



**Supplementary Material 7.** Forest plot with P-score for biological and anthropometric outcomes. ALT, alanine aminotransferase; AST, aspartate aminotransferase; BMI, body mass index; FPG, fasting plasma glucose; GLP-1RA, glucagon-like peptide-1 receptor agonist; HOMA-IR, homeostasis model assessment of insulin resistance; LDL-C, low-density lipoprotein-cholesterol; MD, mean difference; T-Chol, total cholesterol; TG, triglyceride; TZD, thiazolidinedione; WC, waist circumference.