

1 **Supplementary document 2**

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3 **The effect of inulin-type fructans supplementation on cardiovascular disease risk factors: A**  
4 **protocol for a systematic review and meta-analysis of controlled trials**

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6 **Supplementary document 2: Rules for converting outcome data**

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8 We will use the following rules to convert outcome data prior to meta-analysis:

9 1. Fasting blood glucose will be converted from mg/dl to mmol/l by dividing by 18 that is

10  $\text{mmol/l} = \text{mg/dl} / 18$  (1).

11 2. HDL, LDL, VLDL and TC will be converted from mg/dl to mmol/l by multiplying by

12 0.02586 (1).

13 3. Triglycerides will be converted from mg/dl to mmol/l by multiplying by 0.01129 (1).

14 4. ApoA, ApoB will be converted from mg/l to g/l by dividing by 1000 (1).

15 5. HbA1C will be converted from mmol/mol to % using the following formula: NGSP =

16  $(0.09148 * \text{IFCC}) + 2.152$  (2).

17 6. Studies that reported results as medians will be converted to means using the following

18 formula obtained from Hozo 2005 et al.  $\bar{x} \approx \frac{a + 2m + b}{4}$  (3).

19 7. Measures of variability will be converted from SE and 95% confidence interval to SD

20 using the following formulas obtained from the Cochrane Handbook (chapter 6) (4).

21 
$$\text{SD} = \text{SE} \times \sqrt{N}$$

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23 
$$\text{SD} = \sqrt{N} \times (\text{upper limit} - \text{lower limit}) / 3.92$$

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25 8. Ranges will be converted to SD using the following formula from Wan 2014 et al. (5).

26 
$$S \approx \frac{b - a}{2\Phi^{-1}\left(\frac{n - 0.375}{n + 0.25}\right)}$$

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26 **References**

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