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Fig.S5 Funnel plot of the associations between vitamin K and T2DM. Abbreviations: s.e.:standard error; logor: the logarithm of HR

Table S1 Search strategy

criteria	Descriptions and search terms used for each criteria
Vitamin K	Vitamin K OR Vitamin K1 OR Vitamin K2 OR Vitamin K3 OR naphthoquinone OR phyloquinone OR konakion OR phytonadion OR menadion OR menaquinone OR menaquinones OR phytomenadion OR mephyton
Blood glucose	Diabetes Mellitus OR Hyperglycemia OR Insulin Resistance OR Metabolic Syndrome OR Glucose Intolerance OR Prediabetic State OR HOMA-IR OR β -cell function OR insulin secretion OR impaired glucose tolerance OR impaired fasting glucose OR glycemic control OR insulin OR glucose OR diabetic OR HbA1c OR diabetes OR type 2 diabetes OR glycohemoglobin OR T2DM OR type 2 diabetes mellitus OR fasting plasma glucose OR fasting plasma insulin OR adiponectin OR oral glucose tolerance OR hyperinsulinaemic euglycaemic clamp

Table S2 Publication bias (Egger test) performed for included RCTs.

	t	P
FBS (mg/dl)	-0.09	0.932
FINS(μ IU/ml)	-1.87	0.111
HOMA-IR	-1.48	0.190

FBS, fasting plasma glucose; FINS, fasting plasma Insulin; HOMA-IR, Homeostatic Model Assessment of Insulin Resistance; TC, total cholesterol; TG, triglycerides; LDL-C, low density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol.

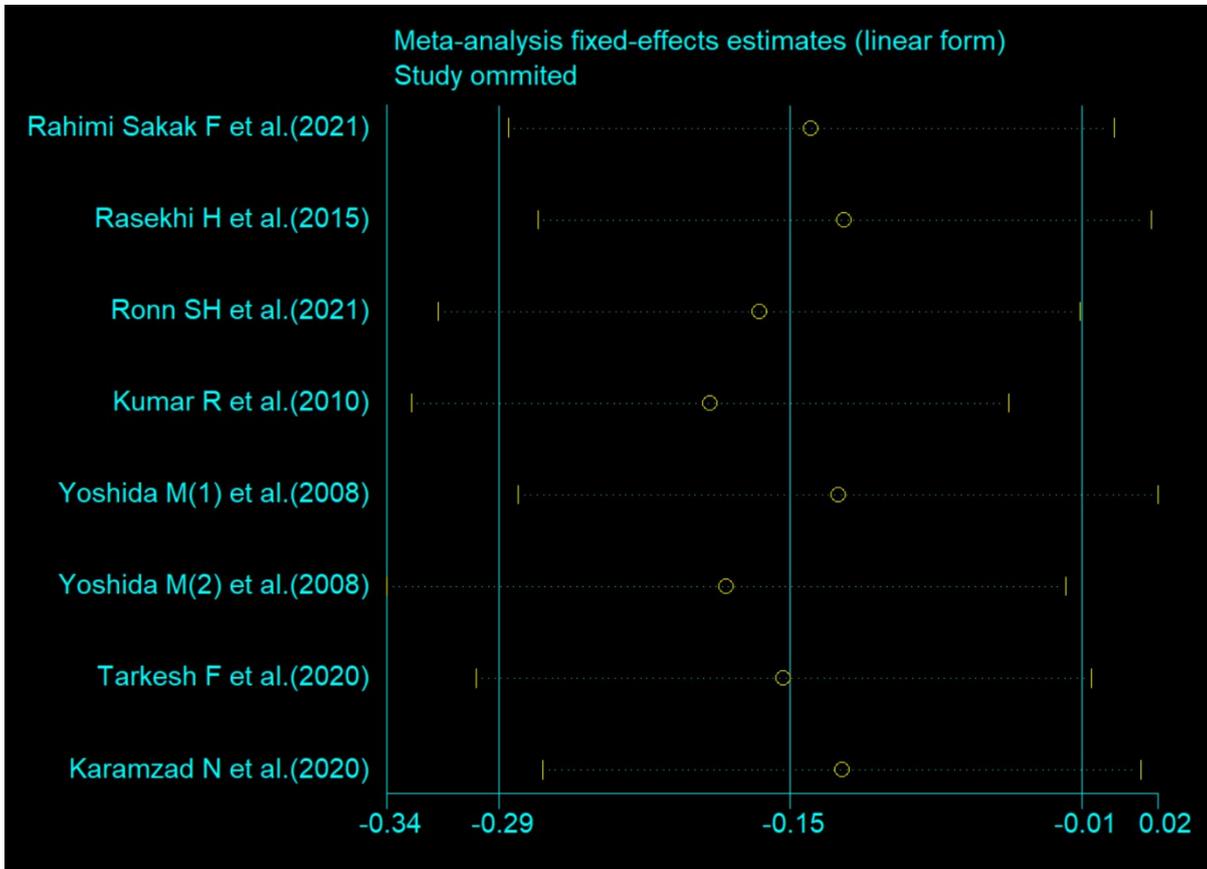


Fig.S1 Sensitivity analysis results of FBS in subjects supplemented with vitamin K or placebo.

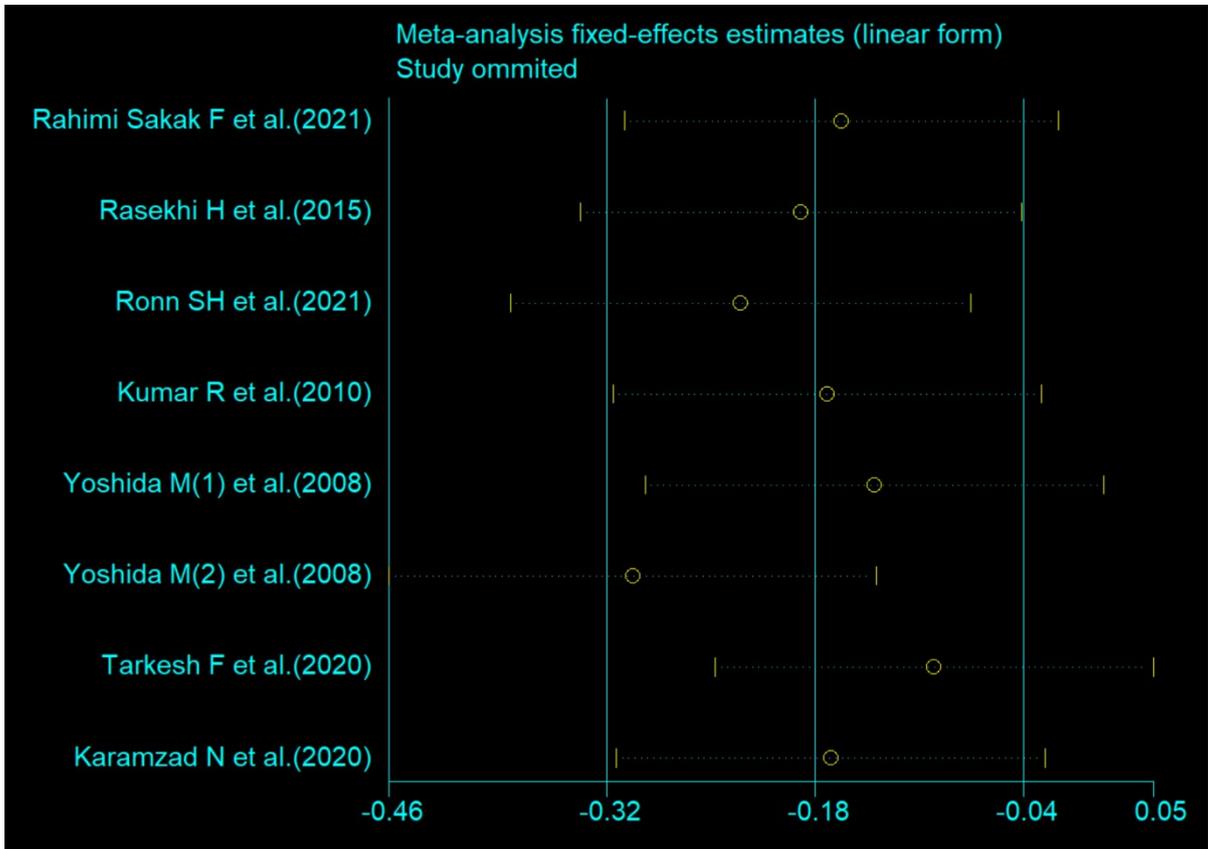


Fig.S2 Sensitivity analysis results of FINS in subjects supplemented with vitamin K or placebo.

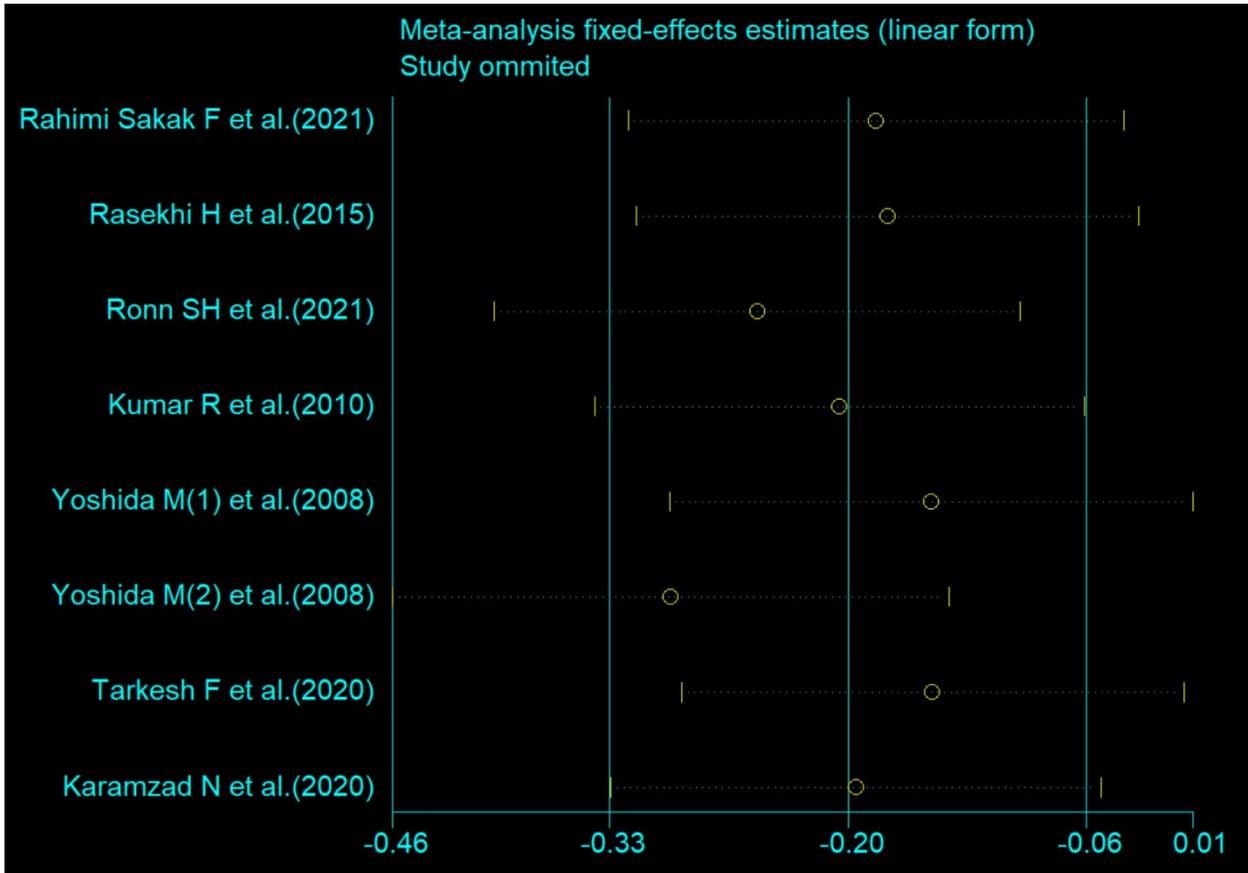


Fig.S3 Sensitivity analysis results of HOMA-IR in subjects supplemented with vitamin K or placebo.

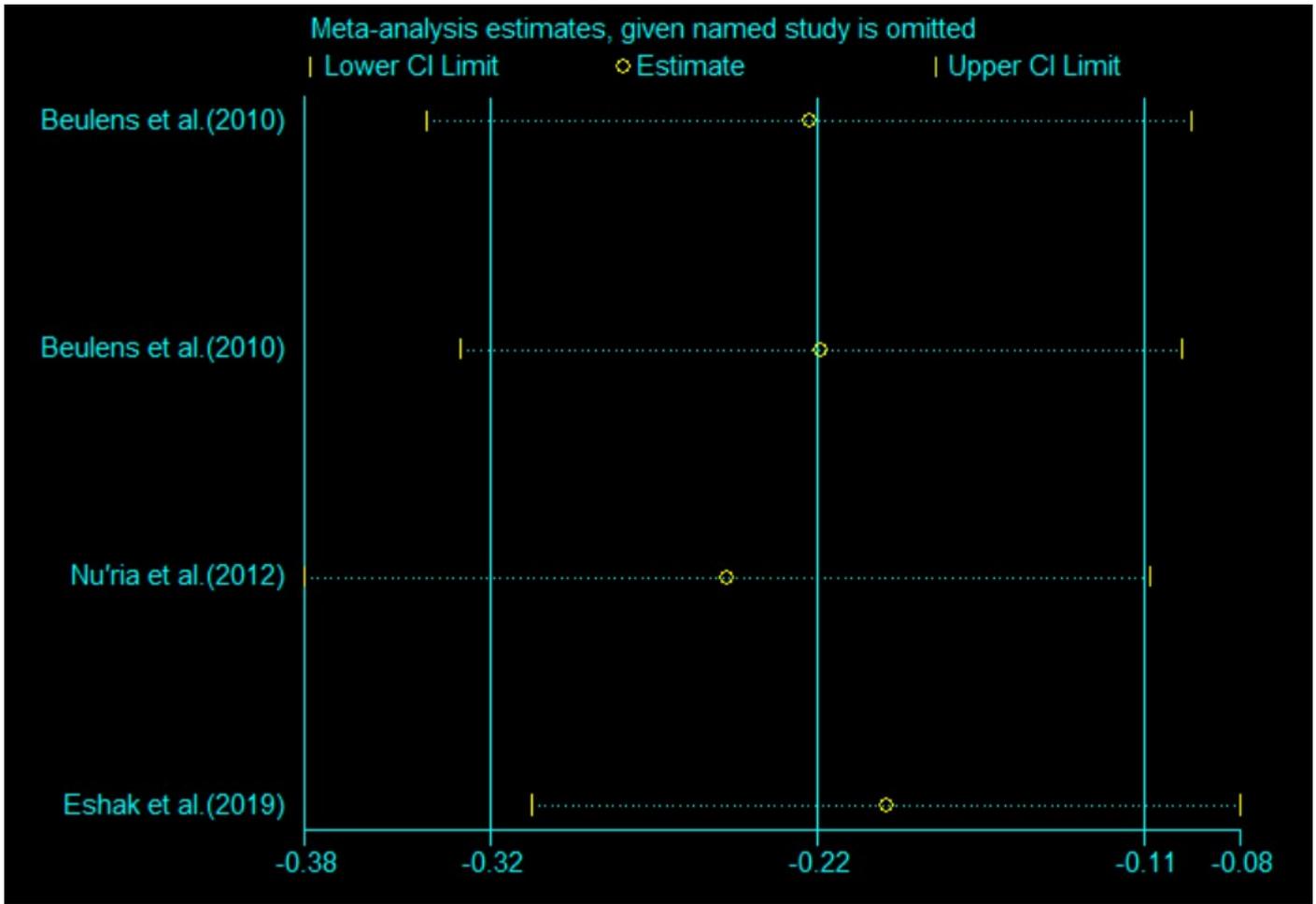


Fig.S4 Sensitivity analysis of vitamin K and the risk of developing T2DM.

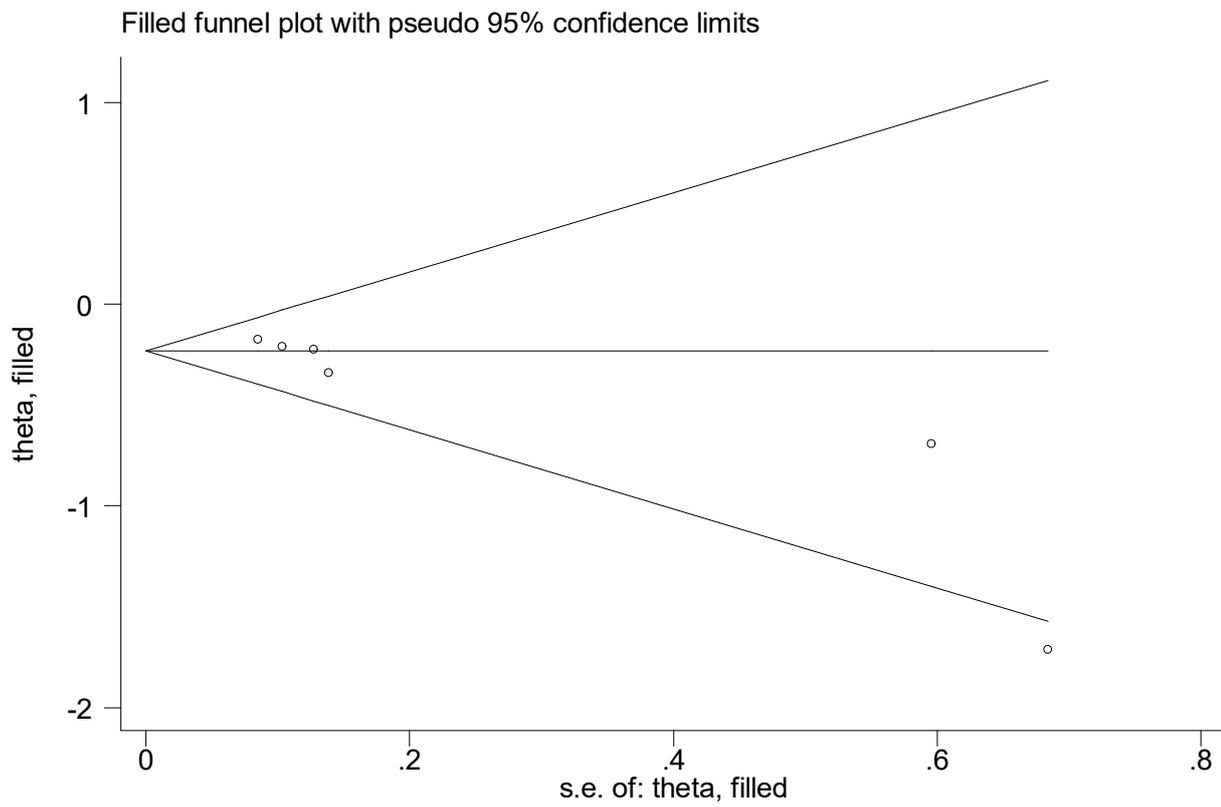


Fig.S5 Funnel plot of the associations between vitamin K and T2DM. Abbreviations: s.e.:standard error; logor: the logarithm of HR