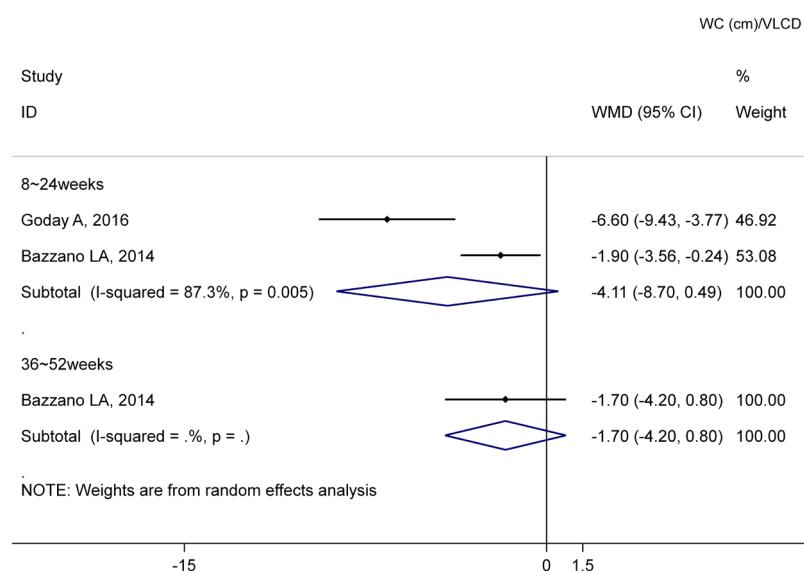


A



B

**Supplementary Fig. 4.** Effects of carbohydrate-restricted diets on waist circumference (WC) 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.