Subgroup/Study (Year)	Treatment	Control	N, mean (SD); Treatment	N, mean t (SD); Control	MD (95% CI)
RCTs					
Mühlhauser I (1996)	Na intake 90 mmol/d	Na intake 190 mmol/d	8, -3.1 (4.11)	8, 2.2 (5.97)	-5.30 (-10.32, -0.28)
Keven K(2006)	Na intake 80-100 mmol/d	Usual care	18, -17 (9.17)	14, -8 (14.7)	-9.00 (-17.80, -0.20)
LowSALT CKD Study(2012)	Na intake < 100 mmol/d	Na intake ≥ 220 mmol/d	20, -2.3 (8.71)	20, 1.6 (8.46)	-3.90 (-9.22, 1.42)
Hwang JH(2014)	Na intake < 100mmol/d	Usual care	119, -0.3 (9.82)	126, 0.7 (10.1)	-1.00 (-3.49, 1.49)
Rodrigues Telini LS(2014)	2 g of Na reduction	Usual diet	21, 0.14 (11.5)	18, -3 (16)	3.14 (-5.73, 12.01)
Kauric-Klein Z(2016)	Na intake < 2g/d	Usual care	60, -8 (10.4)	61, -1.5 (10.5)	-6.50 (-10.23, -2.77)
Meuleman Y(2016)	Low salt diet education	Usual care	58, -1 (5.92)	54, 1 (5.89)	-2.00 (-4.19, 0.19)
Jiamjariyapon T(2017)	intensive low-salt diet education	Usual care	216, -2.7 (2.54)	202, -2.6 (2.43)	-0.10 (-0.58, 0.38)
Saran R(2017)	Na intake < 2g/d	Usual care	29, -3.8 (8.27)	29, -3.8 (8.27)	0.00 (-4.26, 4.26)
Huang B(2017)	Restrict salt intake	Usual care	42, -2.3 (8.18)	41, 2.4 (8.55)	-4.70 (-8.30, -1.10)
Humalda JK(2019)	Restrict salt intake	Usual care	44, -4.7 (9.64)	38, -3.2 (9.62)	-1.50 (-5.68, 2.68)
Subtotal (<i>l</i> ² = 66.0%)			635	611	-2.41 (-4.04, -0.77)
Cohort studies					
Fujiwara S(2010)	Intensive low-salt diet education	Usual care	14, -4.4 (7.6)	22, 0.5 (11.3)	-4.90 (-11.08, 1.28)
Yu W(2011)	Na intake 100mmol/d	Usual diet	20, -9.4 (6.22)	23, -2.1 (9.48)	-7.30 (-12.04, -2.56)
Liang X(2013)	Salt intake ≤3 g/d	Usual care	70, -4.08 (6.62)	36, 1.14 (5.99)	-5.22 (-7.72, -2.72)
Baek SH(2014)	Good compliance with low salt diet	Poor compliance with low salt die	t 101, 0.5 (11)	101, 1.2 (9.95)	-0.70 (-3.59, 2.19)
Nerbass FB(2015)	Na intake decrease	Na intake unchanged or increase	524, -3 (19.1)	892, -2 (10.5)	-1.00 (-2.77, 0.77)
Nishimoto M(2019)	Urinary Na ≤ 189 mmol/d	Urinary Na > 189 mmol/d	100, -6.44 (1.25)	204, -6.06 (3.36)	-0.38 (-0.90, 0.14)
Ahn SY(2019)	Intensive low-salt diet education	Usual care	93, 1.7 (11)	78, 1.5 (12.1)	0.20 (-3.29, 3.69)
Subtotal (<i>l</i> ² = 74.6%)			922	1356	-2.13 (-3.90, -0.37)
Overall (<i>l</i> ² = 68.2%)			1557	1967	-2.30(-3.61, -0.98)
				i	
				-20 -10 0 Low-salt diet better C	5 ontrol better

Supplementary file 11 Forest plot for DBP. CI, confidence interval; Cr, creatinine; MD, mean difference; Na, sodium; DBP, diastolic blood pressure; SD, standard deviation.