

**Supplementary Table 12.** Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with hypertension: VLCD

No. of studies	Quality assessment							Effect			Quality
	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	VLCD	Control	Relative (95% CI)	Absolute	
SBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	115	117	-	MD, 1.34 lower (5.20 lower–2.51 higher)	Very low
DBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	115	117	-	MD, 2.01 higher (0.61 lower–4.63 higher)	Very low
LDL-C (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	Serious	Serious	Serious	None	115	117	-	MD, 8.91 higher (9.27 lower–27.08 higher)	Very low
TG (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	Serious	Serious	Serious	None	115	117	-	MD, 10.17 lower (43.00 lower–22.67 higher)	Very low
BW, kg (follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	115	117	-	MD, 1.16 lower (2.65 lower–0.34 higher)	Very low
HDL-C (follow-up 8–24 wk; better indicated by higher values)											
2	Randomized trials	Serious	Serious	Serious	Serious	None	115	117	-	MD, 1.85 higher (5.98 lower–9.69 higher)	Very low
FMD (follow-up 36–52 wk; better indicated by lower values)											
1	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	26	23	-	MD, 180 lower (3.48–0.12 lower)	Very low

VLCD, very-low carbohydrate diet; CI, confidence interval; SBP, systolic blood pressure; MD, mean difference; DBP, diastolic blood pressure; LDL-C, low-density lipoprotein cholesterol; TG, triglyceride; BW, body weight; HDL-C, high-density lipoprotein cholesterol; FMD, flow-mediated dilation.