

Supplemental Table S7 Assumption tests regarding publication bias

Outcome	Begg's test
Weight, kg	$z = -0.21, p = 0.870$
Body Mass Index, kg/m ²	$z = -0.57, p = 0.602$
Waist circumference, cm	$z = 1.40, p = 0.162$
Body fat, % of body weight	$z = 0.68, p = 0.499$
Fat mass, kg	$z = 1.13, p = 0.260$
Fat-free mass, kg	$z = -1.20, p = 0.368$
Systolic BP, mmHg	$z = -0.49, p = 0.657$
Diastolic BP, mmHg	$z = -1.38, p = 0.183$
Glucose, mM	$z = 0.70, p = 0.484$
Insulin, pM	$z = 0.36, p = 0.721$
HbA1c, %	$z = -0.52, p = 0.754$
Total cholesterol, mM	$z = -0.71, p = 0.509$
HDL cholesterol, mM	$z = 0.08, p = 0.932$
LDL cholesterol, mM	$z = -0.68, p = 0.538$
Triglycerides, mM	$z = 1.35, p = 0.177$