

Supplementary Table 1. PRISMA checklist; Effects of Resveratrol Supplementation on Metabolic and Anthropometric Outcomes in Non-Alcoholic Fatty Liver Disease: An Umbrella Review

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	1
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	2
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	2
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	2
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	2, Supplementary Table 2
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	2
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	2
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	2
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	2
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	2
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	3
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	3
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	3
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	3
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	3
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	3
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	3
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	3
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	6

Section and Topic	Item #	Checklist item	Location where item is reported
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	3
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	3
Study characteristics	17	Cite each included study and present its characteristics.	4
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	5
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	5-11
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	5-11
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	5-11
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	5-11
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	5-11
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	5-11
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	6
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	12-13
	23b	Discuss any limitations of the evidence included in the review.	13
	23c	Discuss any limitations of the review processes used.	13
	23d	Discuss implications of the results for practice, policy, and future research.	13
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	14
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	14
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	5
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	13
Competing interests	26	Declare any competing interests of review authors.	13
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	13

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71

For more information, visit: <http://www.prisma-statement.org/>

Supplementary Table 2. Effects of Resveratrol Supplementation on Metabolic and Anthropometric Outcomes in Non-Alcoholic Fatty Liver Disease: An Umbrella Review: Method of the database search strategy using PubMed, Scopus, Google Scholar, and Web of Science

Database (Search conducted up to June, 2025)	Search terms ^a	Number of studies searched
PubMed	((resveratrol[Title/Abstract]) OR (Resveratrol[MeSH Terms])) AND ((((((NAFLD[Title/Abstract]) OR ("non-alcoholic fatty liver"[Title/Abstract]))) OR ("nonalcoholic Fatty Liver"[Title/Abstract])) OR ("Nonalcoholic Steatohepatitis"[Title/Abstract])) OR (Non-alcoholic Fatty Liver Disease[MeSH Terms])))	232
SCOPUS	(TITLE-ABS-KEY ("resveratrol")) AND ((TITLE-ABS-KEY ("non-alcoholic fatty liver") OR TITLE-ABS-KEY ("non-alcoholic fatty liver") OR TITLE-ABS-KEY (nafld) OR TITLE-ABS-KEY ("nonalcoholic steatohepatitis") OR TITLE-ABS-KEY ("non-alcoholic steatohepatitis"))) AND (LIMIT-TO (LANGUAGE , "English"))	417
Google Scholar	allintitle: "resveratrol" AND “non-alcoholic fatty liver” OR “Nonalcoholic Fatty Liver” OR "NAFLD" OR “Nonalcoholic Steatohepatitis”	88
Web of Science	#1 TS=("Resveratrol") #2 TS=(“non-alcoholic fatty liver” OR “Nonalcoholic Fatty Liver” OR NAFLD OR “Nonalcoholic Steatohepatitis”) #1 AND #2	333
Total		1070

^aSearches were limited to studies published in the English language using the appropriate filters and/or search terms depending on the database.

Supplementary Table 3. Results of assessing the methodological quality of the included meta-analysis

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16	Quality assessment
Zhang et al. 2016	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	High
Elgebaly et al. 2017	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	High
Rafiee et al. 2020	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	High
Jakubczyk et al. 2020	Yes	No	Yes	Yes	Yes	Yes	Partially Yes	Yes	Yes	Yes	Yes	Yes	No	Partially Yes	Yes	No	Moderate
Wei & Yu 2021	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Partially Yes	Yes	No	High
Nemati et al. 2023	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	High
He et al. 2023	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High
Ebrahimpour et al. 2024	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	High
Ranneh et al. 2024	Partially yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Moderate

* 1. Did the research questions and inclusion criteria for the review include the components of PICO? 2. Did the report of the review contain an explicit statement that the review methods were established prior to the conduct of the review and did the report justify any significant deviations from the protocol? 3. Did the review authors explain their selection of the study designs for inclusion in the review? 4. Did the review authors use a comprehensive literature search strategy? 5. Did the review authors perform study selection in duplicate? 6. Did the review authors perform data extraction in duplicate? 7. Did the review authors provide a list of excluded studies and justify the exclusions? 8. Did the review authors describe the included studies in adequate detail? 9. Did the review authors use a satisfactory technique for assessing the risk of bias (RoB) in individual studies that were included in the review? 10. Did the review authors report on the sources of funding for the studies included in the review? 11. If meta-analysis was performed, did the review authors use appropriate methods for the statistical combination of results? 12. If meta-analysis was performed, did the review authors assess the potential impact of RoB in individual studies on the results of the meta-analysis or other evidence synthesis? 13. Did the review authors account for RoB in individual studies when interpreting/ discussing the results of the review? 14. Did the review authors provide a satisfactory explanation for, and discussion of, any heterogeneity observed in the results of the review? 15. If they performed quantitative synthesis, did the review authors carry out an adequate investigation of publication bias (small study bias) and discuss its likely impact on the results of the review? 16. Did the review authors report any potential sources of conflict of interest, including any funding they received for conducting the review?, Each question was answered with “Yes”, “Partial Yes” or “No”. When no meta-analysis was done, question 11, 12 and 15 were answered with “No meta-analysis conducted. Studies with ≥ 13 “yes” answers were categorized as “high”, 9-12 “yes” answers as “moderate”, 5-8 “yes” answers as “low”, and ≤ 4 “yes” answers as “critically low”.