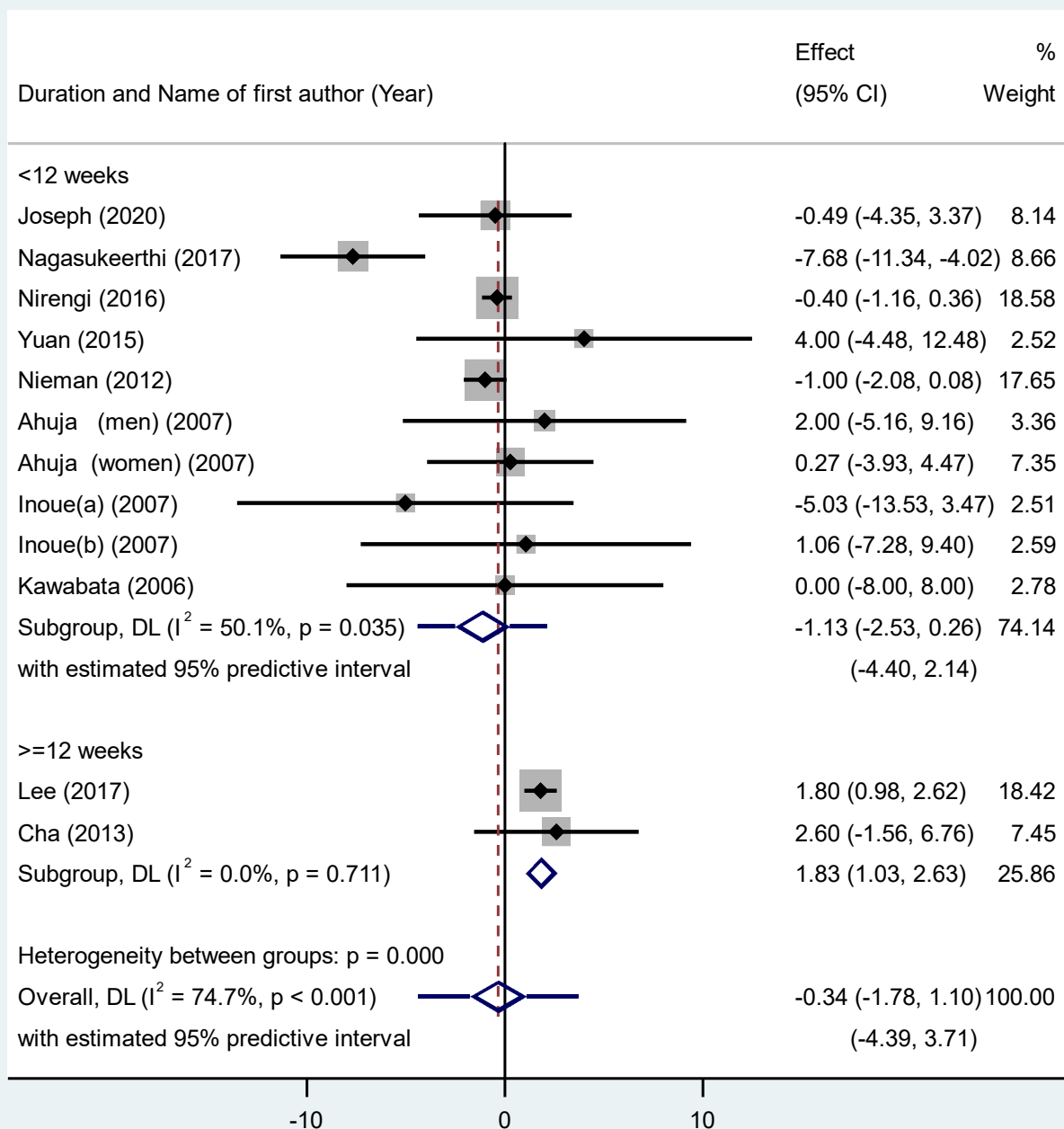


### Supplementary Figure 1. subgroup analyses

RCT, randomized controlled trial(s). WMD, weighted mean difference. CI, confidence interval. SBP, systolic blood pressure. DBP, diastolic blood pressure.

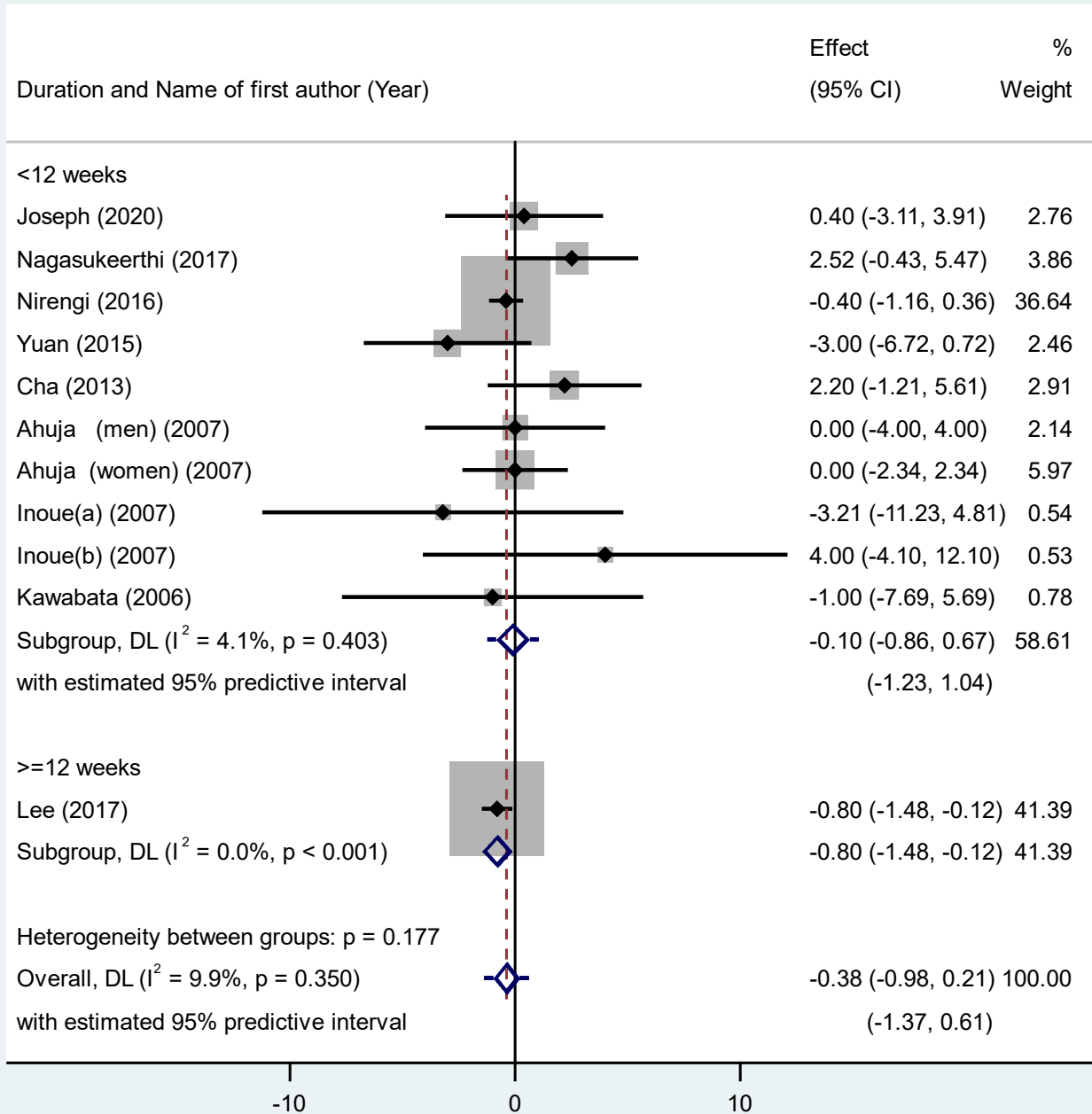
#### Length of intervention (weeks)

## SBP



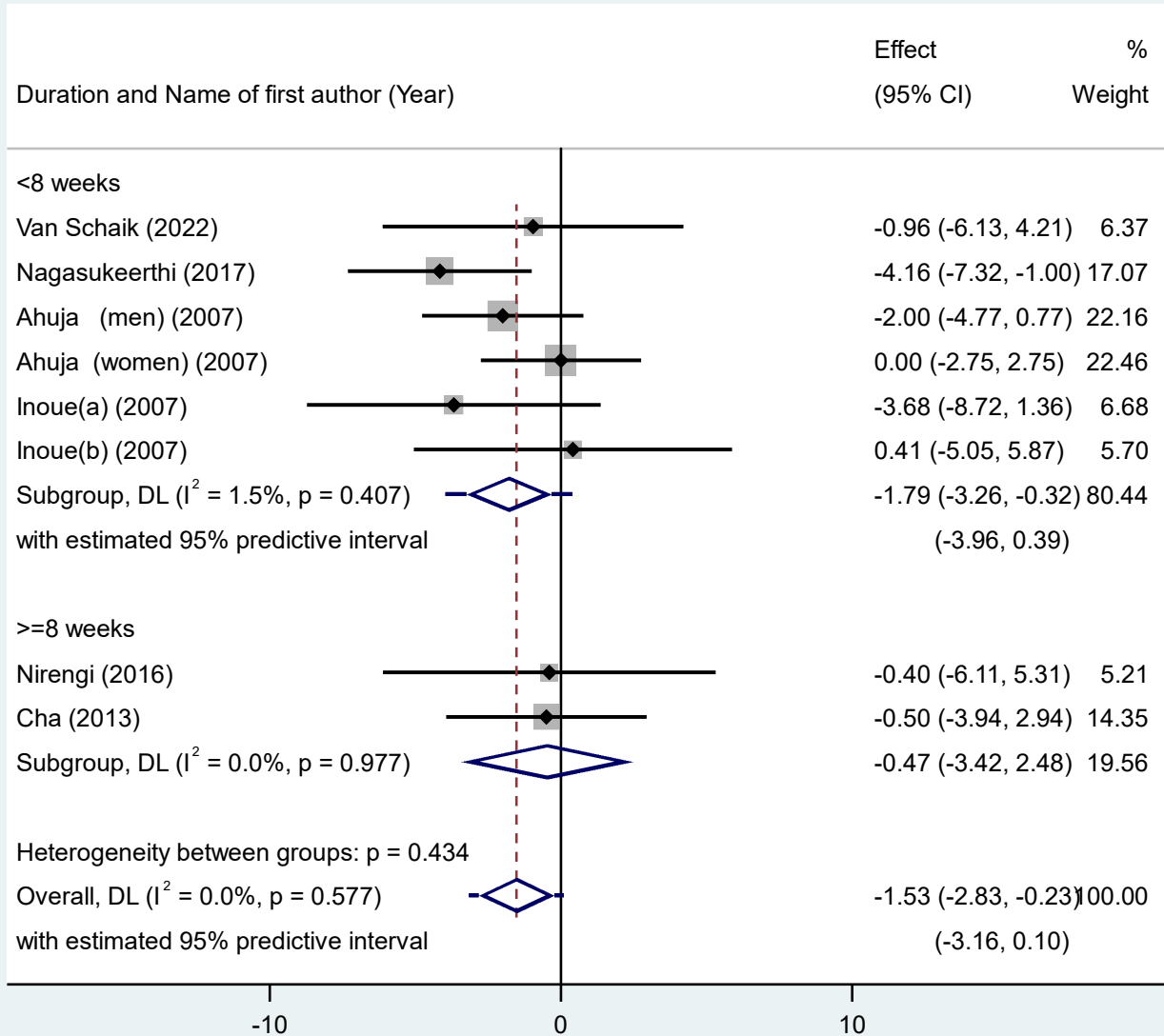
NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# DBP



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

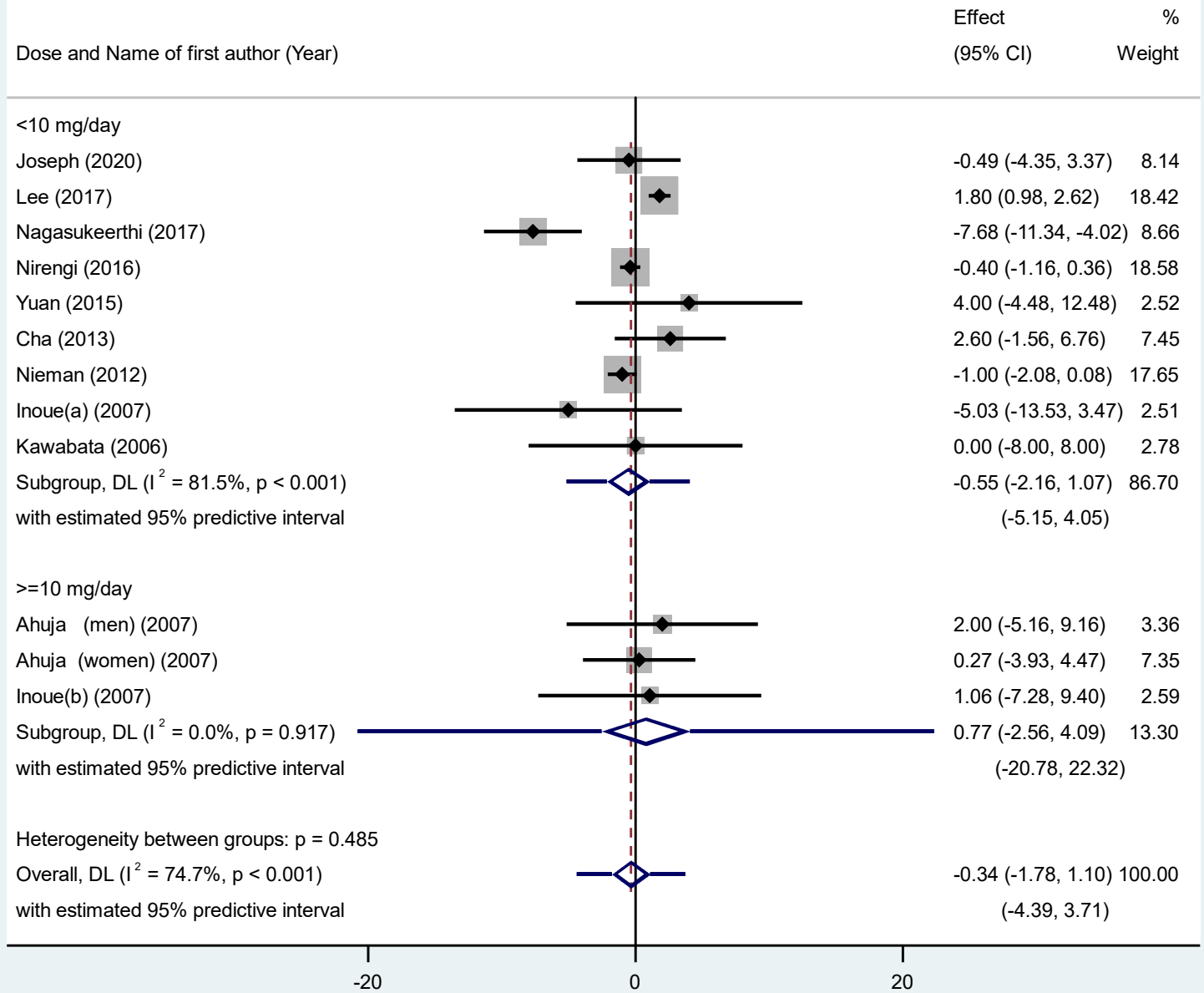
# Heart rate



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

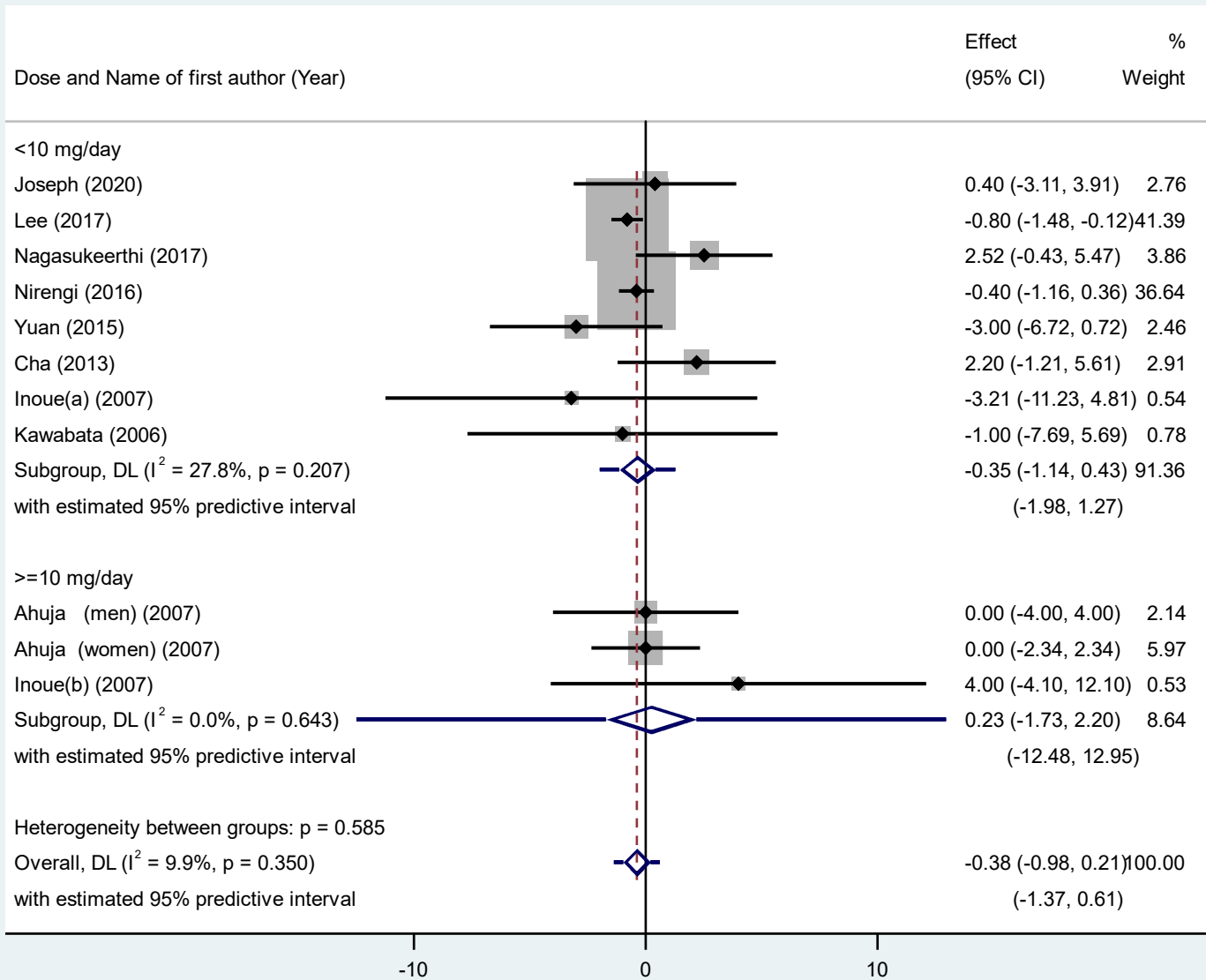
## 2) Daily dose of the capsaicin or capsinoids (mg/day)

# SBP



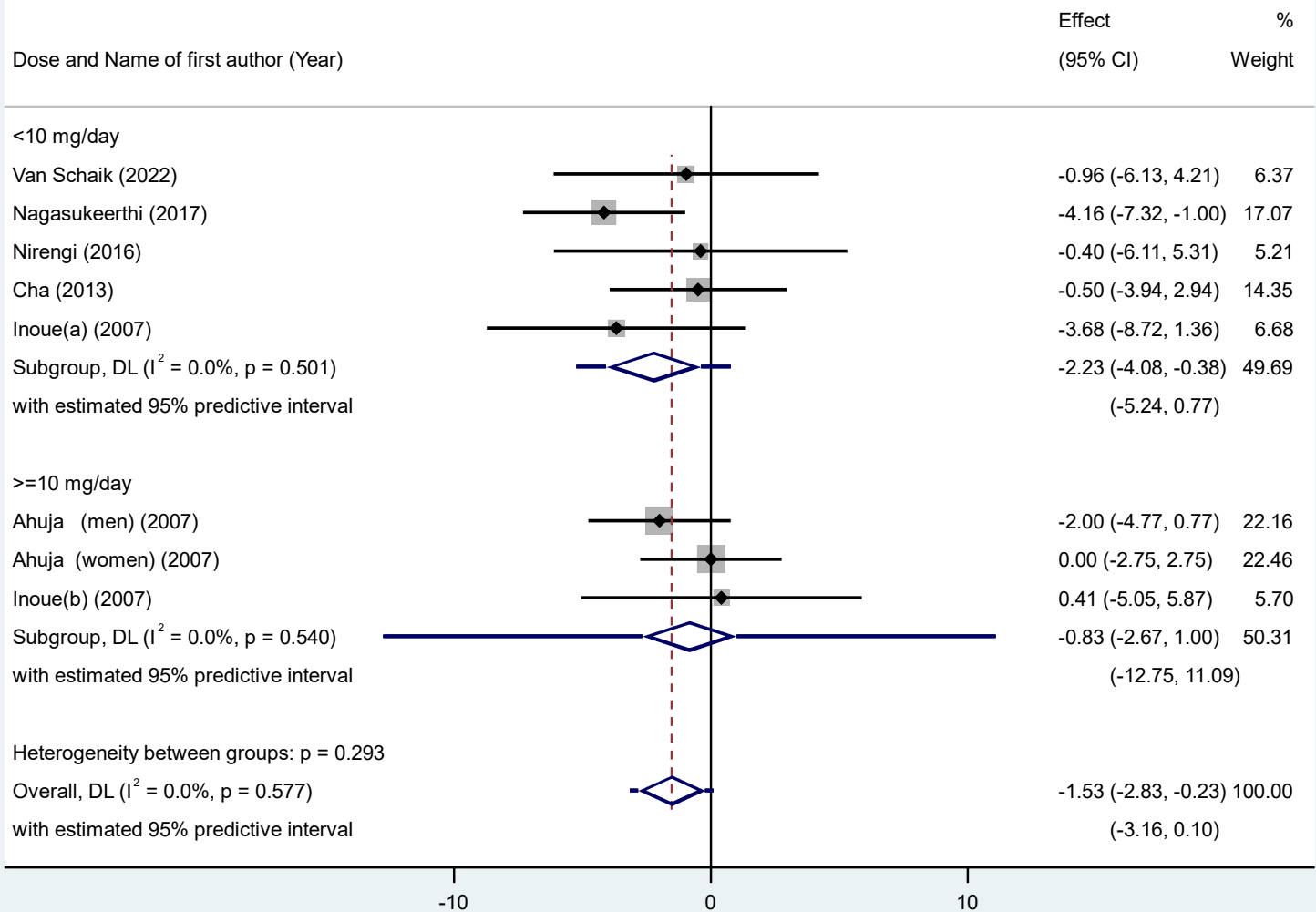
NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# DBP



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

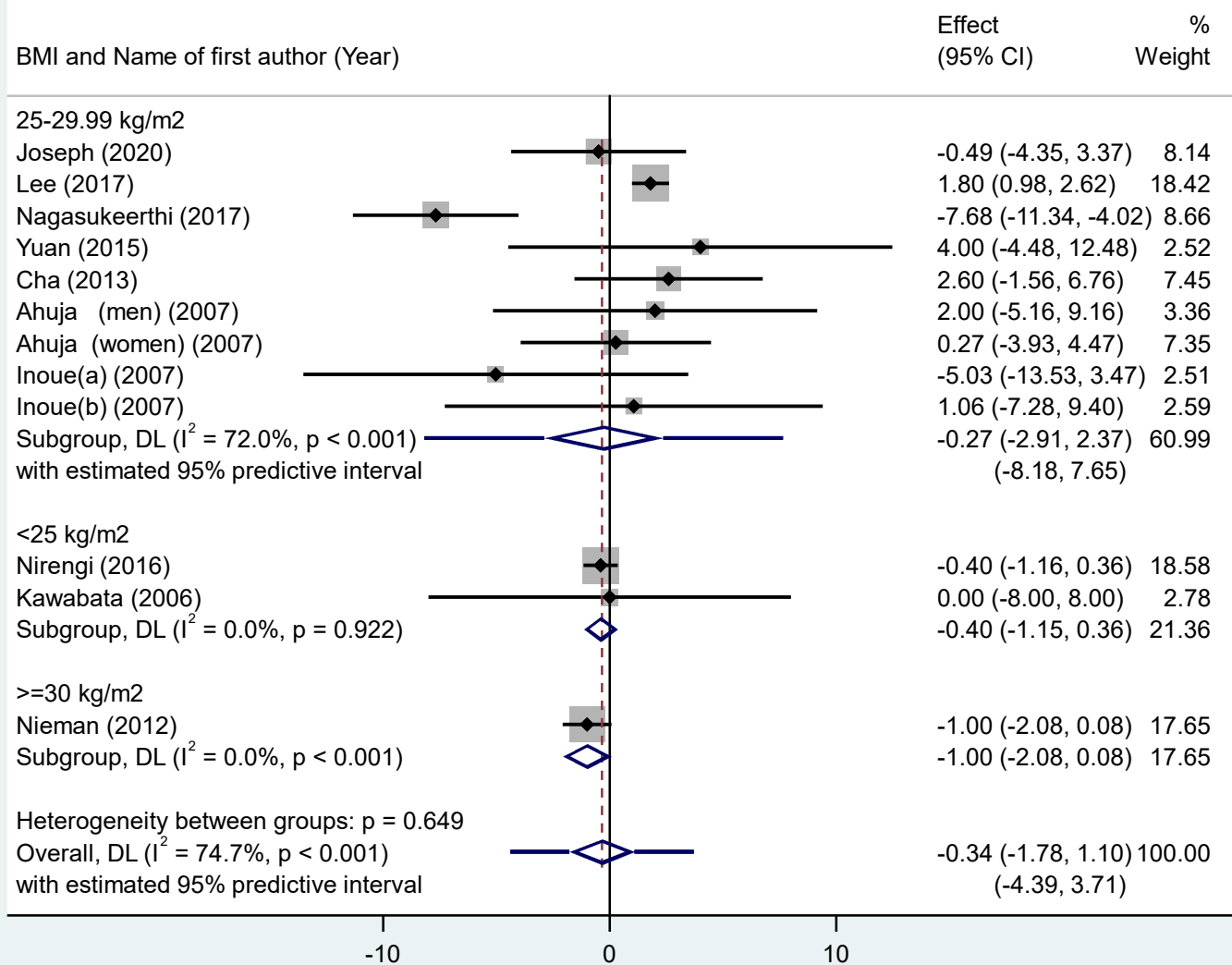
# Heart rate



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

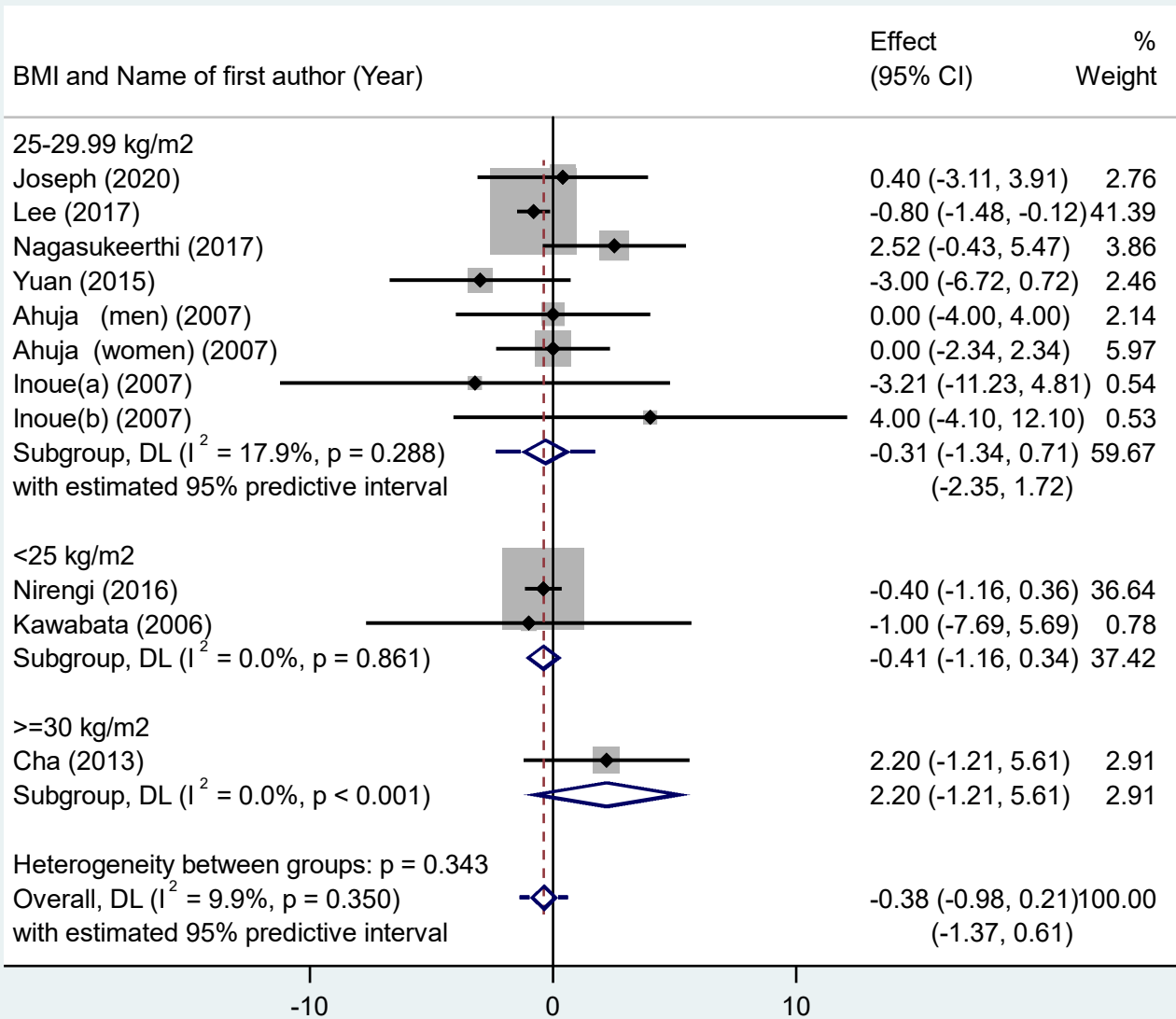
### 3) BMI at baseline (kg/m<sup>2</sup>)

# SBP



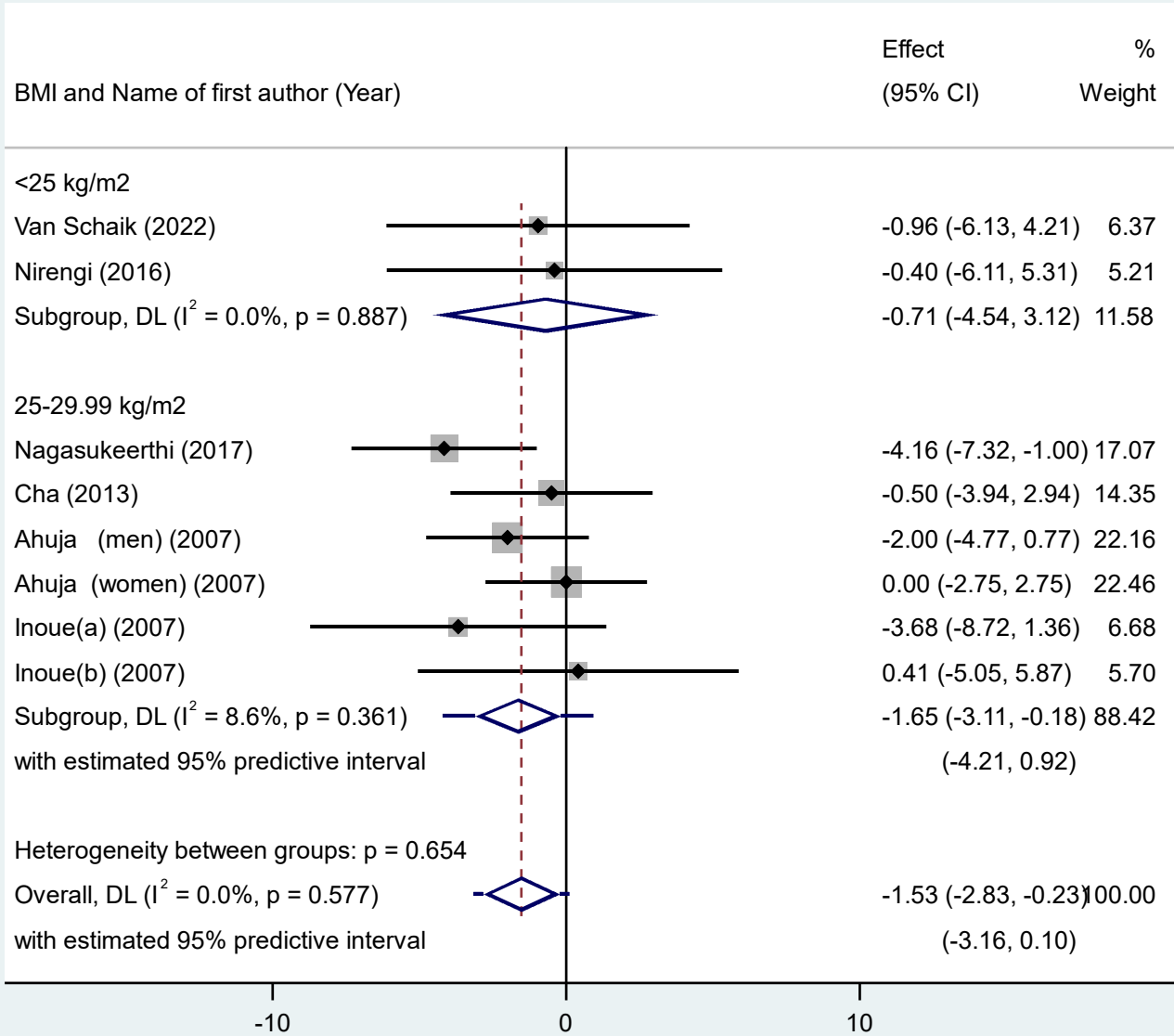
NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# DBP



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

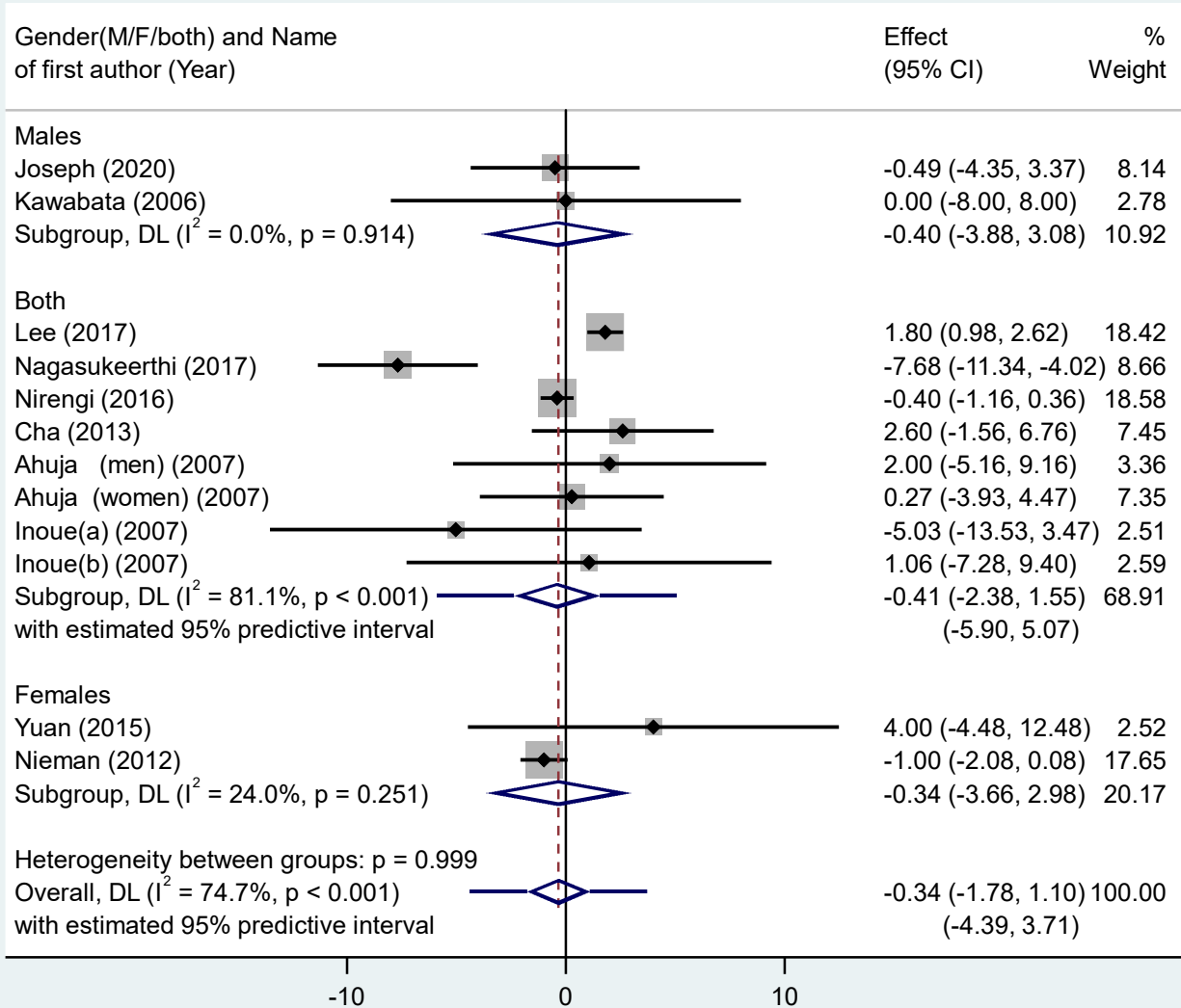
# Heart rate



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

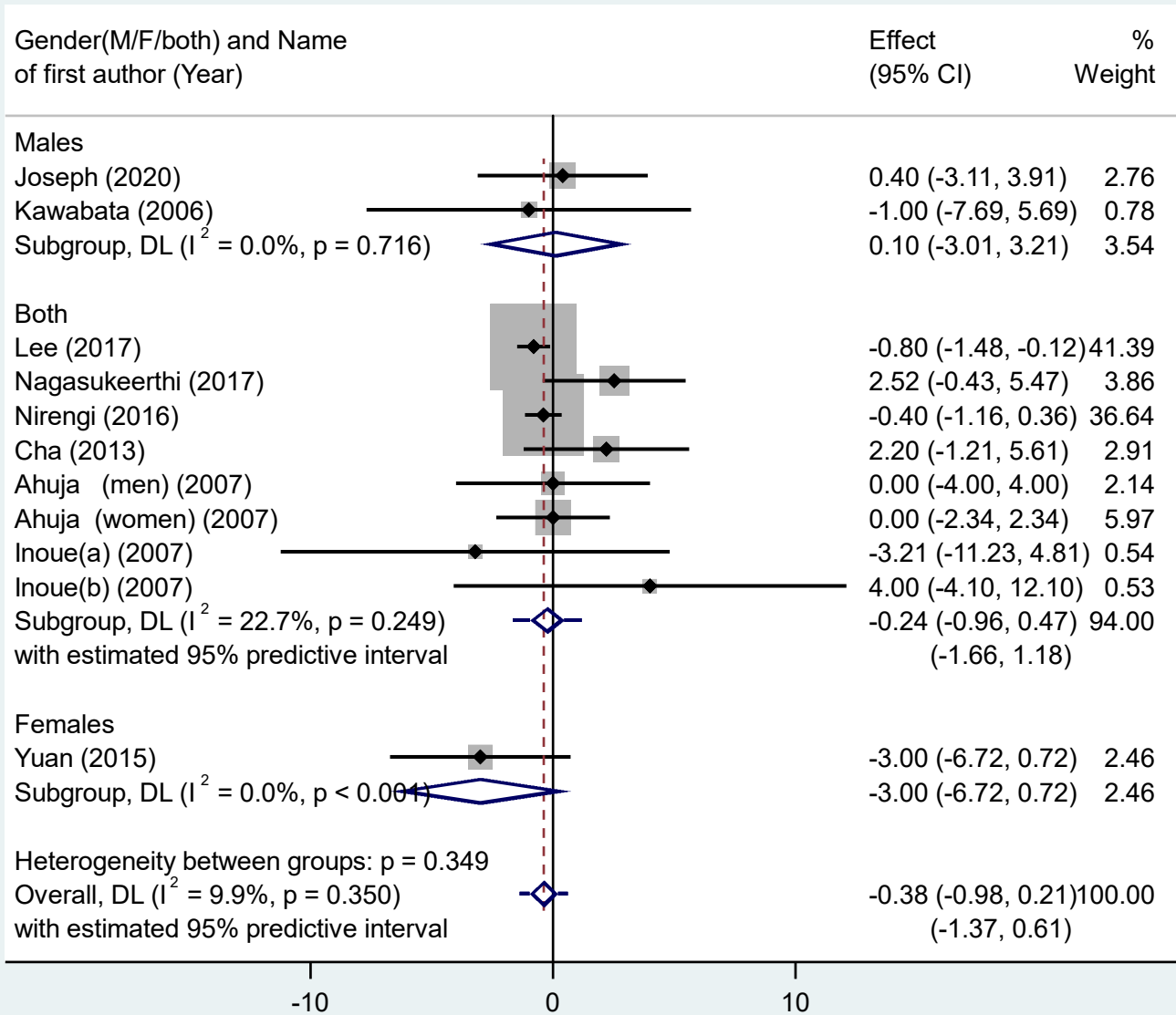
#### 4) Gender

## SBP



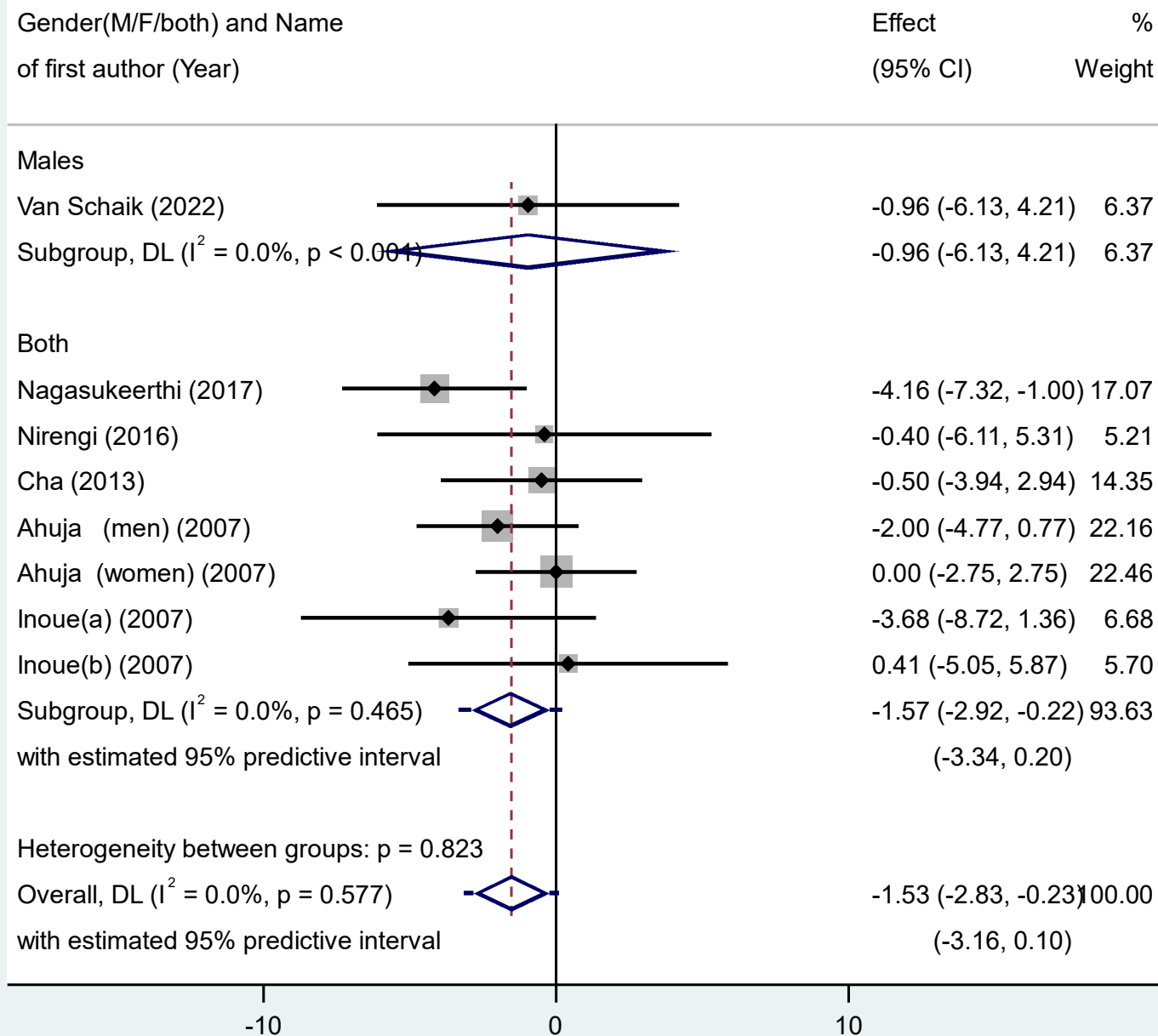
NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# DBP



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

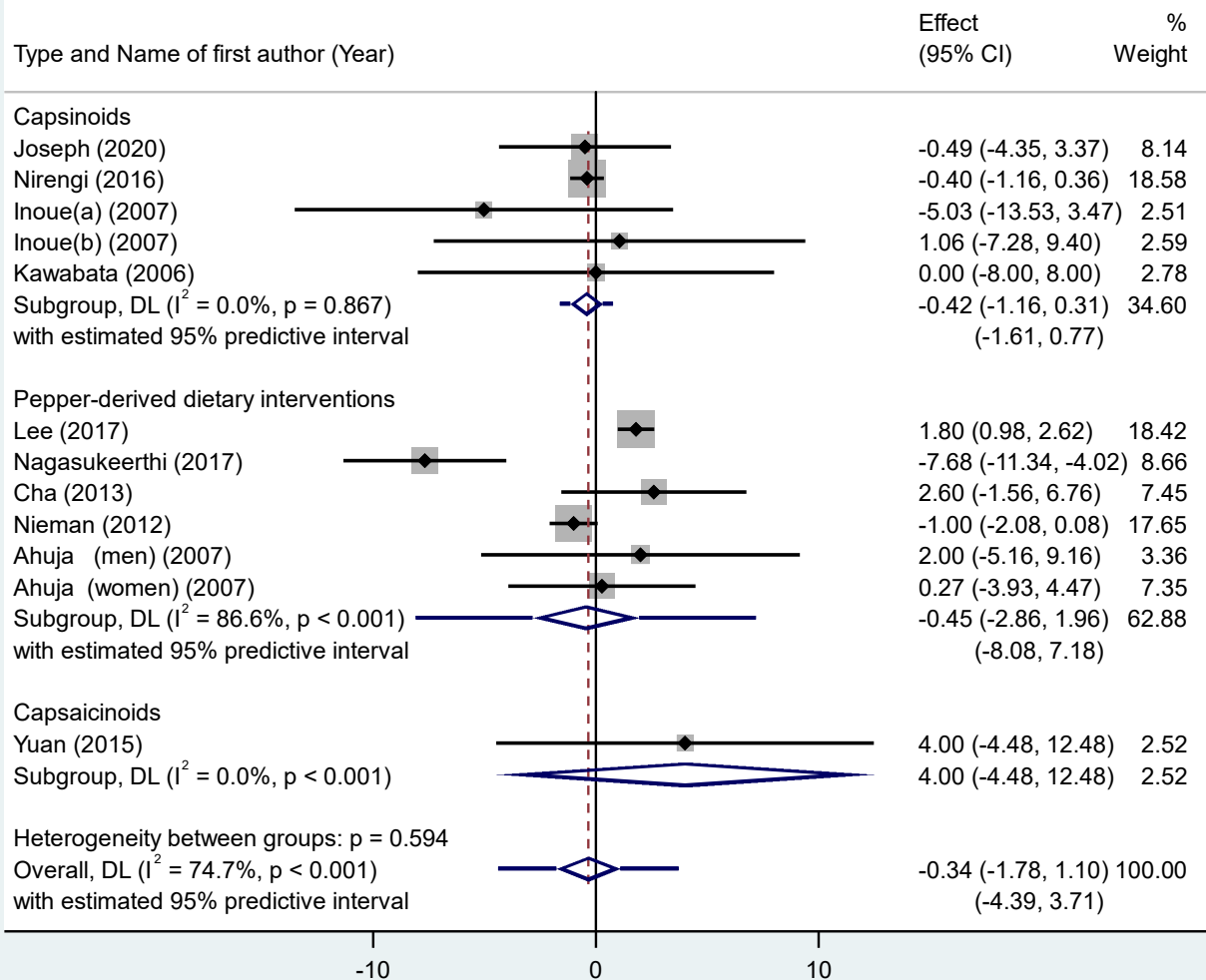
# Heart rate



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

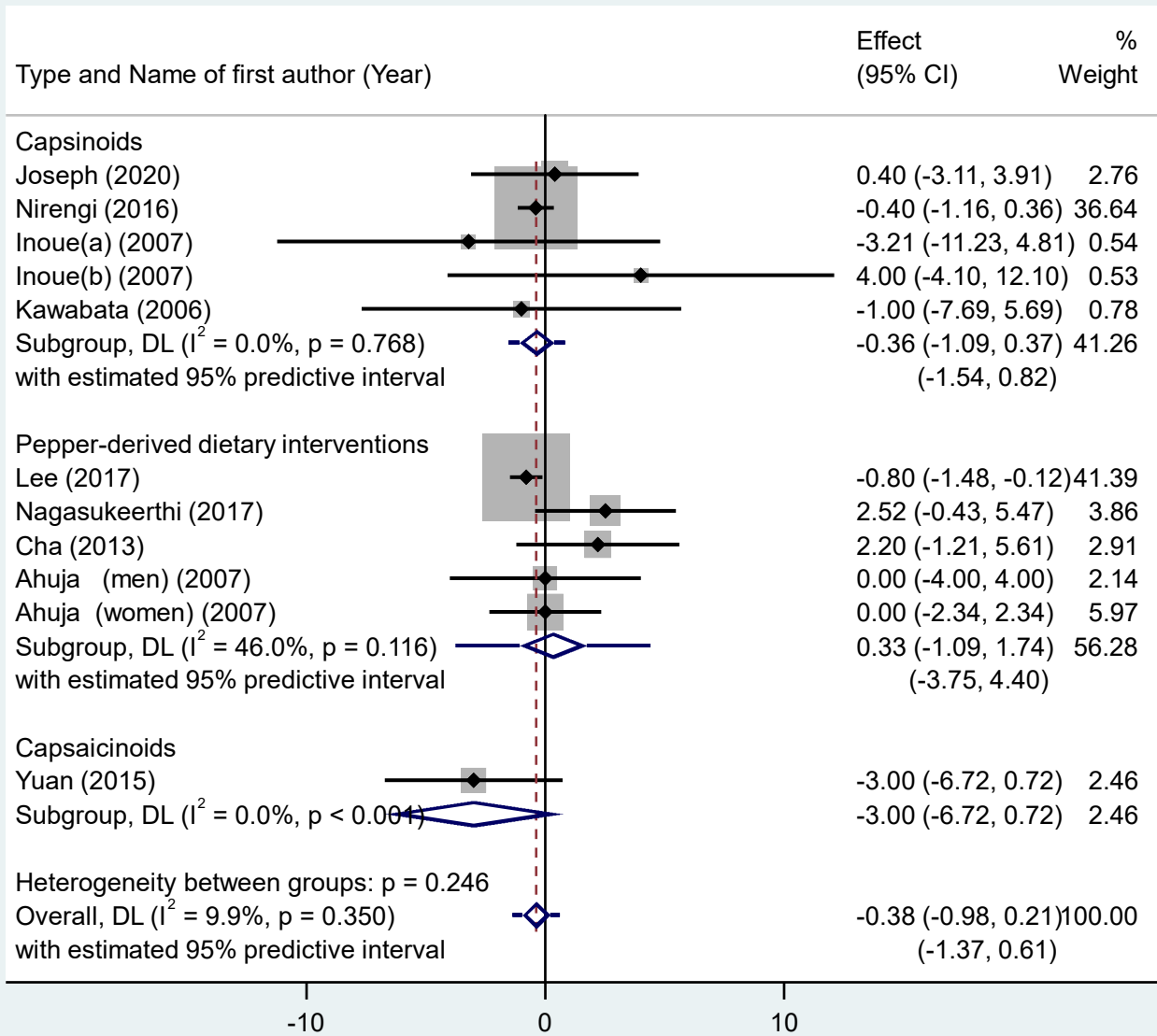
## 5) Type of intervention

# SBP



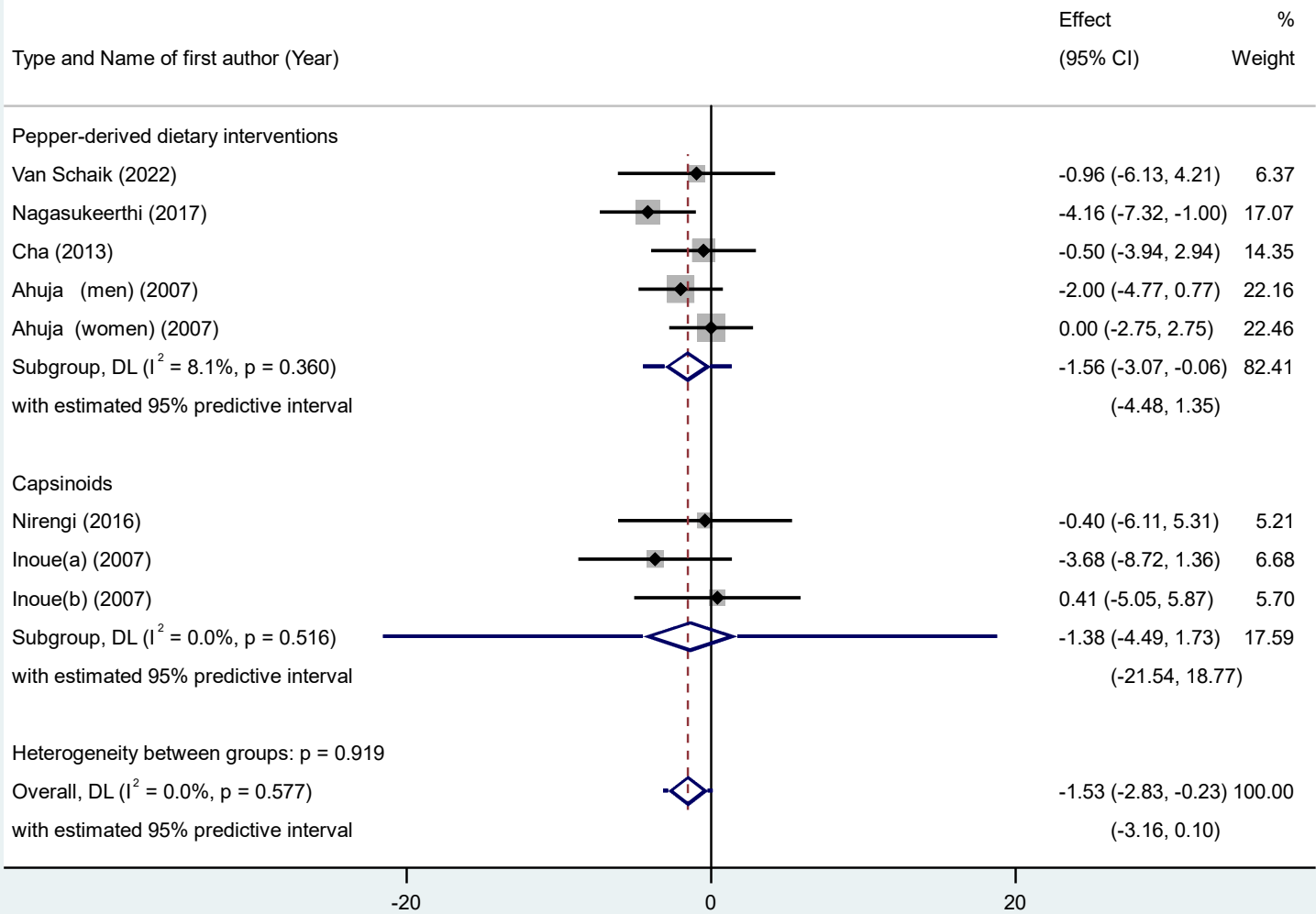
NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# DBP



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model

# Heart rate



NOTE: Weights and between-subgroup heterogeneity test are from random-effects model