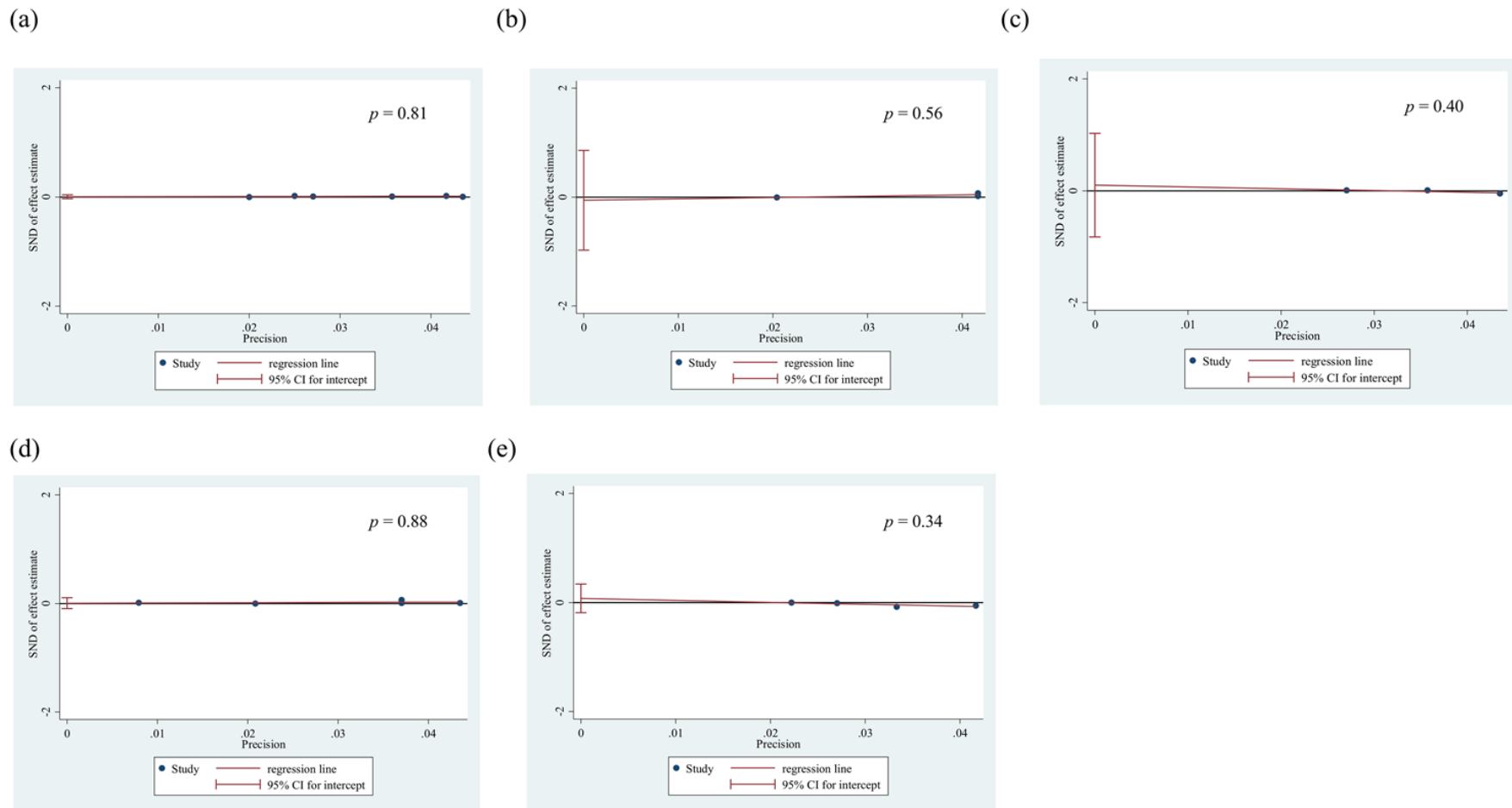
(d)



(e)



Supplementary Figure S4. Sensitivity analyses by muscle mass (a), handgrip strength (b), one-repetition maximum strength of the leg (c), walking speed (d), and the timed up and go test result (e).



Supplementary Figure S5. Charts of Egger's test of muscle mass (a), handgrip strength (b), one-repetition maximum strength of the leg (c), walking speed (d), and the timed up and go test result (e).