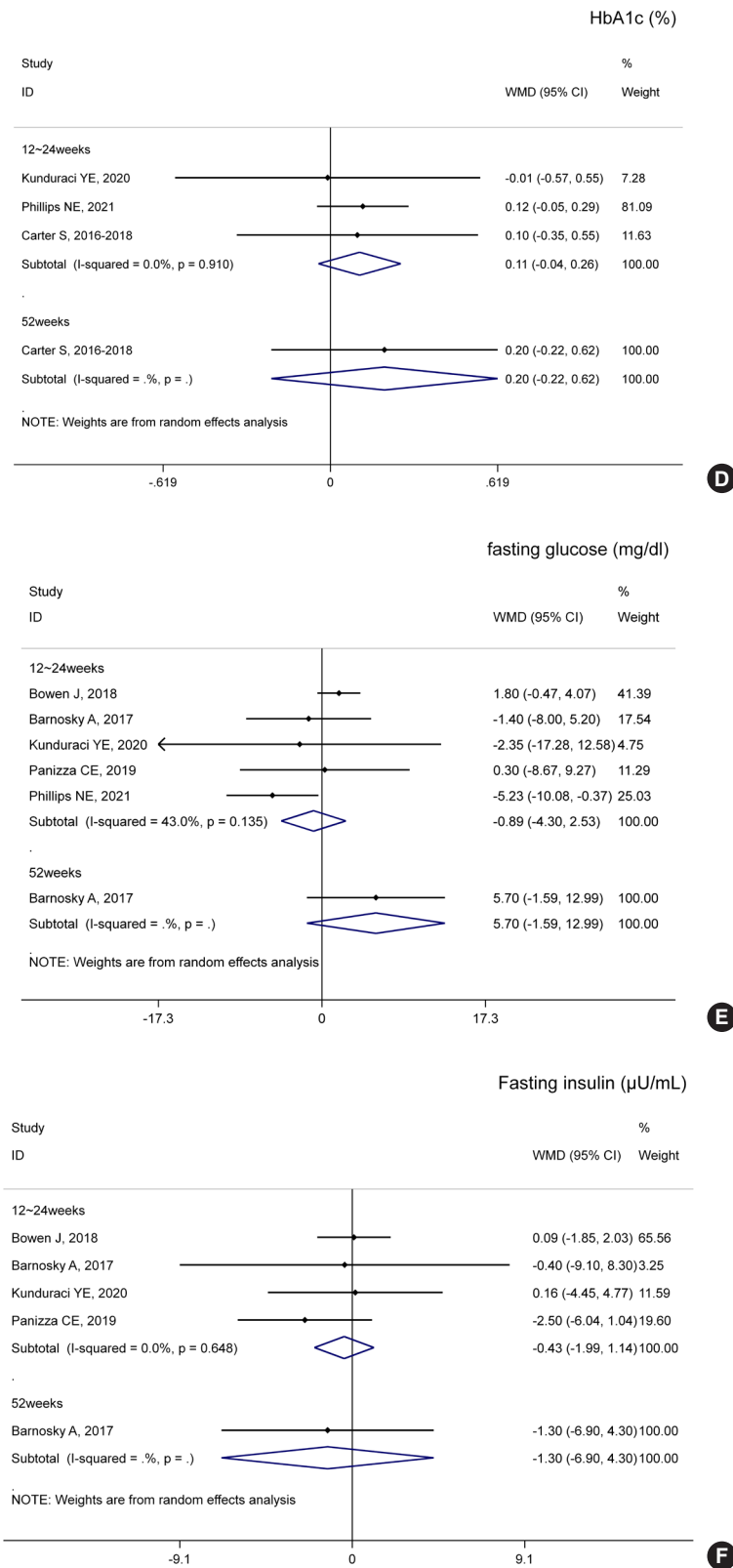
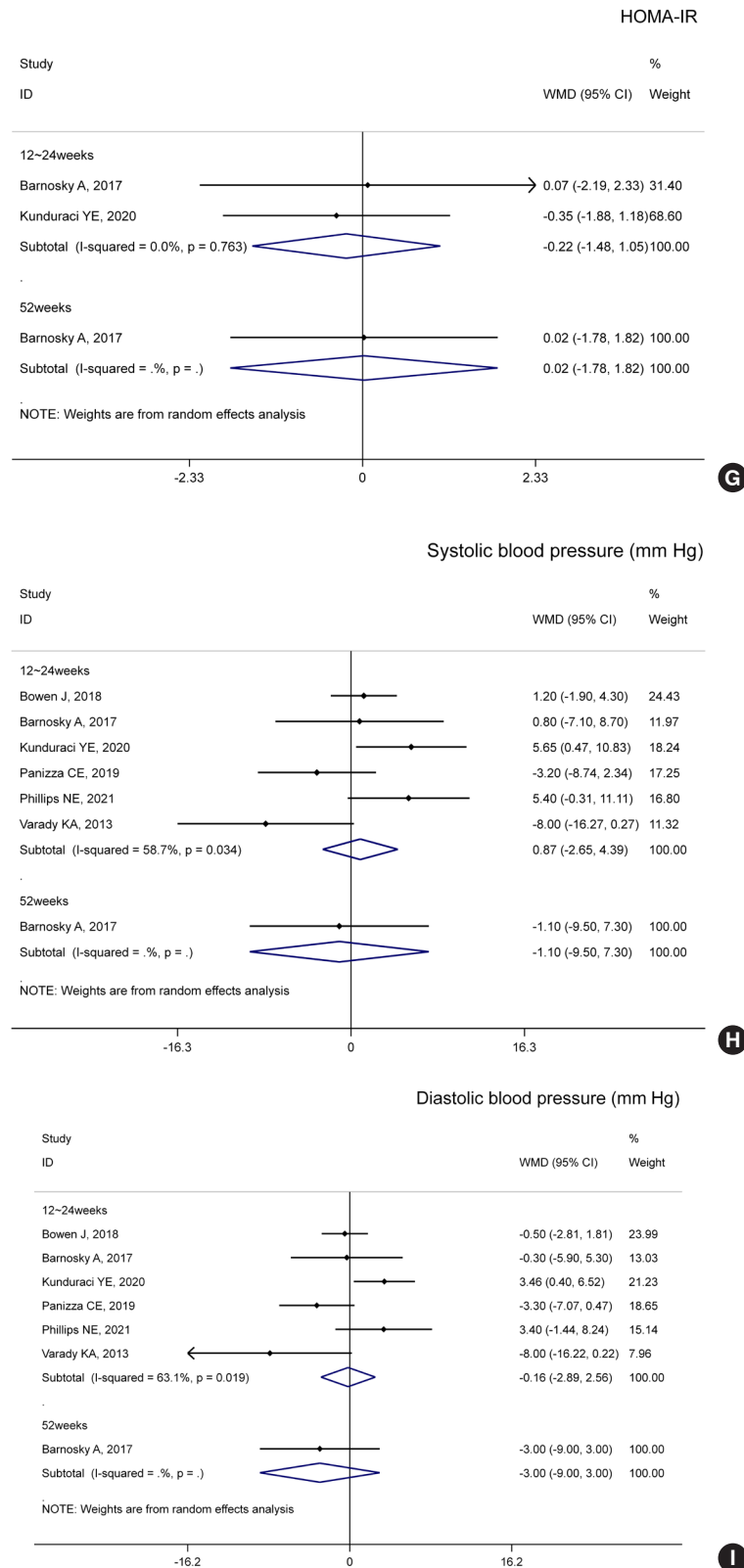


**Supplementary Fig. 15.** Effect of Intermittent fasting on (A) triglyceride (TG; mg/dL), (B) high-density lipoprotein cholesterol (HDL-C; mg/dL), (C) low-density lipoprotein cholesterol (LDL-C; mg/dL), (D) glycosylated hemoglobin (HbA1c; %), (E) fasting glucose (mg/dL), (F) fasting insulin ( $\mu\text{U}/\text{mL}$ ), (G) homeostatic model assessment for insulin resistance (HOMA-IR), (H) systolic blood pressure (SBP; mm Hg), and (I) diastolic blood pressure (DBP; mm Hg) in adults with overweight/obesity. ES, effect size; CI, confidence interval; WMD, weighted mean difference. (Continued to the next page)



Supplementary Fig. 15. Continued.

(Continued to the next page)



Supplementary Fig. 15. Continued.