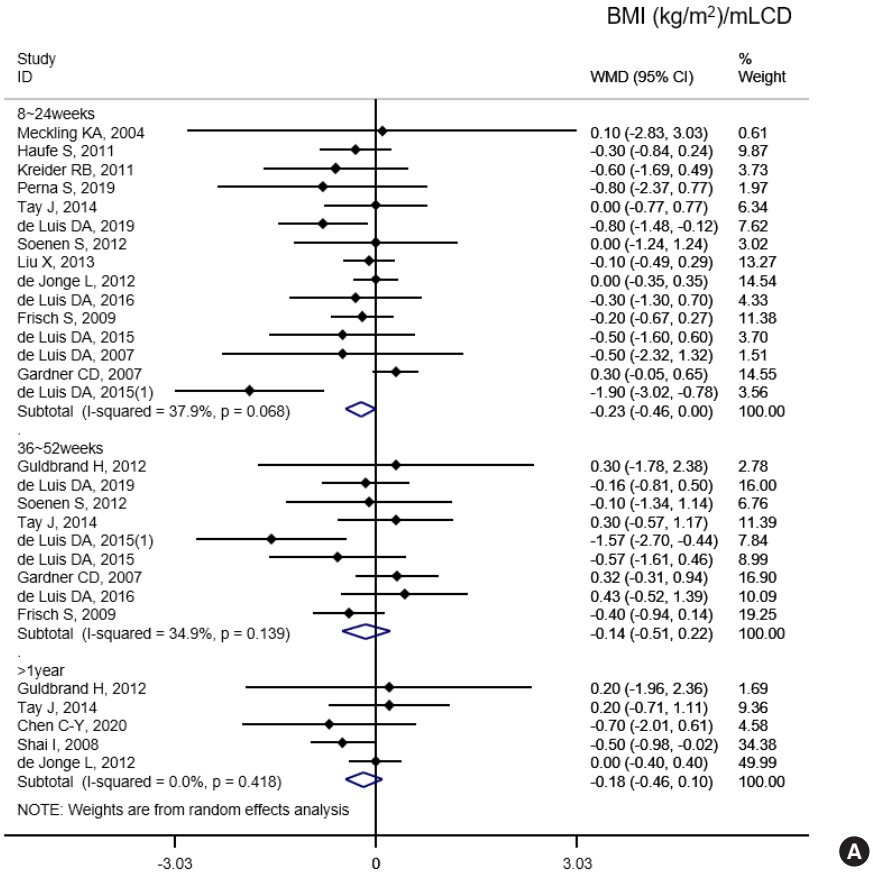

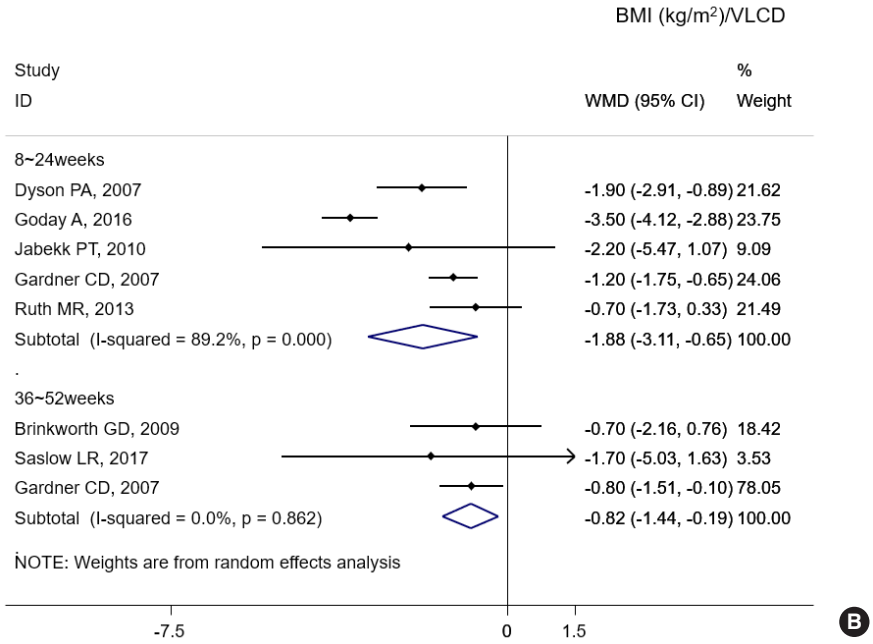

Supplementary Fig. 3. Effects of carbohydrate-restricted diet on body mass index (BMI) in adults with overweight/obesity. (A) Moderately-low or low carbohydrate diet (mLCD). (B) Very-low carbohydrate diet (VLCD). WMD, weighted mean difference; CI, confidence interval.