

**Review article:**

**INORGANIC NITRATE, A NATURAL ANTI-OBESITY AGENT:  
A SYSTEMATIC REVIEW AND META-ANALYSIS OF  
ANIMAL STUDIES**

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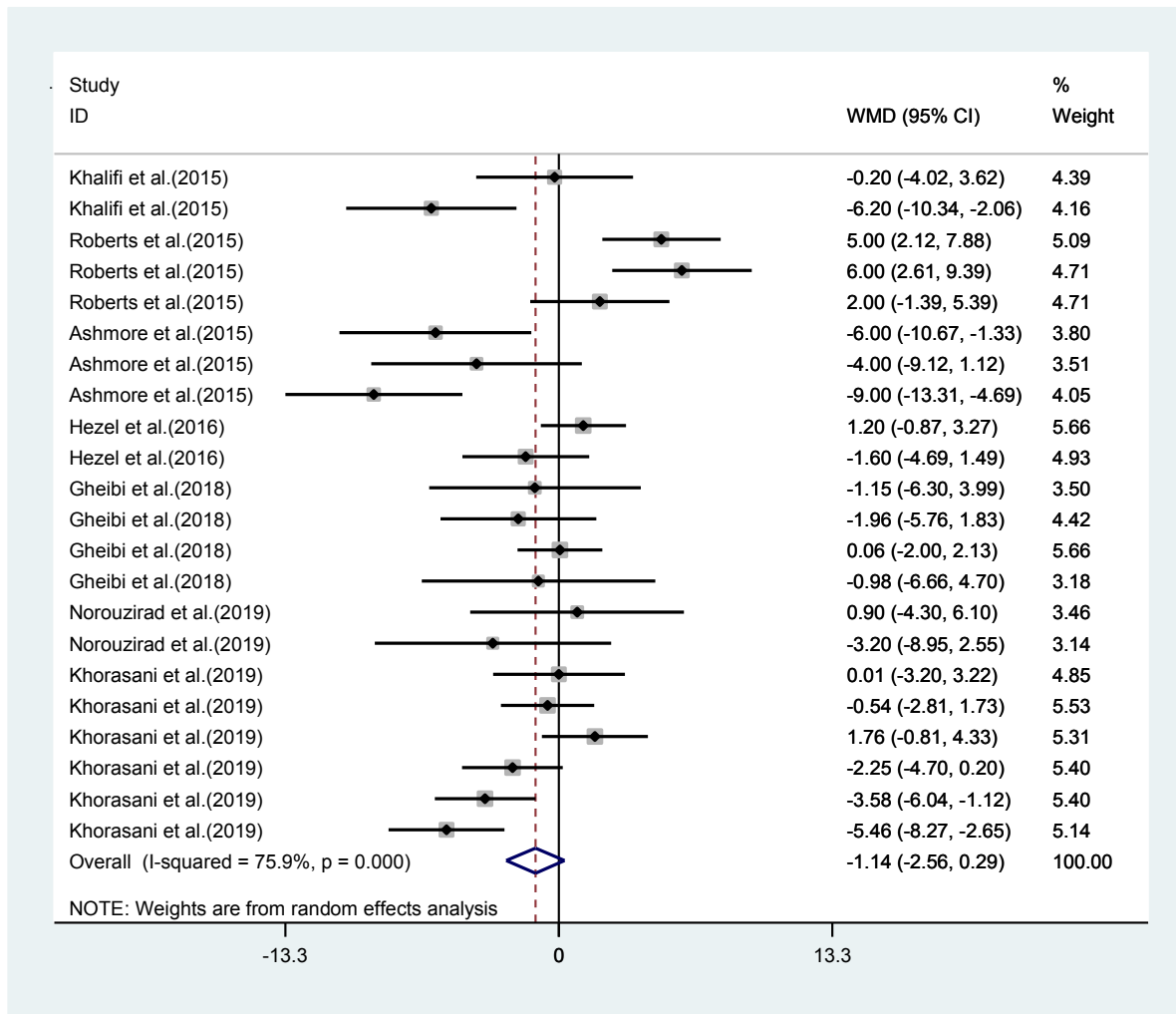
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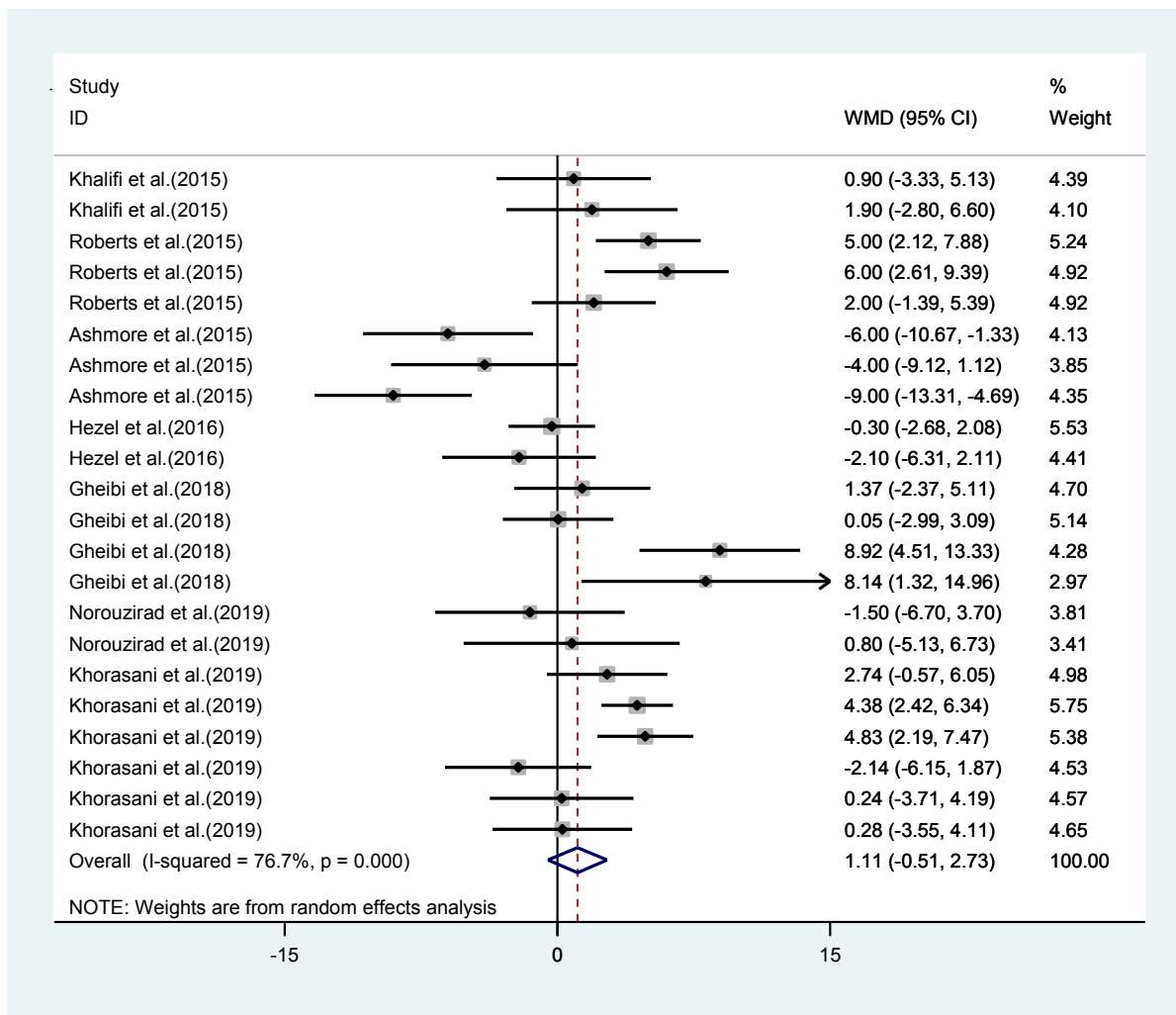
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**Supplementary Table 1:** Characteristics of the included studies

Study	Animal	Study duration (week)	Doses of NO <sub>3</sub> (mg L <sup>-1</sup> drinking water)	Change of body weight	Food intakes	Water consumption	Quality assessment
Zaki et al. 2004	Male healthy Wistar rats	21.43	30.69, 61.38, 92.07, 306.09	↓	NR	NR	1
El-Wakf et al. 2009 and 2015	Male healthy Wistar rats	17.14	72.94, 182.35, 401.17	↓	NR	NR	1
Roberts et al. 2015	Male healthy Wistar rats	2.57	21.88, 43.76 and 87.53	↔	↔	↔	1
Ashmore et al. 2015	Male healthy Wistar rats	2.57	21.88, 43.76 and 87.53	↔	↔	↔	1
Oghbaei et al. 2018	Male healthy and diabetic Wistar rats	8.57	72.94	↑	NR	NR	2
Khorasani et al. 2019	Male healthy and diabetic Wistar rats	15	72.94	↓	↔	↑	2
Norouzirad et al. 2019	Male healthy and diabetic Wistar rats	5	72.94	↓ in diabetic rats	↔	↔	2
Gheibi et al. 2018	Healthy and diabetic male Wistar rats	8	72.94	↓	↔	↔	2
Hezel et al. 2016	Male young and old Sprague Dawley rats	2	619.99	↑ in male young rats	↔	NR	2
Khalifi et al. 2015	Healthy and diabetic male Wistar rats	8	72.94	↔	↔	↔	1



**Supplementary Figure 1:** Pooled estimated water intakes in NO<sub>3</sub>-treated rats and controls (final amount of water intakes) (WMD= -1.14 mL, 95 % CI= -2.56, 0.29, P=0.118)



**Supplementary Figure 2:** Pooled estimated amount of water intakes in NO<sub>3</sub>-treated compared to baseline values (WMD= 1.11 mL, 95 % CI= -0.51, 2.73, P=0.18)