Electronic Supplementary Material (ESI) for Food & Function. This journal is © The Royal Society of Chemistry 2021

	Hone	ey	Control		Risk Difference		Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M–H, Random, 95% CI
Samdariya 2015	1	36	8	33	34.9%	-0.21 [-0.37, -0.06]	-
Charalambous 2017a	16	36	22	36	26.4%	-0.17 [-0.39, 0.06]	
Bardy 2012	55	64	52	63	38.6%	0.03 [-0.09, 0.16]	-
Total (95% CI)		136		132	100.0%	-0.11 [-0.28, 0.07]	
Total events	72		82				
Heterogeneity: $Tau^2 = 0.02$; $Chi^2 = 6.54$, $df = 2$ (P = 0.04); $I^2 = 69\%$							-1 -0.5 0 0.5 1
Test for overall effect: $Z = 1.20 (P = 0.23)$							Favours [honey] Favours [control]