Supplementary Information (SI) for Food & Function.
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Efficacy of Different Dietary Fiber for Chronic Idiopathic Constipation: A Systematic Review and Network Meta-Analysis

Supplementary Table 1

Table 1a. The retrieval used in WEB OF SCIENCE

#1	((((((((((((((((((((((((((((((((((TS=(Dietary Fiber)) OR TS=(β-glucan)) OR TS=(fiber)) OR TS=(Psyllium)) OR TS=(Konjac glucomannan)) OR TS=(Guar gum)) OR TS=(Xanthan gum)) OR TS=(Tamarind gum)) OR TS=(Pectin)) OR TS=(Sodium alginate)) OR TS=(Carrageenan)) OR TS=(Dietary Fibers)) OR TS=(Fibers, Dietary)) OR TS=(Fiber, Dietary)) OR TS=(Wheat Bran)) OR TS=(Brans, Wheat)) OR TS=(Bran, Wheat)) OR TS=(Wheat Brans)) OR TS=(Roughage)) OR TS=(Roughages)) OR TS=(soluble fibers)) OR TS=(Inulin)) OR TS=(FOS)) OR TS=(GOS)) OR TS=(IMO)) OR TS=(Agave)) OR TS=(Resistant dextrin)) OR TS=(Polydextrose)) OR TS=(Insoluble fibers)) OR TS=(Cellulose)) OR TS=(Hemicellulose)) OR TS=(Lignin)) OR TS=(Wheat bran fiber)) OR TS=(Composite fiber)) OR TS=(Whole wheat)) OR TS=(Resistant starches)) OR TS=(Resistant starch)) OR TS=(RS)
#2	((((((((((TS=(constipation)) OR TS=(Irritable Bowel Syndromes)) OR TS=(Syndrome, Irritable Bowel)) OR TS=(Syndromes, Irritable Bowel)) OR TS=(Colitis, Mucous)) OR TS=(Colitides, Mucous)) OR TS=(Mucous Colitides)) OR TS=(Mucous Colitis)) OR TS=(Colon, Irritable)) OR TS=(Irritable Colon)) OR TS=(Colonic Inertia)) OR TS=(Dyschezia)
#3	((((TS=(Randomized Controlled Trial)) OR TS=(Clinical Trials, Randomized)) OR TS=(Trials, Randomized Clinical)) OR TS=(Controlled Clinical Trials, Randomized)) OR TS=(randomized)
#4	#1 AND #2 AND #3

Table 1b. The retrieval used in Embase

#1	'dietary fiber'/exp
#2	'β-glucan':ab,ti OR 'fiber':ab,ti OR 'psyllium':ab,ti OR 'konjac glucomannan':ab,ti OR 'guar gum':ab,ti OR 'xanthan gum':ab,ti OR 'tamarind gum':ab,ti OR 'pectin':ab,ti OR 'sodium alginate':ab,ti OR 'carrageenan':ab,ti OR 'dietary fibers':ab,ti OR 'fibers, dietary':ab,ti OR 'fiber, dietary':ab,ti OR 'wheat bran':ab,ti OR 'brans, wheat':ab,ti OR 'bran, wheat':ab,ti OR 'wheat brans':ab,ti OR 'roughage':ab,ti OR 'roughages':ab,ti OR 'soluble fibers':ab,ti OR 'inulin':ab,ti OR 'fos':ab,ti OR 'gos':ab,ti OR 'imo':ab,ti OR 'agave':ab,ti OR 'resistant dextrin':ab,ti OR 'polydextrose':ab,ti OR 'insoluble fibers':ab,ti OR 'cellulose':ab,ti OR 'hemicellulose':ab,ti OR 'lignin':ab,ti OR 'wheat bran fiber':ab,ti OR 'composite fiber':ab,ti OR 'whole wheat':ab,ti OR 'resistant starches':ab,ti OR 'resistant starch':ab,ti OR 'rs':ab,ti
#3	#1 OR #2
#4	'constipation'/exp
#5	'β-glucan':ab,ti OR 'fiber':ab,ti OR 'psyllium':ab,ti OR 'konjac glucomannan':ab,ti OR 'guar gum':ab,ti OR 'xanthan gum':ab,ti OR 'tamarind gum':ab,ti OR 'pectin':ab,ti OR 'sodium alginate':ab,ti OR 'carrageenan':ab,ti OR 'dietary fibers':ab,ti OR 'fibers, dietary':ab,ti OR 'fiber, dietary':ab,ti OR 'wheat bran':ab,ti OR 'brans, wheat':ab,ti OR 'bran, wheat':ab,ti OR 'wheat brans':ab,ti OR 'roughage':ab,ti OR 'roughages':ab,ti OR 'soluble fibers':ab,ti OR 'inulin':ab,ti OR 'fos':ab,ti OR 'gos':ab,ti OR 'imo':ab,ti OR 'agave':ab,ti OR 'resistant dextrin':ab,ti OR 'polydextrose':ab,ti OR 'insoluble fibers':ab,ti OR 'cellulose':ab,ti OR 'hemicellulose':ab,ti OR 'lignin':ab,ti OR 'wheat bran fiber':ab,ti OR 'composite fiber':ab,ti OR 'whole wheat':ab,ti OR 'resistant starches':ab,ti OR 'resistant starch':ab,ti OR 'rs':ab,ti
#6	#4 OR #5
#7	'randomized controlled trial'/exp
#8	'clinical trials, randomized':ab,ti OR 'trials, randomized clinical':ab,ti OR 'controlled clinical trials, randomized':ab,ti OR 'randomized':ab,ti
#9	#7 OR #8
#12	#3 AND #6 AND #9

Table 1c. The retrieval used in Cochrane

#1	MeSH descriptor: [Dietary Fiber] explode all trees
#2	MeSH descriptor: [Resistant Starch] explode all trees
#3	(β-glucan):ti,ab,kw OR (fiber):ti,ab,kw OR (Psyllium):ti,ab,kw OR (Konjac glucomannan):ti,ab,kw OR (Guar gum):ti,ab,kw OR (Xanthan gum):ti,ab,kw OR (Tamarind gum):ti,ab,kw OR (Pectin):ti,ab,kw OR (Sodium alginate):ti,ab,kw OR (Carrageenan):ti,ab,kw OR (Dietary Fibers):ti,ab,kw OR (Fibers, Dietary):ti,ab,kw OR (Fiber, Dietary):ti,ab,kw OR (Wheat Bran):ti,ab,kw OR (Brans, Wheat):ti,ab,kw OR (Bran, Wheat):ti,ab,kw OR (Wheat Brans):ti,ab,kw OR (Roughage):ti,ab,kw OR (Roughages):ti,ab,kw OR (soluble fibers):ti,ab,kw OR (Inulin):ti,ab,kw OR (FOS):ti,ab,kw OR (GOS):ti,ab,kw OR (IMO):ti,ab,kw OR (Agave):ti,ab,kw OR (Resistant dextrin):ti,ab,kw OR (Polydextrose):ti,ab,kw OR (Insoluble fibers):ti,ab,kw OR (Cellulose):ti,ab,kw OR (Hemicellulose):ti,ab,kw OR (Lignin):ti,ab,kw OR (Wheat bran fiber):ti,ab,kw OR (Composite fiber):ti,ab,kw OR (Whole wheat):ti,ab,kw OR (Resistant starches):ti,ab,kw OR (RS):ti,ab,kw
#4	#1 OR #2 OR #3
#5	MeSH descriptor: [Constipation] explode all trees
#6	(Irritable Bowel Syndromes):ti,ab,kw OR (Syndrome, Irritable Bowel):ti,ab,kw OR (Syndromes, Irritable Bowel):ti,ab,kw OR (Colitis, Mucous):ti,ab,kw OR (Colitides, Mucous):ti,ab,kw OR (Mucous Colitides):ti,ab,kw OR (Mucous Colitis):ti,ab,kw OR (Colon, Irritable):ti,ab,kw OR (Irritable Colon):ti,ab,kw OR (Colonic Inertia):ti,ab,kw OR (Dyschezia):ti,ab,kw OR (IBS-C):ti,ab,kw
#7	#5 OR #6
#8	MeSH descriptor: [Randomized Controlled Trial] explode all trees
#9	(Clinical Trials, Randomized):ti,ab,kw OR (Trials, Randomized Clinical):ti,ab,kw OR (Controlled Clinical Trials, Randomized):ti,ab,kw OR (Randomized):ti,ab,kw
#10	#8 OR #9
#11	#4 AND #7 AND #10

Table 1d. The retrieval used in PUBmed

#1	"Dietary Fiber"[Mesh] OR "beta-Glucans"[Mesh] OR "Resistant Starch"[Mesh]
#2	((((((((((((((((((((((((((((((fiber[Title/Abstract]) OR (Psyllium[Title/Abstract])) OR (Konjac glucomannan[Title/Abstract])) OR (Guar gum[Title/Abstract])) OR (Xanthan gum[Title/Abstract])) OR (Tamarind gum[Title/Abstract])) OR (Pectin[Title/Abstract])) OR (Sodium alginate[Title/Abstract])) OR (Carrageenan[Title/Abstract])) OR (Dietary Fibers[Title/Abstract])) OR (Fibers, Dietary[Title/Abstract])) OR (Fiber, Dietary[Title/Abstract])) OR (Wheat Bran[Title/Abstract])) OR (Brans, Wheat[Title/Abstract])) OR (Bran, Wheat[Title/Abstract])) OR (Wheat Brans[Title/Abstract])) OR (Roughage[Title/Abstract])) OR (soluble fibers[Title/Abstract])) OR (Inulin[Title/Abstract])) OR (FOS[Title/Abstract])) OR (GOS[Title/Abstract])) OR (IMO[Title/Abstract])) OR (Agave[Title/Abstract])) OR (Resistant dextrin[Title/Abstract])) OR (Polydextrose[Title/Abstract])) OR (Insoluble fibers[Title/Abstract])) OR (Cellulose[Title/Abstract])) OR (Hemicellulose[Title/Abstract])) OR (Lignin[Title/Abstract])) OR (Wheat bran fiber[Title/Abstract])) OR (Composite fiber[Title/Abstract])) OR (Whole wheat[Title/Abstract])) OR (Resistant starch[Title/Abstract])) OR (RS[Title/Abstract]
#3	#1 OR #2
#4	("Constipation"[Mesh]) OR "Irritable Bowel Syndrome"[Mesh]
#5	((((((((((Irritable Bowel Syndromes[Title/Abstract]) OR (Syndrome, Irritable Bowel[Title/Abstract])) OR (IBS-C[Title/Abstract])) OR (Colitis, Mucous[Title/Abstract])) OR (Colitides, Mucous[Title/Abstract])) OR (Mucous Colitides[Title/Abstract])) OR (Mucous Colitis[Title/Abstract])) OR (Colon, Irritable[Title/Abstract])) OR (Irritable Colon[Title/Abstract])) OR (Colonic Inertia[Title/Abstract])) OR (Dyschezia[Title/Abstract])
#6	#4 OR #5
#7	("Randomized Controlled Trial" [Publication Type]) OR "Randomized Controlled Trials as Topic"[Mesh]
#8	(((Clinical Trials, Randomized[Title/Abstract]) OR (Trials, Randomized Clinical[Title/Abstract])) OR (Controlled Clinical Trials, Randomized[Title/Abstract])) OR (randomized[Title/Abstract])
#9	#7 OR #8
#10	#3 AND #6 AND #9

Supplementary Table 2 ： Characteristics of the included RCTs

Author, year	Design	Subtype	Sample size	Mean age (years)	Female (%)	Diagnostic criteria	Intervention	contrast	Treatment duration (days)	Outcomes
Lin Xu, 2014	Single center	STC	80	43.8	61.3%	Rome III	Pectin (Viscous soluble fiber)	Placebo	28	Constipation symptom score, Straining, Stool Consistency, Stool Frequency
Xiucai Fang, 2017	Multicenter	FC	122	69.4	52.5%	Rome III	Testa triticum tricum purif (Insoluble fiber)	PEG4000	56	Constipation symptom score, Adverse reaction
Çağlar Akçalı, 2025	Single center	IBS-C	34	38.3	76.4%	Rome IV	Inulin/oligofructose mixture (Prebiotic soluble fiber)	Placebo	56	IBS-SSS
Lonneke JanssenDuijghuijsen, 2024	Single center	IBS-C	176	37.2	88.6%	Rome IV	Acacia fiber supplement (Prebiotic soluble fiber)	probiotic BLa80/ Placebo	28	IBS-SSS, Stool Consistency, Stool Frequency
Enrique Coss-Adame, 2024	Single center	FC	40	34.8	85.0%	Rome III	Agave tequilana Fructans (Prebiotic soluble fiber)	Psyllium plantago (Viscous	56	Adverse reaction, SBM

								soluble fiber)		
Kankona Dey, 2023	Single center	FC	35	-	74.4%	Rome IV	Galactooligosaccharide (Prebiotic soluble fiber)	Placebo	30	Constipation symptom score, Straining, Stool Consistency, Stool Frequency, Adverse reaction
Tuen-Ching Chan, 2022	Single center	FC	52	83.9	62.0%	Rome III	Partially hydrolyzed guar gum (Prebiotic soluble fiber)	Placebo	28	Stool Consistency, Stool Frequency, Adverse reaction
Hao Lai, 2023	Single center	FC	250	44.5	77.2%	Rome IV	Polydextrose (Prebiotic soluble fiber), psyllium husk (Viscous soluble fiber), wheat bran + psyllium husk (Composite fibers)	Probiotic/ Placebo	28	Stool Consistency, Stool Frequency, Straining, Adverse reaction,
Yuping Zhu, 2025	Single center	FC	48	22.3	0%	Rome IV	Konjac glucomanna (Viscous soluble fiber)	Placebo	56	PAC-SYM, Stool Consistency, Stool Frequency, Adverse

										reaction
Mingjun Chen, 2021	Multicenter	FC	113	53.7	85.8%	Rome IV	Compound fructose-oligosaccharide fiber granule (Composite fibers)	Placebo	14	Straining, Stool Consistency, Stool Frequency
Jae-Hwan Lee, 2024	Single center	FC	63	35.6	85.7%	Rome IV	Galacto-oligosaccharide (Prebiotic soluble fiber)	Placebo	28	Stool Consistency, Stool Frequency, Straining, Adverse reaction
Elizabeth Steels, 2023	Single center	FC	61	37.0	80.3%	Rome IV	Prebiotic powder formulation (Composite fibers)	acacia gum (Prebiotic soluble fiber)	21	PAC-SYM, Straining, Stool Consistency, Stool Frequency
Alvin Ibarra, 2019	Single center	FC	96	43.3	70.0%	Rome III	Polydextrose (Prebiotic soluble fiber)	Placebo	14	PAC-SYM, Straining, Stool Consistency, Stool Frequency
Sirirat Luk-In, 2024	Single center	CC	87	40.3	86.2%	Rome IV	Resistant starch type 3 (Resistant starches)	Placebo	84	Constipation Scoring System, Stool Consistency

Marieke H Schoemaker, 2022	Single center	FC	87	38.0	92.0%	Rome IV	Galacto-oligosaccharide (Prebiotic soluble fiber)	Placebo	21	PAC-SYM, Stool Consistency, Stool Frequency
Askin Erdogan, 2016	Single center	FC	72	42.9	91.7%	Rome III	Mixed fiber (Composite fibers)	Psyllium (Viscous soluble fiber)	28	Straining, Stool Consistency, Stool Frequency
Peter I Duncan, 2018	Single center	FC	79	39.0	92.4%	Rome III	Polydextrose Fiber (Prebiotic soluble fiber)	Placebo	28	PAC-SYM, Stool Consistency, Stool Frequency, Adverse reaction

STC, slow-transit constipation. FC, functional constipation. IBS-C, Constipation-predominant irritable bowel syndrome. CC, chronic constipation. CTT, colonic transit time. WGTT, whole gut transit time. PAC-SYM, Patient Assessment of Constipation Symptom.

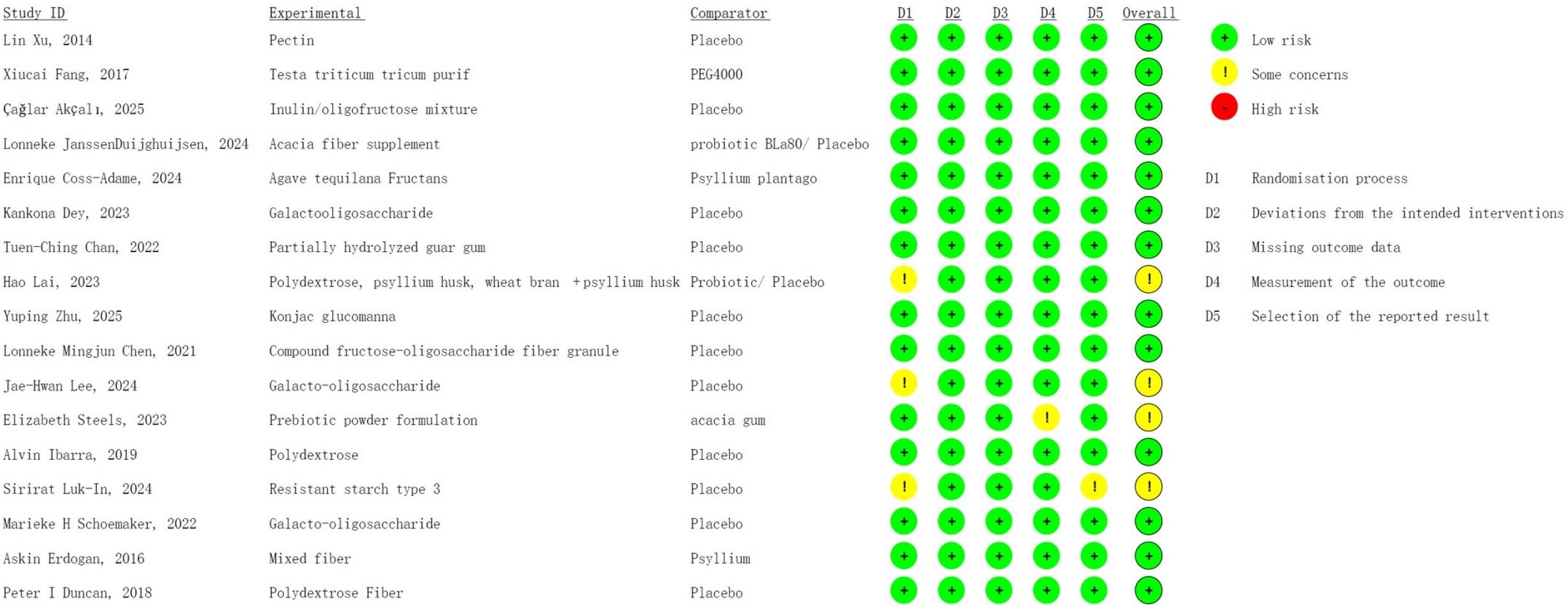
Supplementary Table 3：Certainty of Evidence

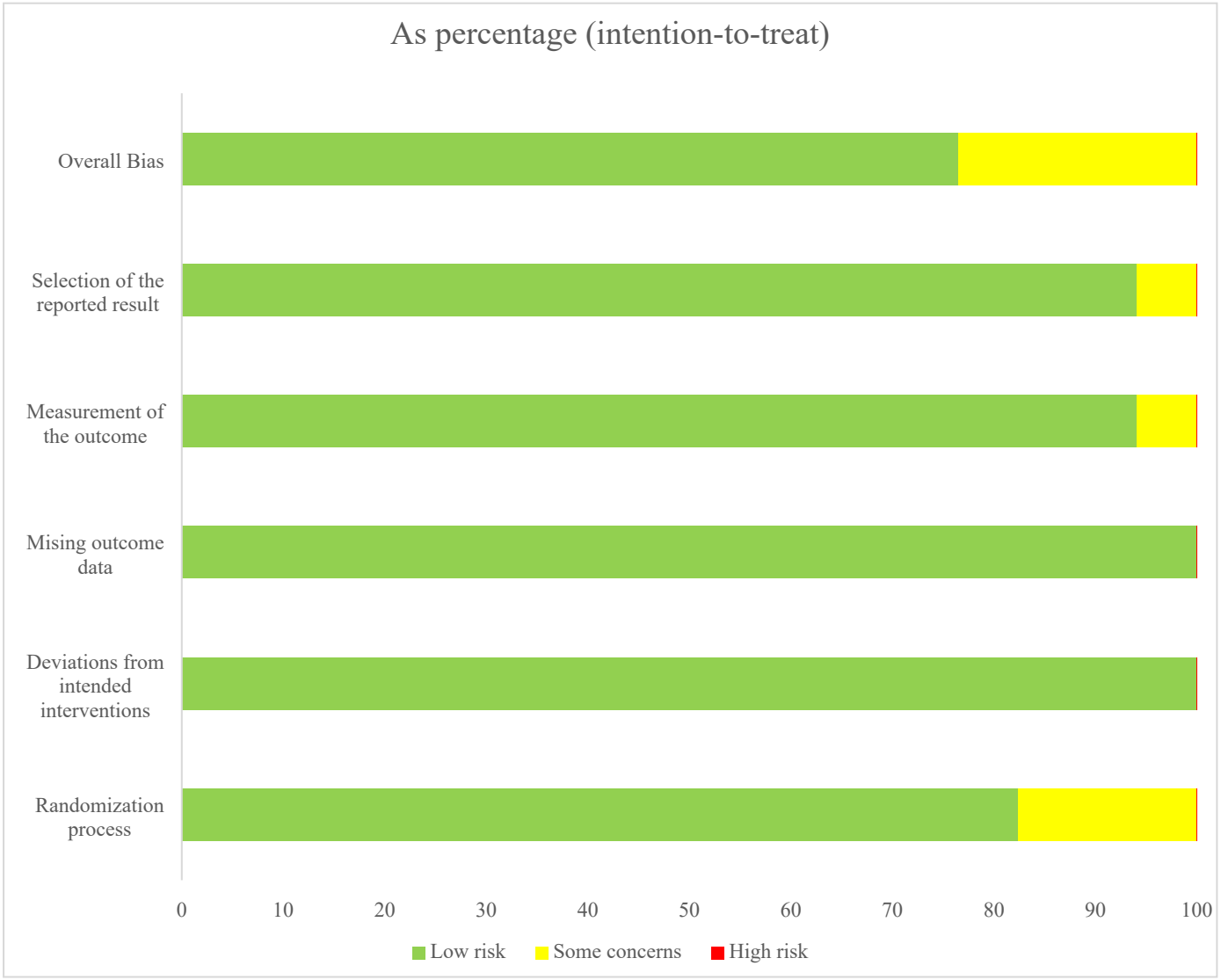
Outcome	Comparison	Effect Estimate SMD (95% CI)	Crosses Null Line?	Risk of Bias	Inconsistency	Indirectness	Imprecision	GRADE Rating
Stool consistency	Viscous soluble fiber VS Placebo	-0.53 (−1.0, −0.02)	No	No	Downgraded 1 level	No	No	Moderate
	Viscous soluble fiber VS Prebiotic soluble fiber	-0.32 (−0.9, 0.26)	Yes	No	Downgraded 1 level	No	Downgraded 1 level	Low
	Viscous soluble fiber VS Resistant starches	-0.29 (−1.42, 0.83)	Yes	No	Downgraded 1 level	Downgraded 1 level	Downgraded 1 level	Very Low
	Viscous soluble fiber VS Composite fibers	-0.22 (−0.83, 0.39)	Yes	No	Downgraded 1 level	No	Downgraded 1 level	Low
Stool frequency	Viscous soluble fiber VS Placebo	-1.11 (-2.07, -0.18)	No	No	Downgraded 1 level	No	No	Moderate
	Viscous soluble fiber VS Prebiotic soluble fiber	-0.58 (-1.58, 0.4)	Yes	No	Downgraded 1 level	No	Downgraded 1 level	Low
	Viscous soluble fiber VS Composite fibers	-0.1 (-1.23, 1.03)	Yes	No	Downgraded 1 level	No	Downgraded 1 level	Low
Straining during defecation	Viscous soluble fiber VS Placebo	-0.70 (-1.32, -0.13)	No	No	No	No	No	High

	Composite fibers VS Placebo	-0.52 (-1.10, -0.01)	No	No	No	No	No	High
	Viscous soluble fiber VS Prebiotic soluble fiber	-0.37 (-1.01, 0.29)	Yes	No	No	No	Downgraded 1 level	Moderate
	Viscous soluble fiber VS Composite fibers	-0.18 (-0.78, 0.43)	Yes	No	No	No	Downgraded 1 level	Moderate
Constipation symptom score	Insoluble fiber VS Viscous soluble fiber	-1.64 (-5.5, 2.21)	Yes	No	Downgraded 1 level	Downgraded 1 level	Downgraded 1 level	Very Low
	Insoluble fiber VS Prebiotic soluble fiber	-2.2 (-5.61, 1.2)	Yes	No	Downgraded 1 level	Downgraded 1 level	Downgraded 1 level	Very Low
	Insoluble fiber VS Resistant starches	-2.92 (-7.22, 1.31)	Yes	No	Downgraded 1 level	Downgraded 1 level	Downgraded 1 level	Very Low
	Insoluble fiber VS Composite fibers	-1.27 (-5.53, 3)	Yes	No	Downgraded 1 level	Downgraded 1 level	Downgraded 1 level	Very Low
Adverse event	Viscous soluble fiber VS Prebiotic soluble fiber	1.63 (0.58, 4.78)	Yes	No	No	No	Downgraded 1 level	Moderate
	Viscous soluble fiber VS Insoluble fiber	10.01 (0.59, 628.65)	Yes	No	No	Downgraded 1 level	Downgraded 1 level	Low
	Viscous soluble fiber VS	1.49 (0.33, 6.8)	Yes	No	No	No	Downgrade	Moderate

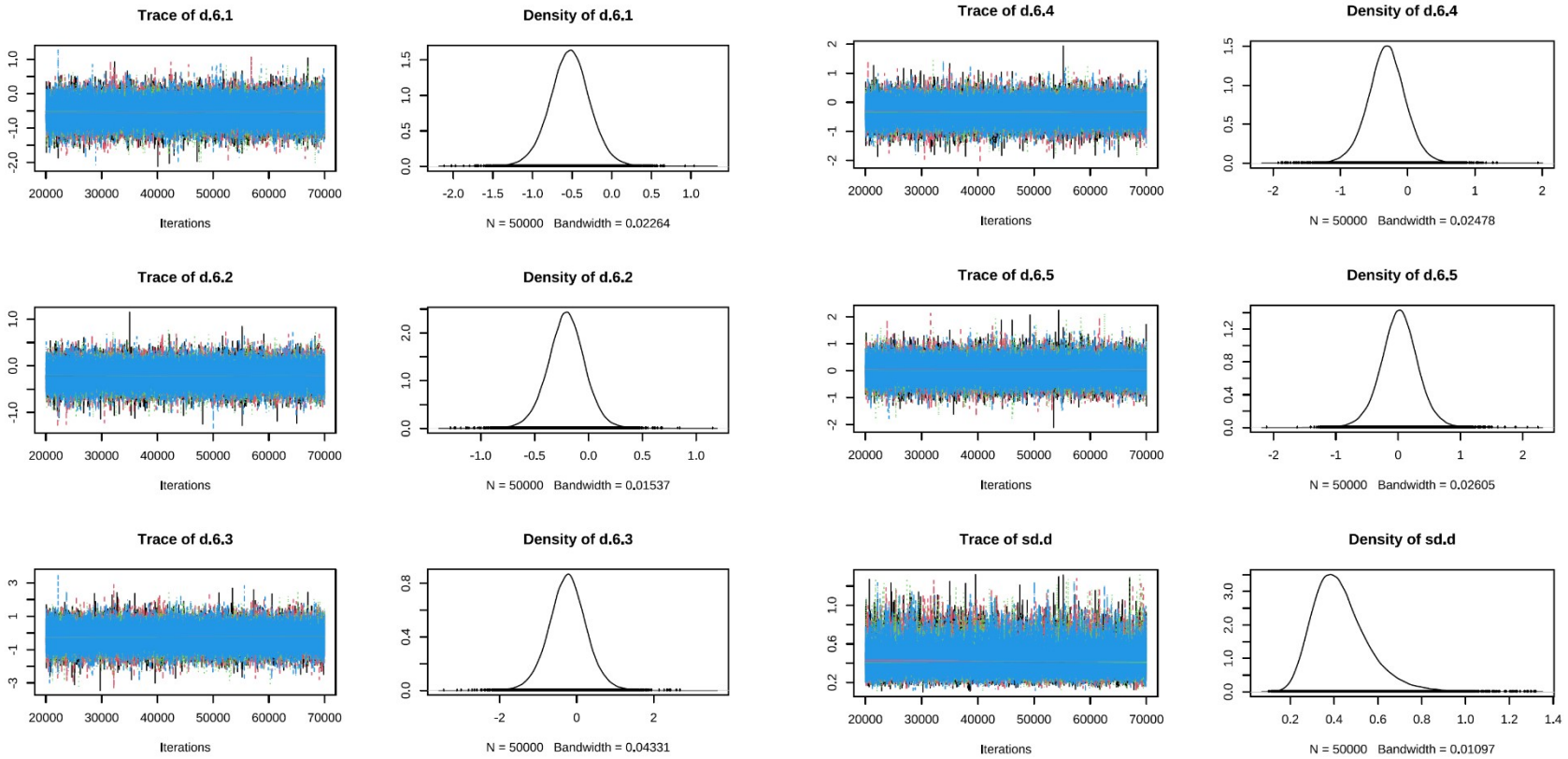
	Composite fibers						d 1 level	

Supplementary Figure 1：ROB 2 bias risk assessment results




As percentage (intention-to-treat)
Overall Bias
Selection of the reported result
Measurement of the outcome
Mising outcome data
Deviations from intended interventions
Randomization process
0
10
20
30
40
50
60
70
80
90
100
Low risk
Some concerns
High risk

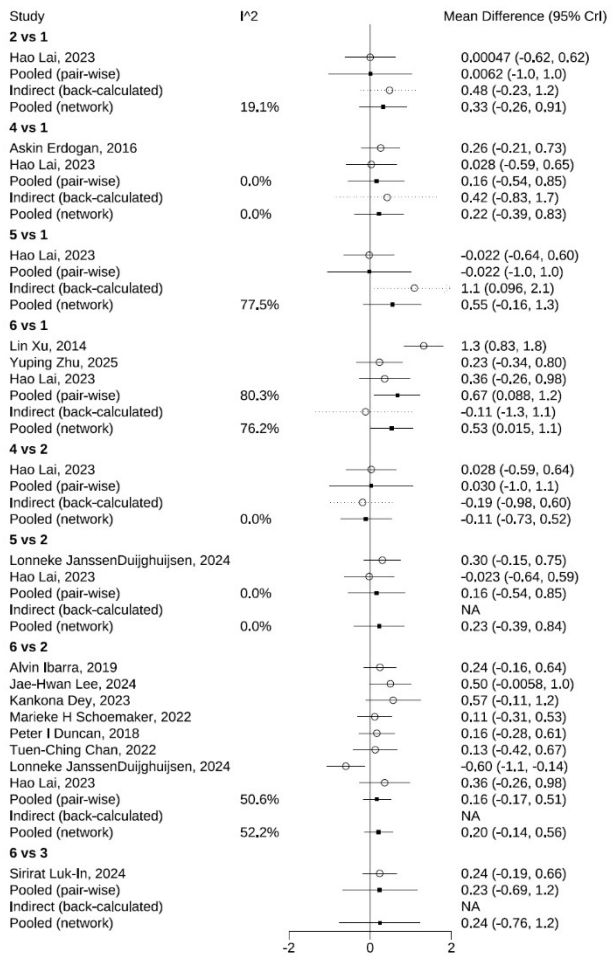
Supplementary Figure 2a：Trace plots and density plots of Markov chains on Stool consistenc y

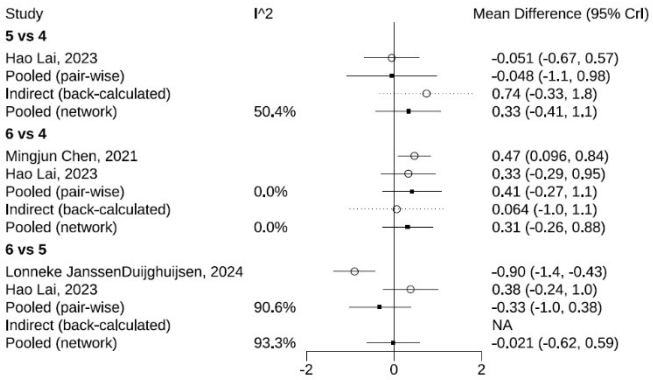


Ps: Trace plots and Density plots for key treatment comparisons are shown. The labels d.x.y represent the relative effect estimate (d) between intervention x and intervention y. The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Resistant starches"; 4, Composite fibers"; 5 "Medicine "; 6 "Placebo".

.

Figure 2b：heterogeneity



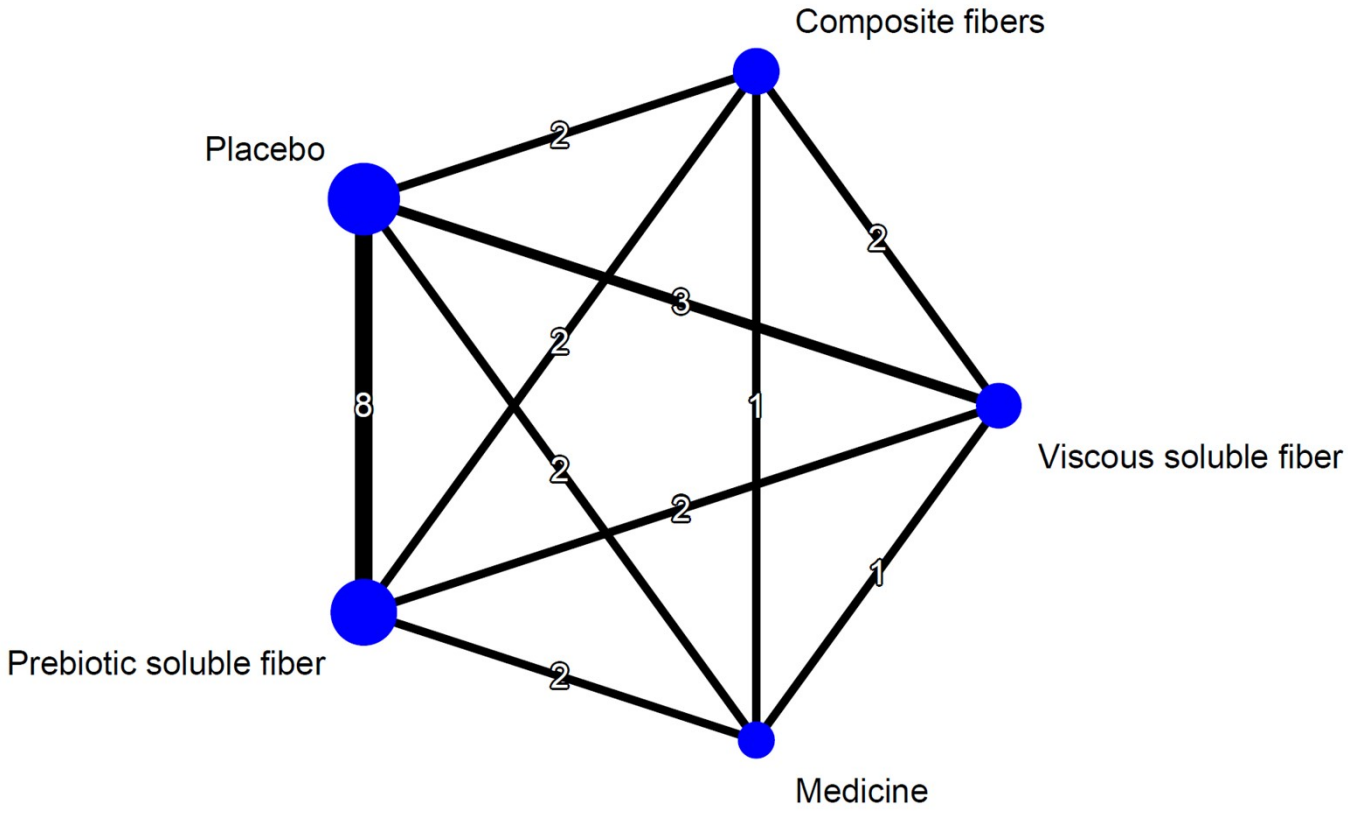


Supplementary Forest plot of on Stool consistency

Ps: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Resistant starches"; 4, Composite fibers"; 5 "Medicine "; 6 "Placebo".

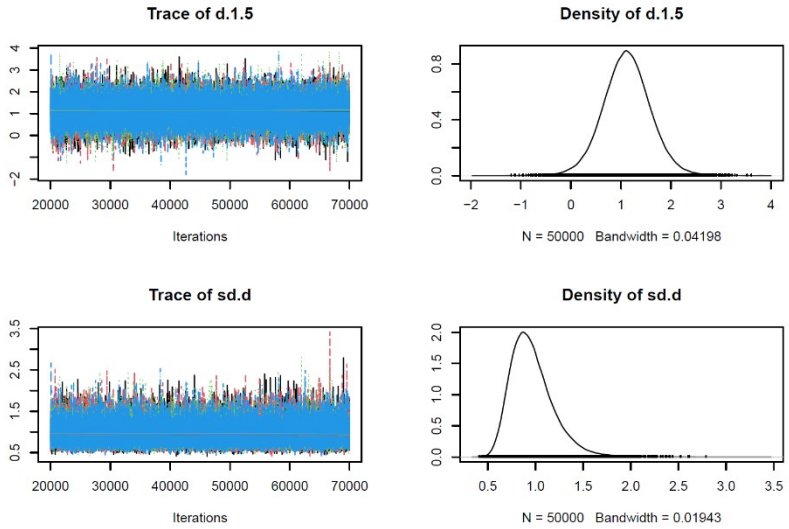
Supplementary Figure 3

3a.Network Diagram of the Effects of Dietary Fibers on Stool frequency



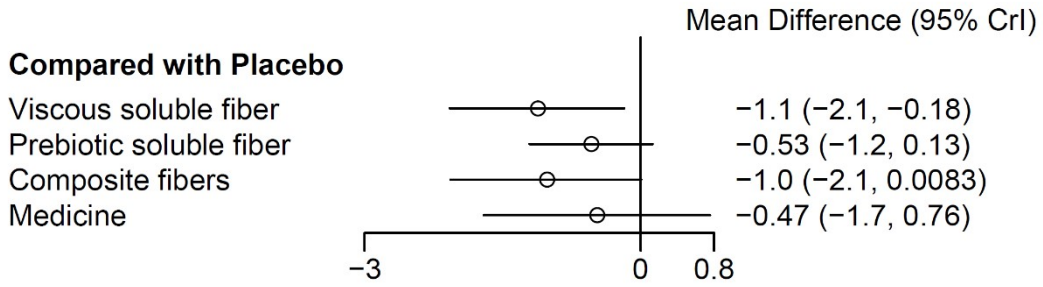
Ps. Blue circle sizes proportional to participant numbers in each intervention, and line thickness representing direct studies comparing two interventions.

3b. Trace plots and density plots of Markov chains on Stool frequency



Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3,Composite fibers"; 4 "Medicine "; 5 "Placebo".

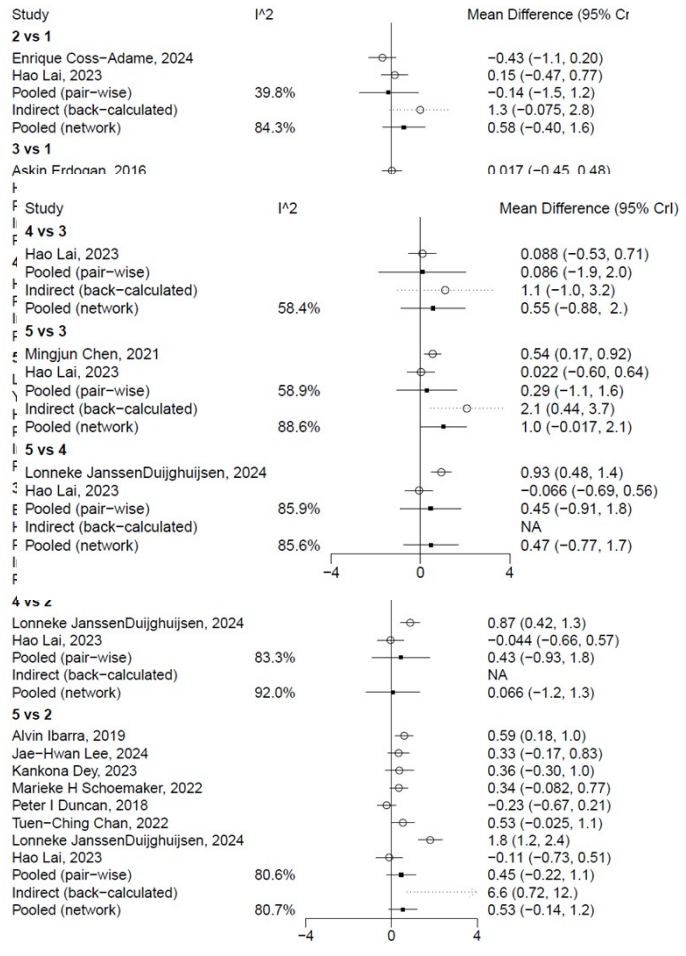
3c. Forest Plot for studies on Stool frequency



3d. League table for studies on Stool frequency

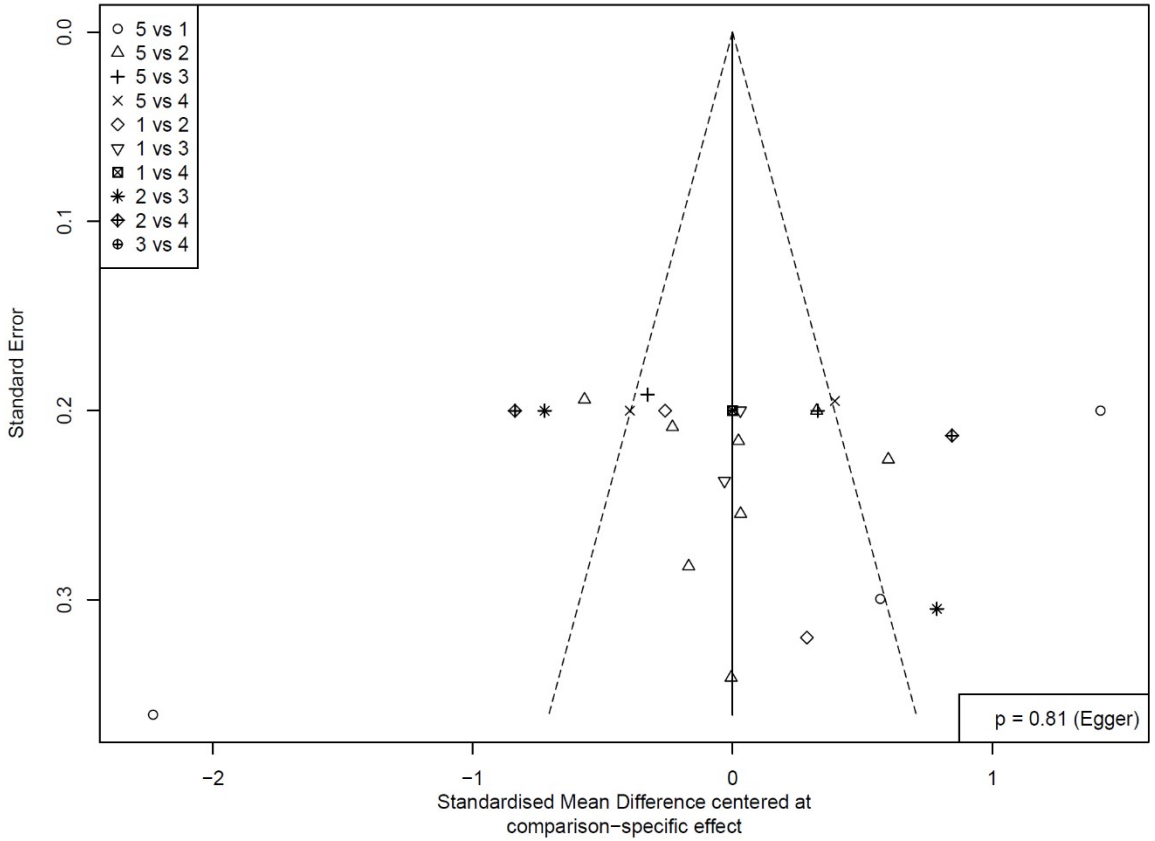
Viscous soluble fiber				
-0.58 (-1.58, 0.4)	Prebiotic soluble fiber			
-0.1 (-1.23, 1.03)	0.48 (-0.57, 1.54)	Composite fibers		
-0.64 (-2.04, 0.74)	-0.06 (-1.3, 1.17)	-0.54 (-1.99, 0.87)	Medicine	
-1.11 (-2.07, -0.18)	-0.53 (-1.21, 0.13)	-1.02 (-2.07, 0.01)	-0.47 (-1.7, 0.76)	Placebo

3e. Heterogeneous forest plot for studies on Stool frequency



Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3,Composite fibers"; 4 "Medicine "; 5 "Placebo".

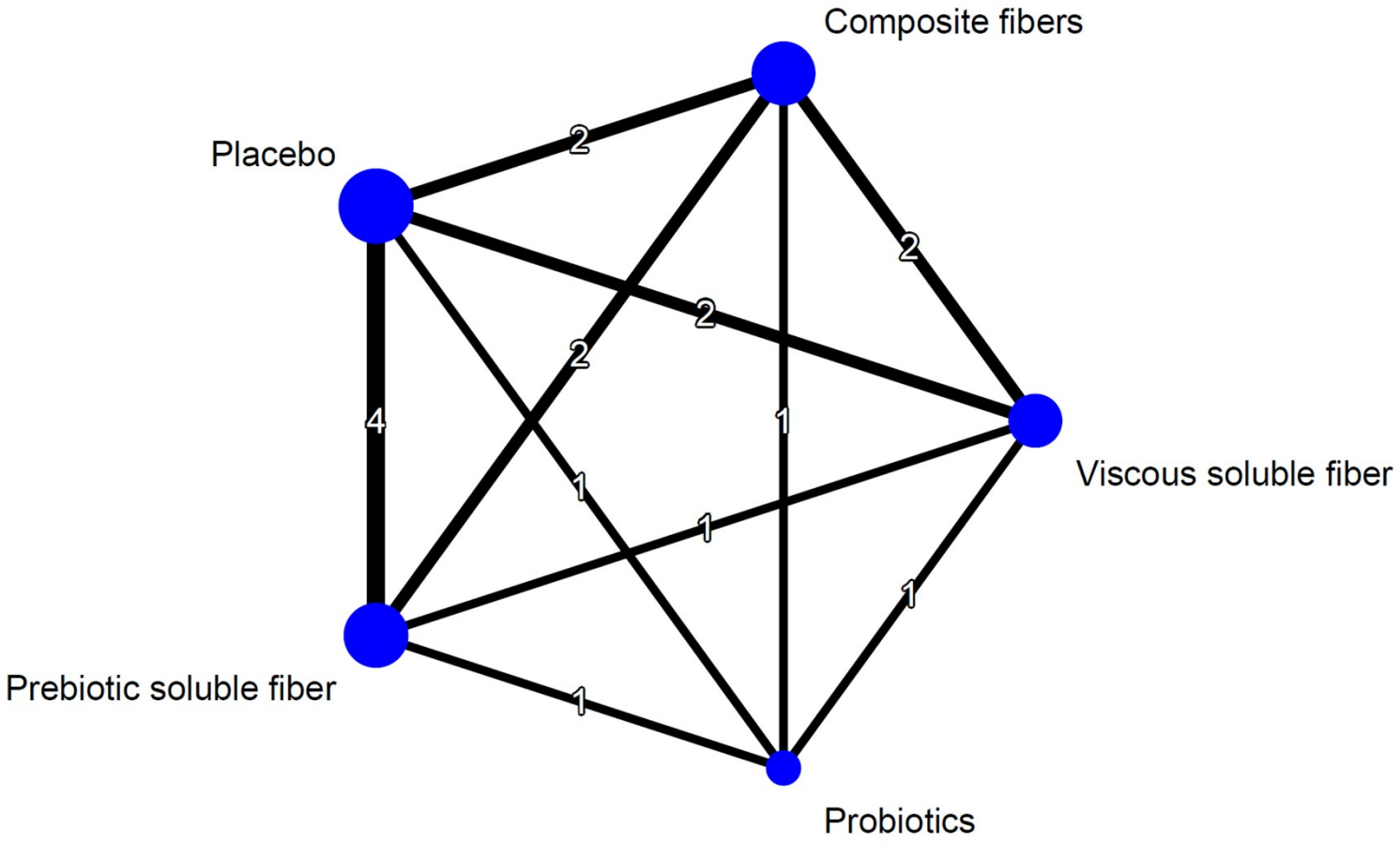
3f. Funnel plot of publication bias for studies on Stool frequency



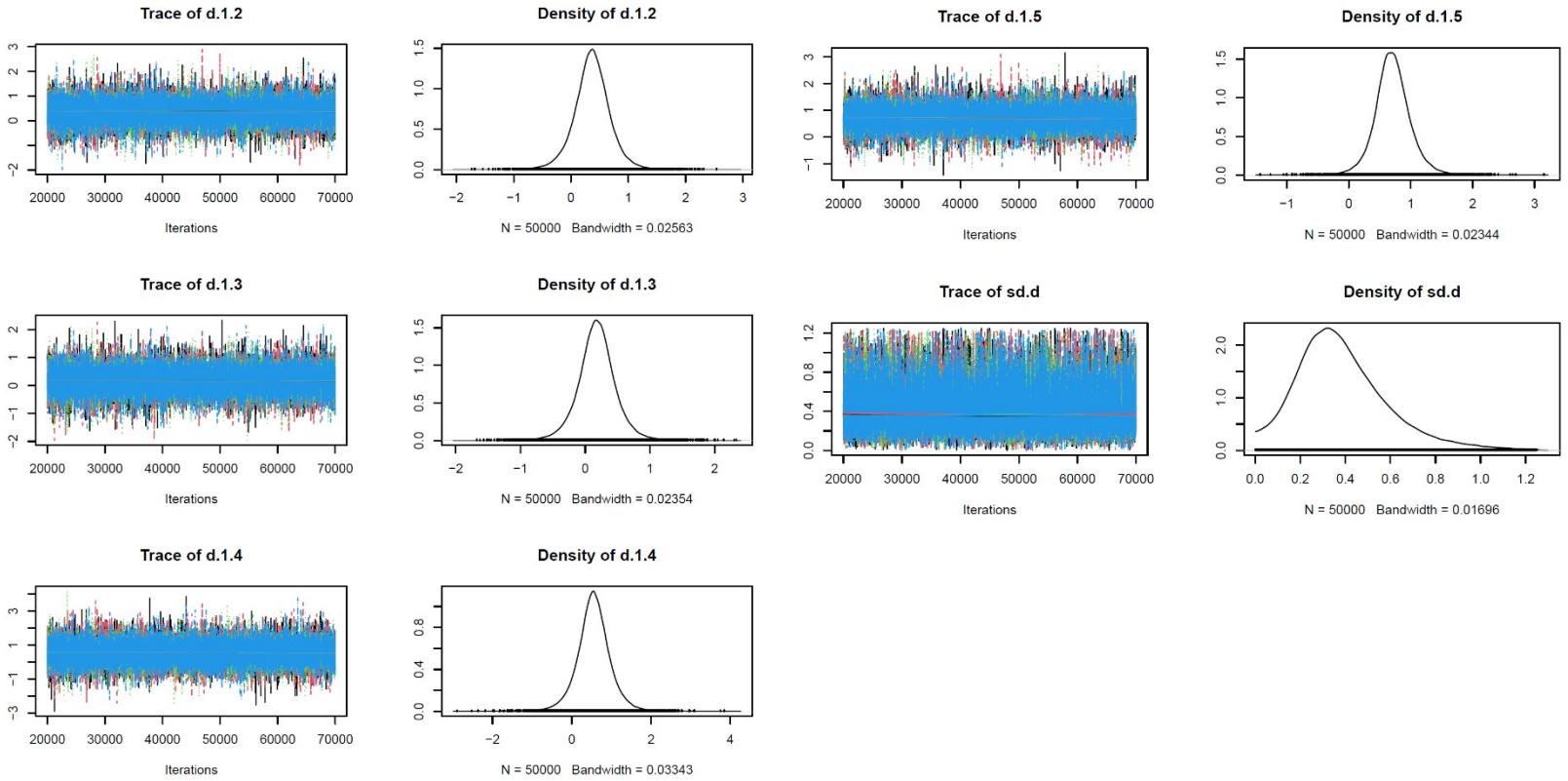
Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3,Composite fibers"; 4 "Medicine "; 5 "Placebo".

Supplementary Figure 4

4a.Network Diagram of the Effects of Dietary Fibers on Defecatory difficulty

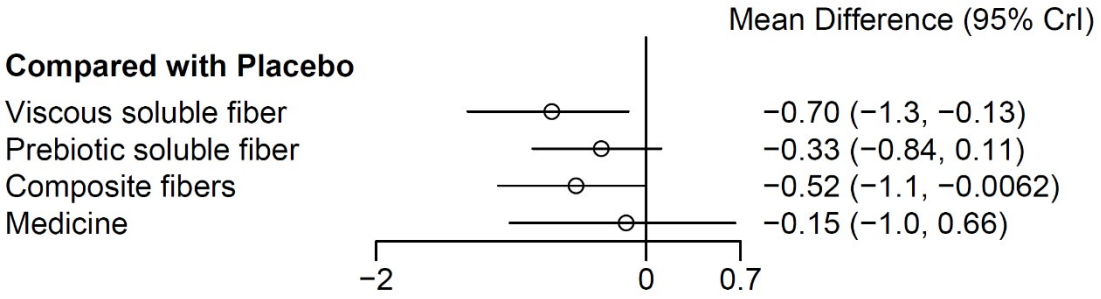


4b. Trace plots and density plots of Markov chains in Defecatory difficulty



Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3,Composite fibers"; 4 "Medicine "; 5 "Placebo".

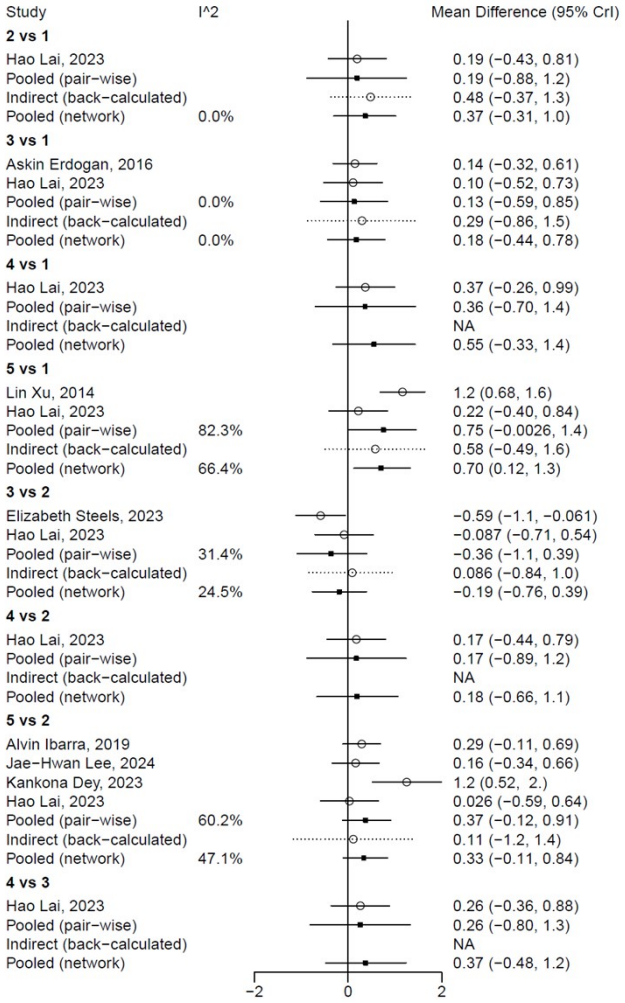
4c. Forest Plot for studies on Defecatory difficulty

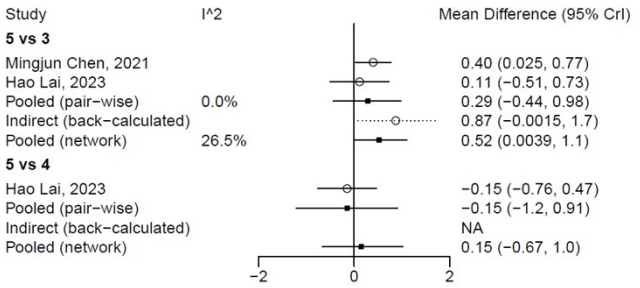


4d. League table for studies on Defecatory difficulty

Viscous soluble fiber				
-0.37 (-1.01, 0.29)	Prebiotic soluble fiber			
-0.18 (-0.78, 0.43)	0.19 (-0.39, 0.76)	Composite fibers		
-0.55 (-1.42, 0.32)	-0.18 (-1.04, 0.66)	-0.37 (-1.23, 0.47)	Medicine	
-0.7 (-1.32, -0.13)	-0.33 (-0.84, 0.11)	-0.52 (-1.1, -0.01)	-0.15 (-1.01, 0.66)	Placebo

4e. Heterogeneous forest plot for studies on Defecatory difficulty

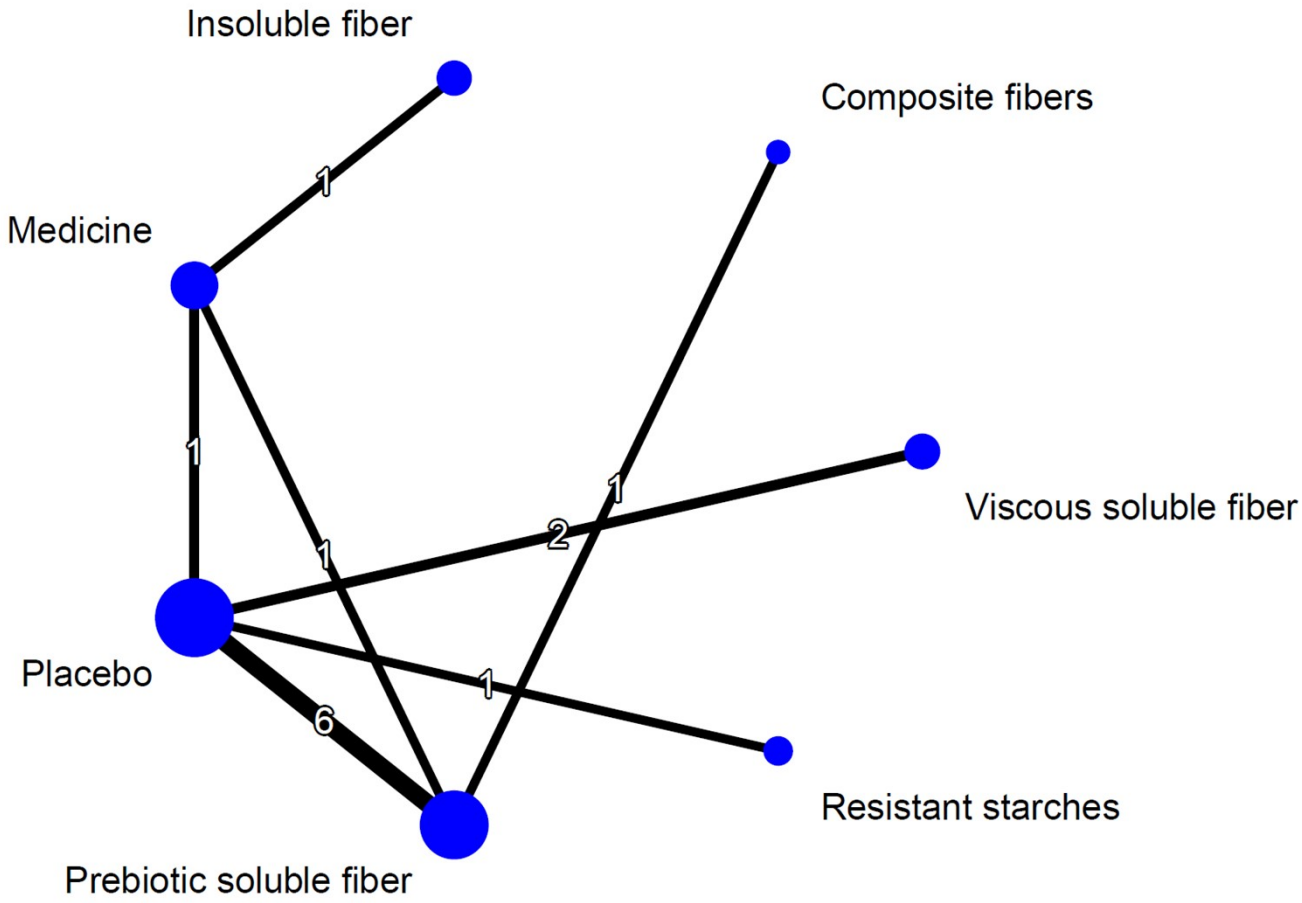




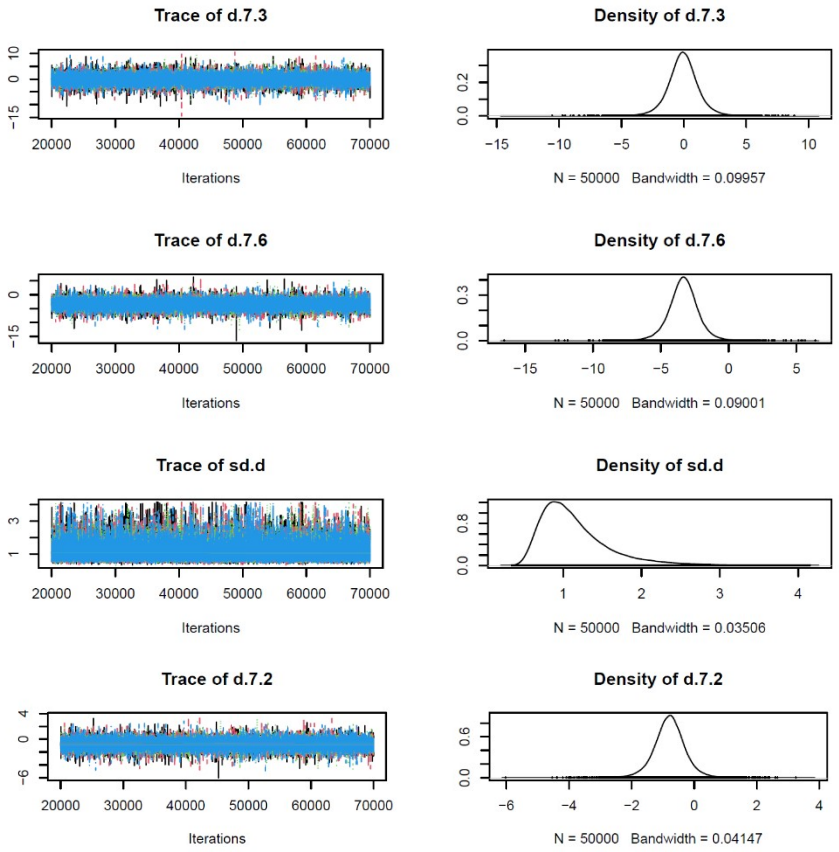
Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3,Composite fibers"; 4 "Medicine "; 5 "Placebo".

Supplementary Figure 5

5a.Network Diagram of the Effects of Dietary Interventions on Constipation symptom score

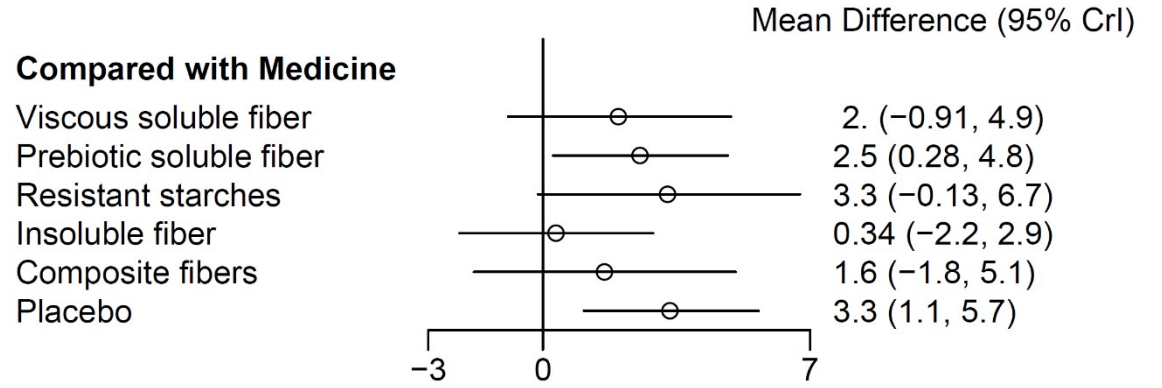


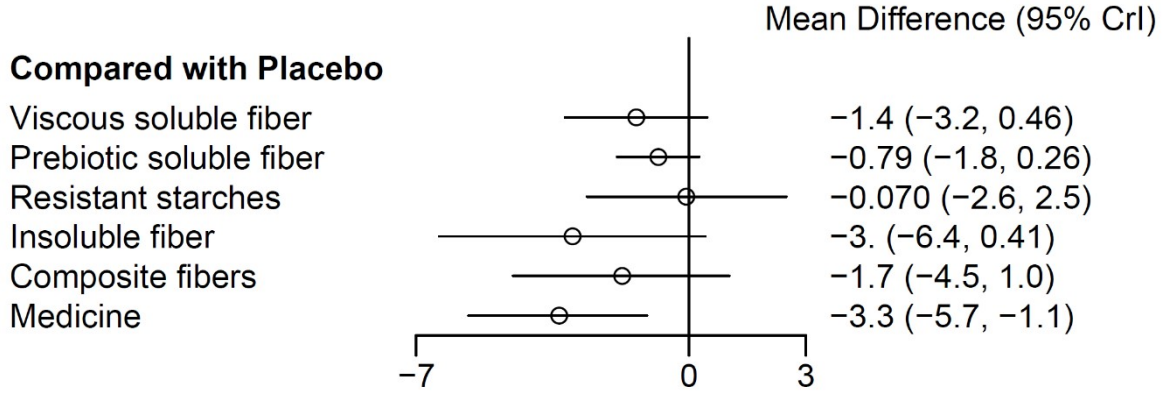
5b. Trace plots and density plots of Markov chains on Constipation symptom score



Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Resistant starches"; 4, "Insoluble fiber"; 5, "Composite fibers"; 6, "Medicine "; 7, "Placebo".

5c. Forest Plot for studies on Constipation symptom score

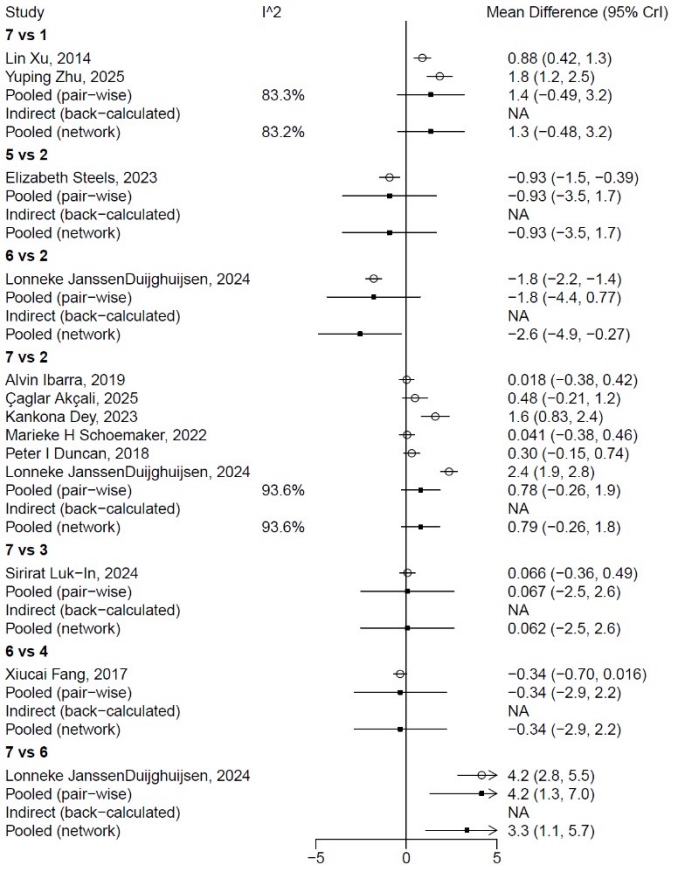




5d. League table for studies on Constipation symptom score

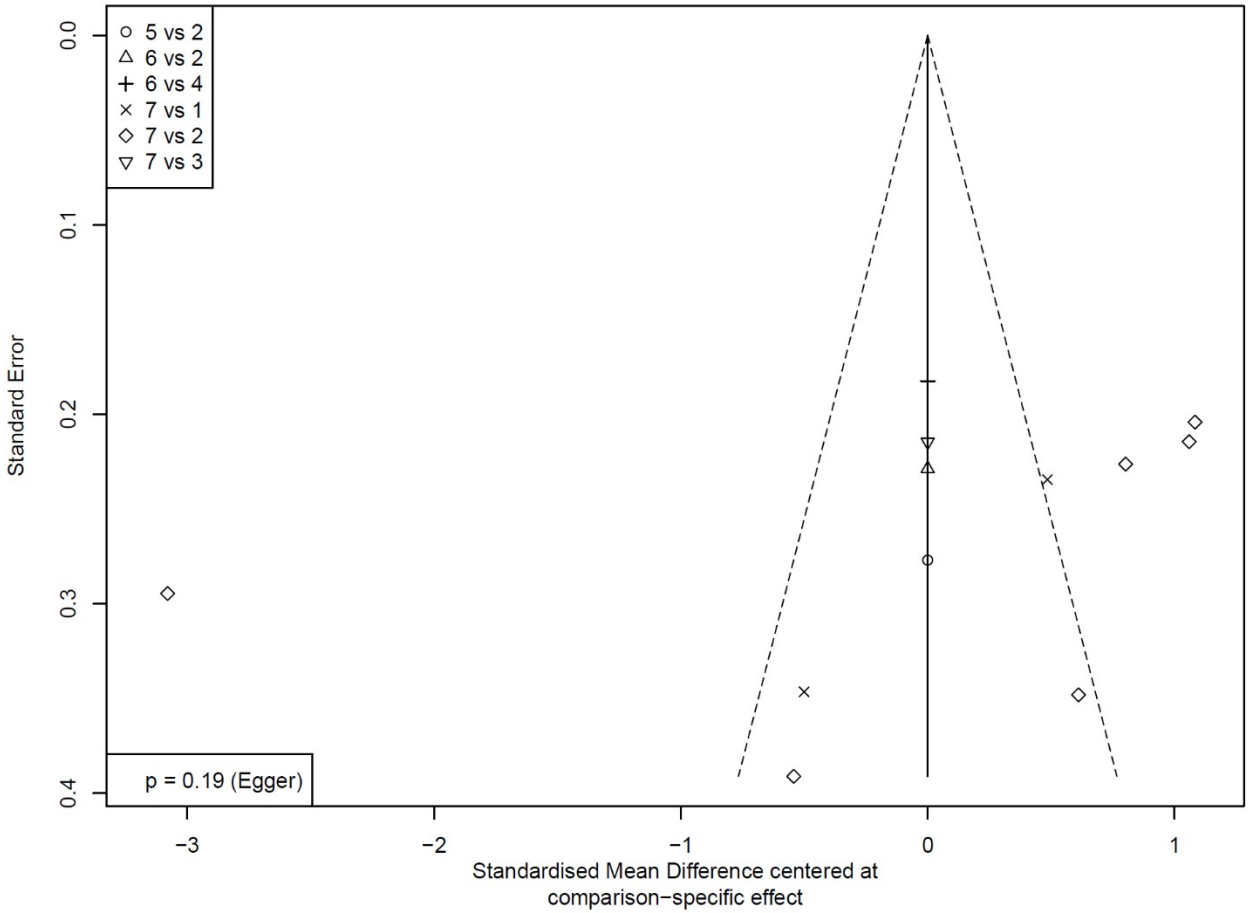
Viscous soluble fiber						
-0.57 (-2.67, 1.54)	Prebiotic soluble fiber					
-1.28 (-4.43, 1.85)	-0.72 (-3.5, 2.03)	Resistant starches				
1.64 (-2.21, 5.5)	2.2 (-1.2, 5.61)	2.92 (-1.31, 7.22)	Insoluble fiber			
0.36 (-2.95, 3.69)	0.93 (-1.63, 3.51)	1.65 (-2.11, 5.43)	-1.27 (-5.53, 3)	Composite fibers		
1.98 (-0.91, 4.93)	2.54 (0.28, 4.85)	3.27 (-0.13, 6.73)	0.34 (-2.18, 2.89)	1.61 (-1.8, 5.06)	Medicine	
-1.35 (-3.18, 0.46)	-0.79 (-1.85, 0.26)	-0.07 (-2.62, 2.5)	-2.99 (-6.42, 0.41)	-1.71 (-4.51, 1.03)	-3.33 (-5.66, -1.08)	Placebo

5e. Heterogeneous forest plot for studies on Severity of constipation



Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Resistant starches"; 4, "Insoluble fiber"; 5, "Composite fibers"; 6, "Medicine "; 7, "Placebo".

5f. Funnel plot of publication bias for studies on Severity of constipation



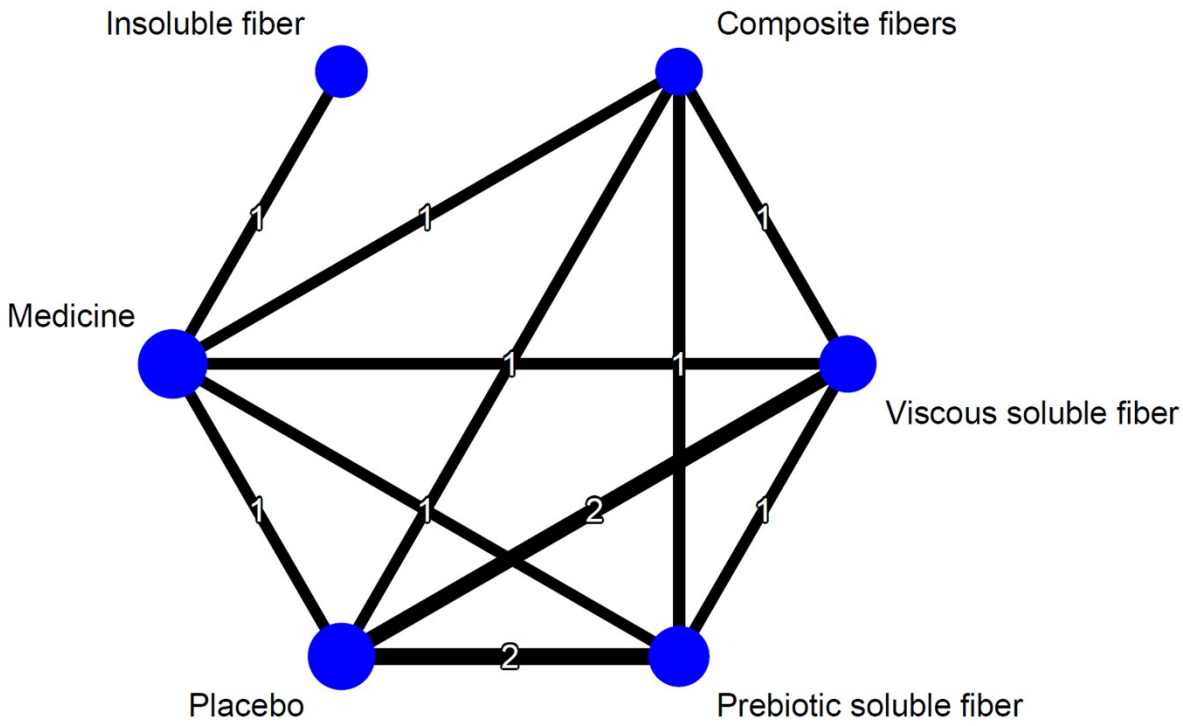
Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Resistant starches"; 4, "Insoluble fiber"; 5, "Composite fibers"; 6, "Medicine "; 7, "Placebo".

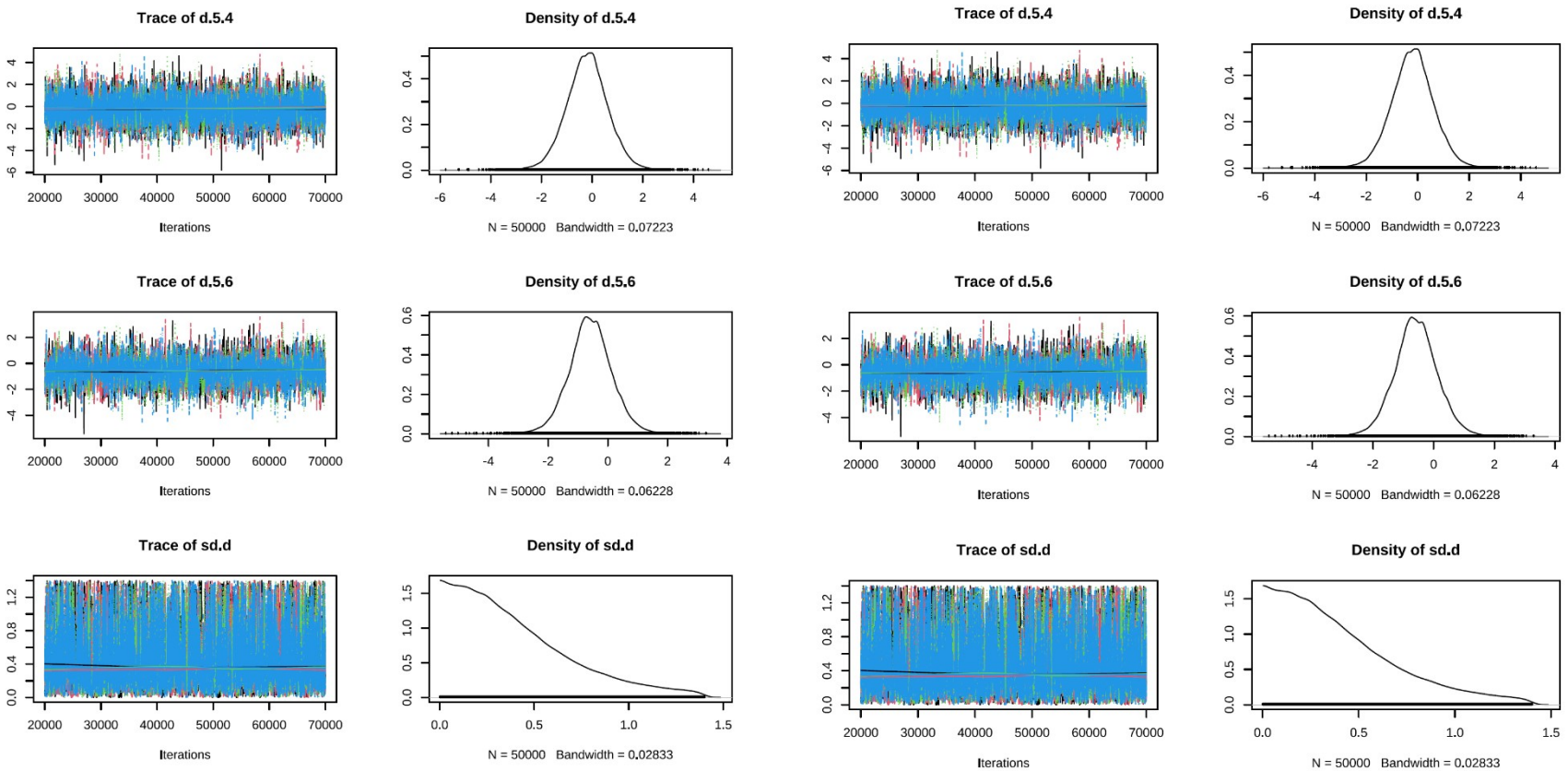
5g. League table for the PYC-SYM Subgroup

Viscous soluble fiber				
-1.73 (-3.13, -0.32)	Prebiotic soluble fiber			
-1.78 (-3.46, -0.08)	-0.04 (-1.39, 1.29)	Resistant starches		
-0.8 (-2.65, 1.03)	0.93 (-0.27, 2.11)	0.98 (-0.82, 2.76)	Composite fibers	
-1.84 (-3.08, -0.59)	-0.11 (-0.79, 0.55)	-0.07 (-1.22, 1.09)	-1.05 (-2.41, 0.33)	Placebo

Supplementary Figure 6

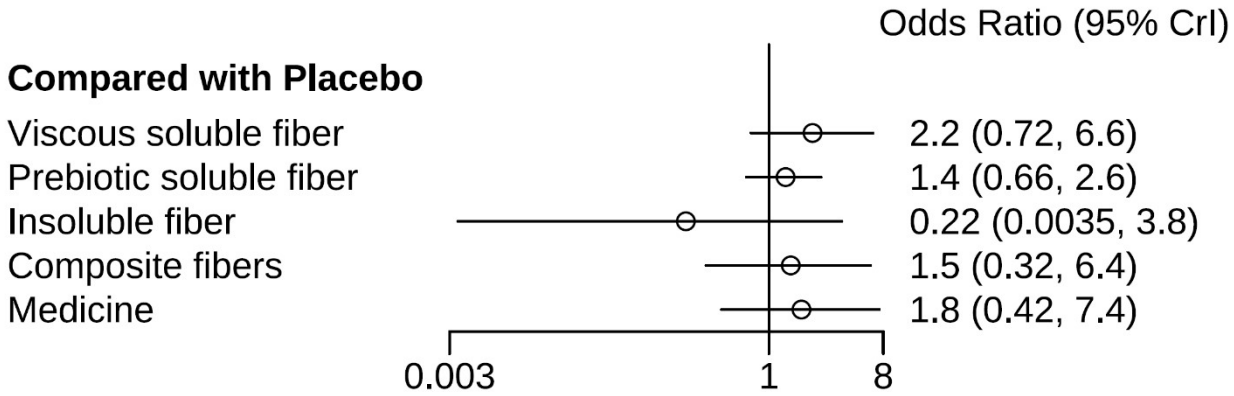
6a.Network Diagram of the Effects of Dietary Interventions on Adverse event





6b. Trace plots and density plots of Markov chains on Adverse event

Ps: The interventions are coded as follows: 1, "Viscous soluble fiber"; 2, "Prebiotic soluble fiber"; 3, "Insoluble fiber"; 4, "Composite fibers"; 5, "Medicine "; 6, "Placebo".



6c. Forest Plot for studies on Adverse event

6d. League table for studies on Adverse event

Viscous soluble fiber					
1.63 (0.58, 4.78)	Prebiotic soluble fiber				
10.01 (0.59, 628.65)	6.13 (0.36, 378.35)	Insoluble fiber			
1.49 (0.33, 6.8)	0.91 (0.21, 4.04)	0.15 (0, 2.86)	Composite fibers		
1.22 (0.28, 5.2)	0.75 (0.18, 3.04)	0.13 (0, 1.34)	0.83 (0.16, 4.22)	Medicine	
2.21 (0.72, 6.63)	1.35 (0.66, 2.58)	0.22 (0, 3.77)	1.49 (0.32, 6.37)	1.8 (0.42, 7.45)	Placebo