

Supplementary Table 1- The effect of High-Protein vs Low-Protein Diets on pooled findings from the random-effects model and several subgroups.

		No. of Treatment arms	WMD ¹ (95%CI)			Heterogeneity	
						I ² (%)	Pvalue for Heterogeneity
AST (U/L)							
Duration	≤ 12 weeks	9	-2.4	-5.10	1.01	57.4	0.016
	> 12 weeks	3	-2.10	-8.16	3.96	81.9	0.004
Percentage of protein intake from total calories intake	<30 %	7	-3.27	-6.57	0.04	63.9	0.011
	≥30 %	5	-0.58	-4.34	3.18	51.8	0.081
ALT (U/L)							
Duration	≤ 12 weeks	10	-6.08	-11.07	-1.10	75.0	<0.001
	> 12 weeks	4	-4.00	-9.24	1.25	81.2	0.001
Percentage of protein intake from total calories intake	<30 %	7	-7.63	-13.34	-1.93	84.7	<0.001
	≥30 %	7	-2.86	-6.52	0.80	40.8	0.119
GGT (U/L)							
Duration	≤ 12 weeks	6	-9.48	-16.48	-2.49	72.9	0.002
	> 12 weeks	2	-2.57	-7.65	2.50	0.0	0.819
Percentage of protein intake from total calories intake	<30 %	4	-9.74	-20.39	0.92	77.2	0.004
	≥30 %	4	-5.62	-13.13	1.90	72.8	0.012
TNF-α (pg/mL)							
Percentage of protein intake from total calories intake	<30 %	2	-0.69	-1.46	0.08	0.0	0.658
	≥30 %	5	-1.28	-3.13	0.56	99.8	<0.001
IL-6 (pg/mL)							
Percentage of protein intake from total calories intake	<30 %	3	-1.27	-2.38	-0.15	46.2	0.156
	≥30 %	4	0.22	-0.02	0.46	42.8	0.155
CRP (mg/l)							

Duration	≤ 12 weeks	16	-0.20 -0.67 0.28	93.8	<0.001
	> 12 weeks	14	-0.84 -1.97 0.29	98.1	<0.001
Percentage of protein intake from total calories intake	<30 %	15	-0.30 -1.10 0.50	97.9	<0.001
	≥ 30 %	15	-0.75 -1.23 -0.27	87.4	<0.001
Age of participants	<50 years	19	-0.59 -1.38 0.19	97.9	<0.001
	≥ 50 years	11	-0.35 -0.78 0.07	79.4	<0.001

Abbreviations: TNF- α : Tumour Necrosis Factor alpha; IL-6, Interleukin 6; GGT, Gamma-glutamyl transferase; AST, Aspartate aminotransferase; ALT, Alanine aminotransferase