Supplementary Table 11. Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with hypertension: mLCD

Quality assessment							No. of patients		Effect		Quality
No. of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	mLCD	Control	Relative (95% CI)	Absolute	
SBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	97	98	-	MD, 3.25 lower (7.28 lower–0.77 higher)	Very low
DBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
1	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	46	47	-	MD, 1.80 lower (4.56 lower–0.96 higher)	Very low
LDL-C (follow-up 8–24 wk; better indicated by lower values)											
1	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	46	47	-	MD, 0.00 higher (9.55 lower–9.55 higher)	Very low
TG (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	97	98	-	MD, 35.58 lower (52.84–18.33 lower)	Very low
BW, kg (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	97	98	-	MD, 1.81 lower (3.93 lower–0.30 higher)	Very low
HDL-C (follow-up 36–52 wk; better indicated by higher values)											
1	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	46	47	-	MD, 1.60 higher (1.13 lower–4.33 higher)	Very low
FMD (follow-up 36–52 wk; better indicated by lower values)											
1	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	46	47	-	MD, 0.30 higher (0.58 lower–1.18 higher)	Very low

mLCD, moderately-low or low carbohydrate diet; CI, confidence interval; SBP, systolic blood pressure; MD, mean difference; DBP, diastolic blood pressure; LDL-C, low-density lipoprotein cholesterol; TG, triglyceride; BW, body weight; HDL-C, high-density lipoprotein cholesterol; FMD, flow-mediated dilation.