**Supplemental Figure 1**



Influence analysis of psyllium supplementation on body weight

**Supplemental Figure 2**

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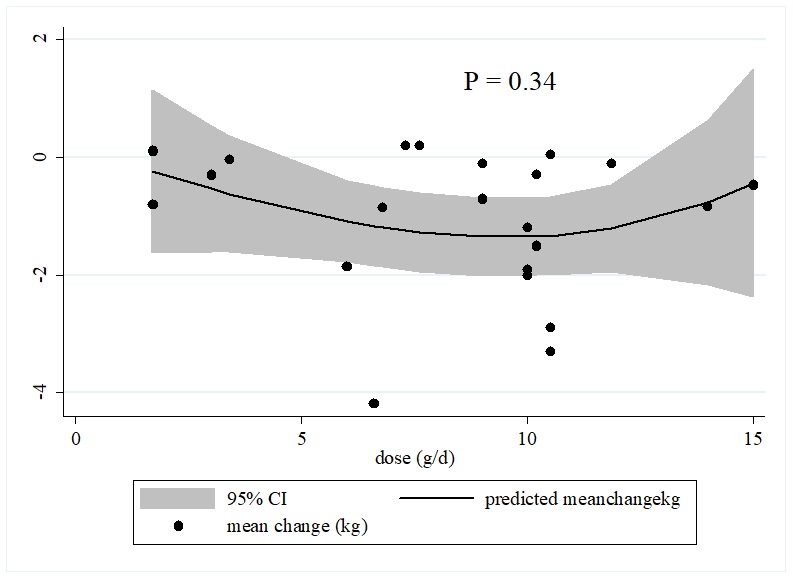
Influence analysis of psyllium supplementation on BMI.

**Supplemental Figure 3**

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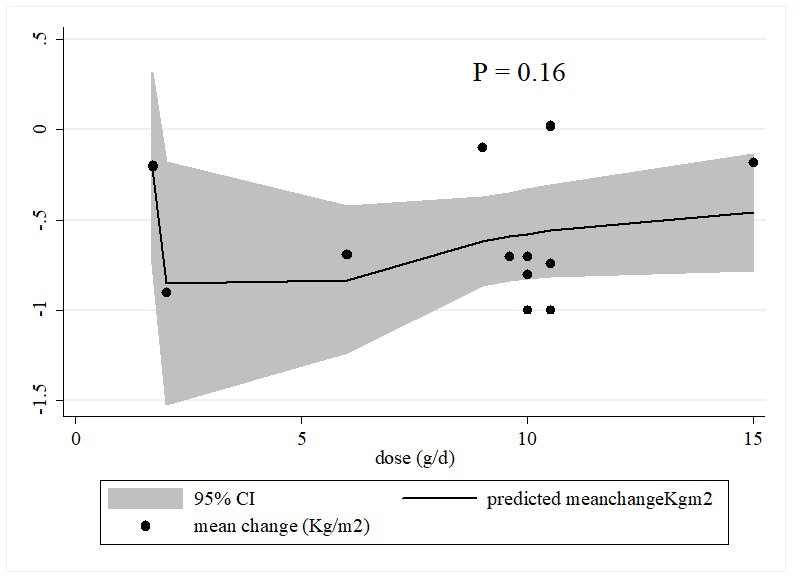
Influence analysis of psyllium supplementation on WC.

**Supplemental Figure 4**



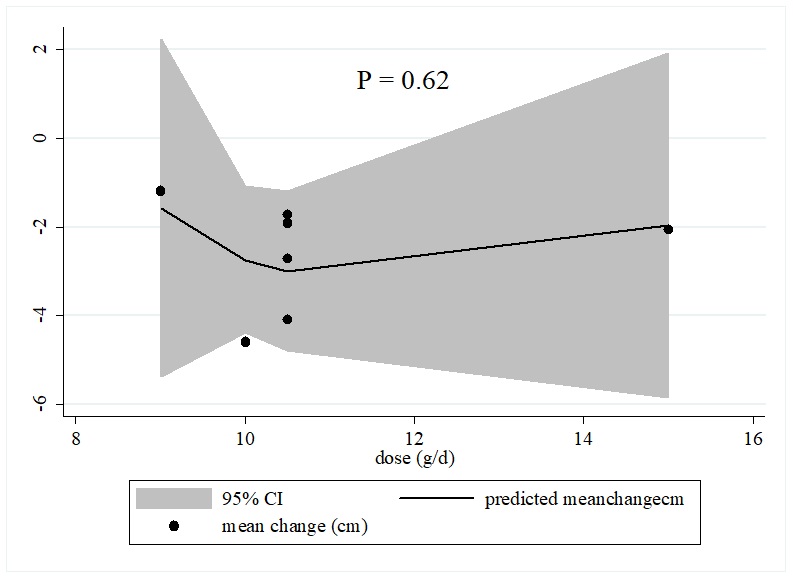
Non-linear dose-responses between psyllium supplementation and unstandardized mean difference in body weight

**Supplemental Figure 5**



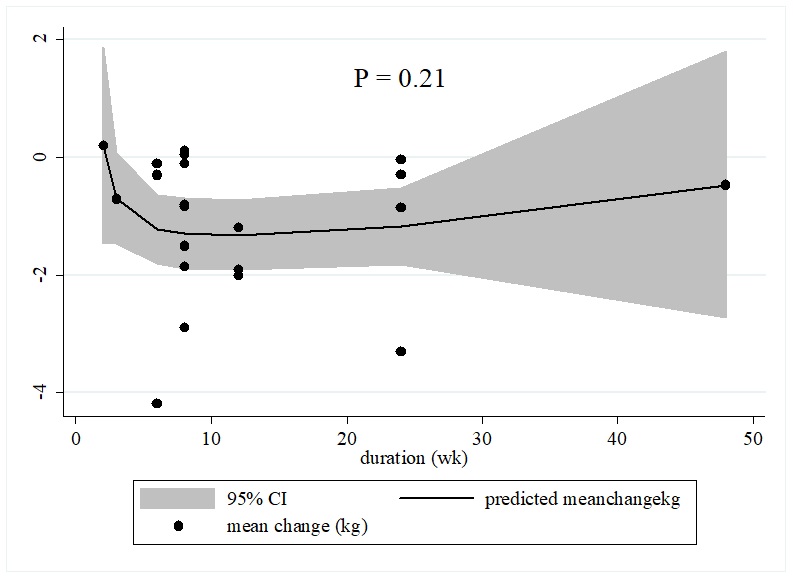
Non-linear dose-responses between psyllium supplementation and unstandardized mean difference in BMI

**Supplemental Figure 6**



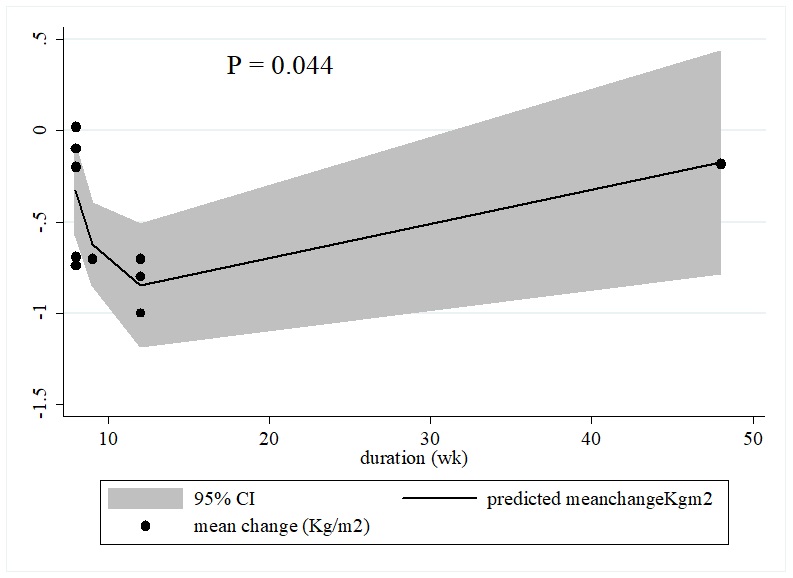
Non-linear dose-responses between psyllium supplementation and unstandardized mean difference in WC

**Supplemental Figure 7**



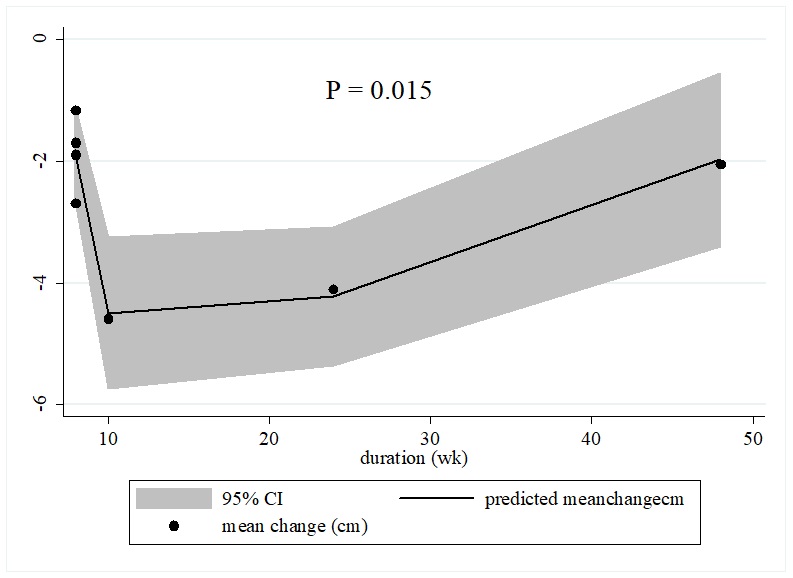
Non-linear dose-responses between duration of psyllium supplementation and unstandardized mean difference in body weight

**Supplemental Figure 8**



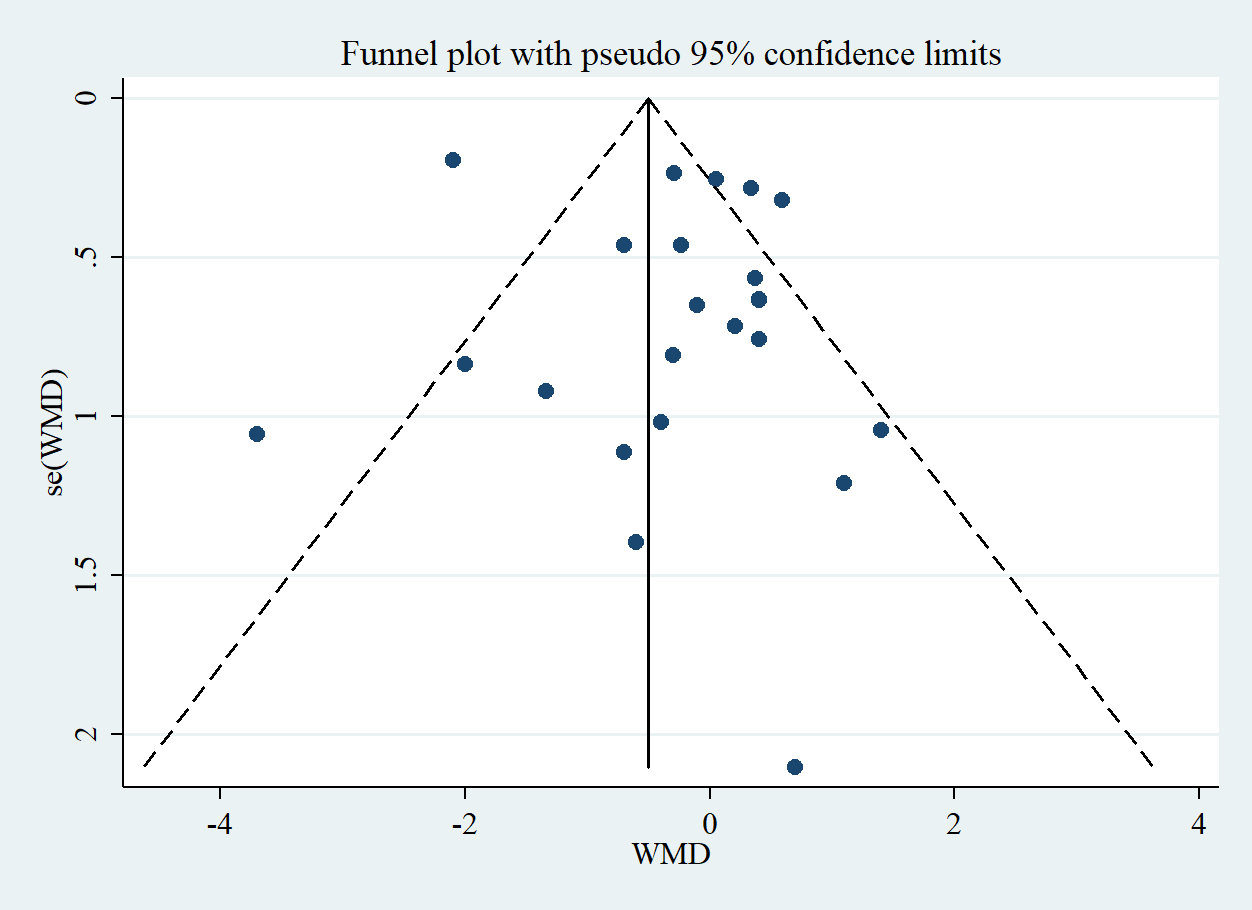
Non-linear dose-responses between duration of psyllium supplementation and unstandardized mean difference in BMI

**Supplemental Figure 9**



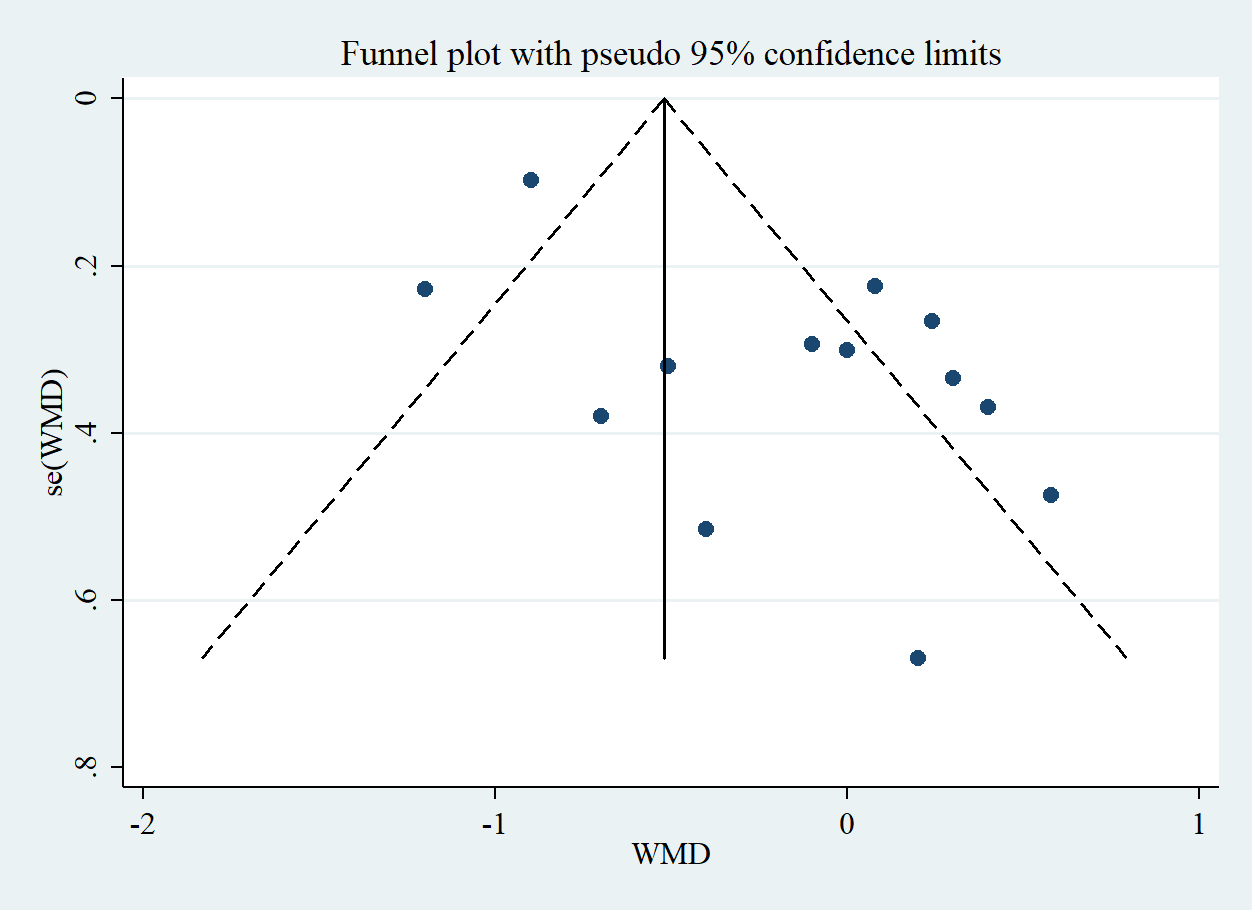
Non-linear dose-responses between duration of psyllium supplementation and unstandardized mean difference in WC

**Supplemental Figure 10**



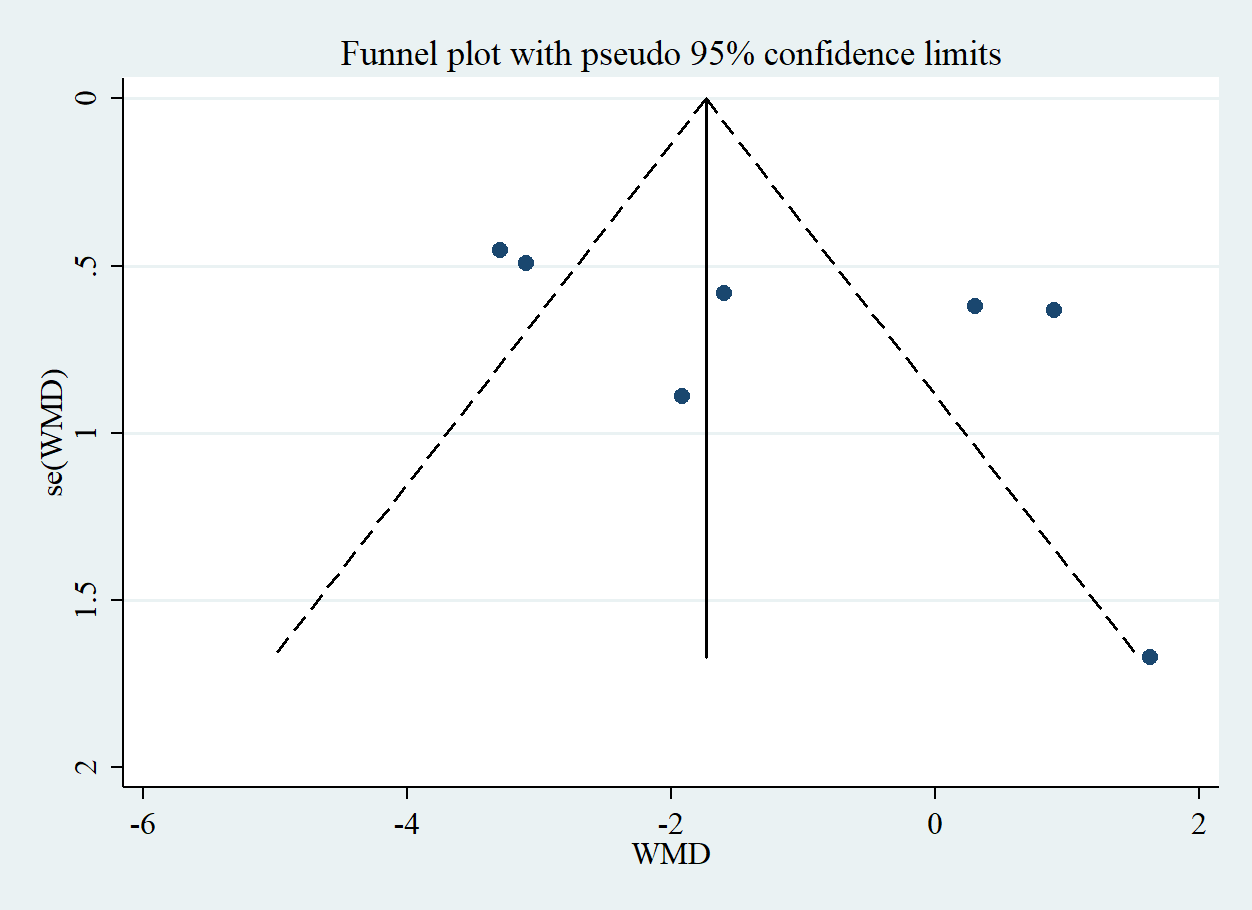
Funnel plot for assessing publication bias in the studies reporting the effect of psyllium on body weight

**Supplemental Figure 11**

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Funnel plot for assessing publication bias in the studies reporting the effect of psyllium on BMI

**Supplemental Figure 12**

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Funnel plot for assessing publication bias in the studies reporting the effect of psyllium on WC