

Supplementary Table 2. Subgroup analyses of the effects of propolis supplementation on fasting blood sugar and lipid profile

Subgroup	No. of studies	WMD (95% CI)	P-value ^{a)}	I ² (%)	P-value ^{b)}
Fasting blood sugar					
Study location					
West Asian countries	6	-15.36 (-26.38 to -4.34)	0.006	80.9	<0.001
Non-West Asian countries	5	-8.56 (-19.30 to 2.17)	0.11	81.7	<0.001
Duration (wk)					
≤8	3	-13.66 (-27.40 to 0.08)	0.05	81.7	0.004
>8	8	-11.51 (-20.60 to -2.41)	0.01	81.3	<0.001
Total cholesterol					
Study location					
West Asian countries	5	-8.12 (-22.50 to 6.26)	0.26	88.1	<0.001
Non-West Asian countries	2	-0.16 (-7.82 to 7.49)	0.96	0.0	0.51
Duration (wk)					
≤8	3	-10.39 (-27.67 to 6.89)	0.23	92.0	<0.001
>8	4	-0.70 (-13.91 to 12.50)	0.91	68.8	0.02
LDL cholesterol					
Study location					
West Asian countries	5	-13.76 (-27.34 to -0.19)	0.04	93.5	<0.001
Non-West Asian countries	2	-0.81 (-6.79 to 5.16)	0.78	0.0	0.83
Duration (wk)					
≤8	3	-16.89 (-34.56 to 0.78)	0.06	96.4	<0.001
>8	4	-2.13 (-8.76 to 4.50)	0.52	26.8	0.25
HDL cholesterol					
Study location					
West Asian countries	6	1.19 (-0.81 to 3.19)	0.24	65.7	0.01
Non-West Asian countries	2	-0.18 (-3.58 to 3.22)	0.91	0.0	0.93
Duration (wk)					
≤8	3	1.15 (-1.55 to 3.85)	0.57	40.1	0.18
>8	5	0.73 (-1.83 to 3.29)	0.40	65.0	0.02

WMD, weighted mean difference; CI, confidence interval; LDL, low-density lipoprotein; HDL, high-density lipoprotein.

^{a)}P-values for effect size; ^{b)}P-values for heterogeneity test.