

Search strategy

We searched for all relevant published Randomized Controlled Trials (RCTs) that described the effect of different glucomannan supplementation on FBG and Postprandial Glucose (PPG). A comprehensive search was conducted using Medical Subject Headings (MeSH) and non-MeSH keywords. We systematically searched through online medical databases, including PubMed, Scopus, and Google Scholar, from database inception to May 20, 2020.

The search strategy was conducted using the MeSH and the following text keywords were used in the electronic search: (Glucomannan[tiab] OR Konjac[tiab] OR Amorphophallus[tiab] OR conjac[tiab] OR konnyaku[tiab] OR devilstongue[tiab] OR "devil's tongue"[tiab] OR "elephant foot"[tiab] OR glucomannano[tiab] OR konjaku[tiab] OR "voodoo lily"[tiab] OR "snake palm"[tiab] OR Araceae[tiab] OR "Amorphophallus"[Mesh] OR "Araceae"[Mesh]) AND ("glycemic control"[tiab] OR "plasma glycemic"[tiab] OR diabetes[tiab] OR FPG[tiab] OR "fastin plasma glucose"[tiab] OR glucose[tiab] OR OR "Fasting blood sugar"[tiab] OR FBS[tiab] OR "Fasting blood glucose"[tiab] OR FBG[tiab] OR "Fasting Plasma Sugar"[tiab] OR FPS[tiab] OR "Impaired fasting glycemia"[tiab] OR IFG[tiab] OR "Glucose Tolerance Test"[tiab] OR "Diabetes Mellitus"[Mesh] OR "Glucose"[Mesh] OR "Glucose Tolerance Test"[Mesh] OR " Type 2 Diabetes"[Mesh] OR " Type 2 Diabetes Mellitus"[Mesh] OR " T2DM"[Mesh]) AND (intervention[tiab] OR RCT[tiab] OR "controlled trial"[tiab] OR randomized[tiab] OR random[tiab] OR Randomly[tiab] OR Placebo[tiab] OR Assignment[tiab] OR "clinical trial"[tiab] OR trial[tiab] OR randomised[tiab] OR "Methods"[Mesh] OR "Randomized Controlled Trial"[Publication Type] OR "Controlled Clinical Trial"[Publication Type] OR "Placebos"[Mesh] OR "Placebo Effect"[Mesh] OR "Clinical Trial"[Publication Type] OR "Clinical Trials as Topic"[Mesh]).

In addition, we manually searched the reference lists of obtained RCTs to identify additional relevant trials. No time or language limitations were imposed.