

1 **Supplementary document 1**

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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**

5

6 **(Search strategies)**

7

8 *Database: OVID Medline Epub Ahead of Print, In-Process & Other Non-Indexed Citations,*  
9 *Ovid MEDLINE(R) Daily and Ovid MEDLINE(R)*

10

11 Search Strategy:

12 -----

13 1 (fructooligosaccharide\* or fructo oligosaccharide\*).ti,ab,kf.  
14 2 neosugar\*.ti,ab,kf.  
15 3 Fructans/  
16 4 Inulin/  
17 5 (fructan\* or inutest\* or oligofructan\* or polyfructosan\*).ti,ab,kf.  
18 6 inulin\*.ti,ab,kf.  
19 7 asteraceae.ti,ab,kf.  
20 8 oligofructose\*.ti,ab,kf.  
21 9 chicory.ti,ab,kf.  
22 10 chicory root.ti,ab,kf.  
23 11 Helianthus/  
24 12 jerusalem artichoke\*.ti,ab,kf.  
25 13 or/1-12  
26 14 Lipids/  
27 15 lipids.ti,ab,kf.  
28 16 Lipoproteins/  
29 17 Lipoproteins, IDL/  
30 18 exp Lipoproteins, LDL/  
31 19 exp Lipoproteins, HDL/

32 20 exp Lipoproteins, VLDL/  
33 21 lipid.ti,ab,kf.  
34 22 lipoprotein\*.ti,ab,kf.  
35 23 exp Triglycerides/  
36 24 triglyceride\*.ti,ab,kf.  
37 25 triacetin/ or triolein/  
38 26 triacylglycerol\*.ti,ab,kf.  
39 27 (HDL or LDL or VLDL or IDL or TG or TAG).ti,ab,kf.  
40 28 cholesterol\*.ti,ab,kf.  
41 29 apolipoproteins a/ or apolipoprotein a-i/  
42 30 apo\* a1.ti,ab,kf.  
43 31 apo\* a i.ti,ab,kf.  
44 32 (proapolipoprotein adj1 (ai or a1 or a i or a-1)).ti,ab,kf.  
45 33 Apolipoproteins B/  
46 34 apo\* b.ti,ab,kf.  
47 35 or/14-34  
48 36 exp waist circumference/  
49 37 (waist adj3 (circumference\* or ratio\*)).ti,ab,kf.  
50 38 Glucose/  
51 39 glucose.ti,ab,kf.  
52 40 blood pressure\*.ti,ab,kf.  
53 41 body mass index/  
54 42 (body mass ind\* or BMI).ti,ab,kf.  
55 43 or/36-42  
56 44 random\*.ti,ab,kf.  
57 45 rct\*.ti,ab,kf.  
58 46 randomized controlled trial/  
59 47 randomized controlled trial.pt.  
60 48 random allocation/  
61 49 ((singl\* or doubl\* or tripl\* or trebl\*) adj3 (blind\* or mask\*)).ti,ab,kf.  
62 50 exp clinical trial/

63 51 controlled clinical trial/  
64 52 clinical trial\*.ti,ab,kf.  
65 53 or/44-52  
66 54 13 and (35 or 43) and 53  
67 55 remove duplicates from 54  
68

69 **Database: Embase**

70

## 71 Search Strategy:

72 -----

73 1 fructose oligosaccharide/

74 2 (fructooligosaccharide\* or fructo oligosaccharide\* or oligofructose\* or neosugar\*).ti,ab,kw.

75 3 fructan/

76 4 (fructan\* or inutest\* or oligofructan\* or polyfructosan\*).ti,ab,kw.

77 5 inulin/

78 6 inulin\*.ti,ab,kw.

79 7 asteraceae.ti,ab,kw.

80 8 chicory/

81 9 chicory.ti,ab,kw.

82 10 jerusalem artichoke/

83 11 jerusalem artichoke\*.ti,ab,kw.

84 12 helianthus.ti,ab,kw.

85 13 or/1-12

86 14 lipid/

87 15 (lipid or lipids).ti,ab,kw.

88 16 lipoprotein/

89 17 intermediate density lipoprotein/

90 18 low density lipoprotein/

91 19 high density lipoprotein/

92 20 very low density lipoprotein/

93 21 lipoprotein\*.ti,ab,kw.

94 22 (HDL or LDL or VLDL or IDL or TG or TAG).ti,ab,kw.

95 23 exp triacylglycerol/

96 24 (triglyceride\* or triacylglycerol\* or triacetin\* or triolein\*).ti,ab,kw.

97 25 cholesterol/

98 26 cholesterol\*.ti,ab,kw.

99 27 apolipoprotein/ or apolipoprotein a/ or apolipoprotein a1/ or apolipoprotein b/ or  
100 apolipoprotein b100/ or apolipoprotein b48/  
101 28 (apo\* a1 or apo\* a 1 or apo\* a i or apo\* ai).ti,ab,kw.  
102 29 (proapolipoprotein adj1 (ai or a1 or a i or a-1)).ti,ab,kw.  
103 30 apo\* b\*.ti,ab,kw.  
104 31 (proapolipoprotein adj1 b\*).ti,ab,kw.  
105 32 or/14-31  
106 33 waist circumference/  
107 34 (waist adj3 (circumference\* or ratio\*)).ti,ab,kw.  
108 35 glucose/  
109 36 glucose\*.ti,ab,kw.  
110 37 blood pressure/  
111 38 blood pressure\*.ti,ab,kw.  
112 39 body mass/  
113 40 (body mass ind\* or BMI).ti,ab,kw.  
114 41 or/33-40  
115 42 random\*.ti,ab,kw.  
116 43 rct\*.ti,ab,kw.  
117 44 randomized controlled trial/  
118 45 exp randomization/  
119 46 ((singl\* or doubl\* or tripl\* or trebl\*) adj3 (blind\* or mask\*)).ti,ab,kw.  
120 47 clinical trial/  
121 48 clinical trial\*.ti,ab,kw.  
122 49 controlled clinical trial/  
123 50 or/42-49  
124 51 13 and 41 and 50  
125 52 remove duplicates from 51  
126  
127

128 **Database: Ovid Emcare**

129

## 130 Search Strategy:

131 -----

132 1 fructose oligosaccharide/

133 2 (fructooligosaccharide\* or fructo oligosaccharide\* or oligofructose\* or neosugar\*).ti,ab,kw.

134 3 fructan/

135 4 (fructan\* or inutest\* or oligofructan\* or polyfructosan\*).ti,ab,kw.

136 5 inulin/

137 6 inulin\*.ti,ab,kw.

138 7 asteraceae.ti,ab,kw.

139 8 chicory/

140 9 chicory.ti,ab,kw.

141 10 jerusalem artichoke/

142 11 jerusalem artichoke\*.ti,ab,kw.

143 12 helianthus.ti,ab,kw.

144 13 or/1-12

145 14 lipid/

146 15 (lipid or lipids).ti,ab,kw.

147 16 lipoprotein/

148 17 intermediate density lipoprotein/

149 18 low density lipoprotein/

150 19 high density lipoprotein/

151 20 very low density lipoprotein/

152 21 lipoprotein\*.ti,ab,kw.

153 22 (HDL or LDL or VLDL or IDL or TG or TAG).ti,ab,kw.

154 23 exp triacylglycerol/

155 24 (triglyceride\* or triacylglycerol\* or triacetin\* or triolein\*).ti,ab,kw.

156 25 cholesterol/

157 26 cholesterol\*.ti,ab,kw.

158 27 apolipoprotein/ or apolipoprotein a/ or apolipoprotein a1/ or apolipoprotein b/ or  
159 apolipoprotein b100/ or apolipoprotein b48/  
160 28 (apo\* a1 or apo\* a 1 or apo\* a i or apo\* ai).ti,ab,kw.  
161 29 (proapolipoprotein adj1 (ai or a1 or a i or a-1)).ti,ab,kw.  
162 30 apo\* b\*.ti,ab,kw.  
163 31 (proapolipoprotein adj1 b\*).ti,ab,kw.  
164 32 or/14-31  
165 33 waist circumference/  
166 34 (waist adj3 (circumference\* or ratio\*)).ti,ab,kw.  
167 35 glucose/  
168 36 glucose\*.ti,ab,kw.  
169 37 blood pressure/  
170 38 blood pressure\*.ti,ab,kw.  
171 39 body mass/  
172 40 (body mass ind\* or BMI).ti,ab,kw.  
173 41 or/33-40  
174 42 random\*.ti,ab,kw.  
175 43 rct\*.ti,ab,kw.  
176 44 randomized controlled trial/  
177 45 exp randomization/  
178 46 ((singl\* or doubl\* or tripl\* or trebl\*) adj3 (blind\* or mask\*)).ti,ab,kw.  
179 47 clinical trial/  
180 48 clinical trial\*.ti,ab,kw.  
181 49 controlled clinical trial/  
182 50 or/42-49  
183 51 13 and 41 and 50  
184 52 remove duplicates from 51  
185  
186

187 **Database: EBM Reviews - Cochrane Database of Systematic Reviews**

188

189 Search Strategy:

190 -----

191 1 (fructooligosaccharide\* or fructo oligosaccharide\* or neosugar\* or (fructan\* or inutest\* or  
192 oligofructan\* or polyfructosan\*) or inulin\* or asteraceae or oligofructose\* or chicory or chicory  
193 root or jerusalem artichoke\*).mp. [mp=title, short title, abstract, full text, keywords, caption text]

194 2 (lipids or lipid or lipoprotein\* or triglyceride\* or triacylglycerol\* or (HDL or LDL or VLDL  
195 or IDL or TG or TAG) or cholesterol\* or apo\* a1 or apo\* a i or (proapolipoprotein adj1 (ai or a1 or  
196 a i or a-1)) or apo\* b or (waist adj3 (circumference\* or ratio\*)) or glucose or blood pressure\* or  
197 (body mass ind\* or BMI)).mp. [mp=title, short title, abstract, full text, keywords, caption text]

198 3 1 and 2

199

200

201

202 **Database: AMED (Allied and Complementary Medicine)**

203

204 Search Strategy:

205 -----

206 1 (fructooligosaccharide\* or fructo oligosaccharide\* or neosugar\* or (fructan\* or inutest\* or  
207 oligofructan\* or polyfructosan\*) or inulin\* or asteraceae or oligofructose\* or chicory or chicory  
208 root or jerusalem artichoke\*).mp.

209 2 Lipids/

210 3 lipoproteins/

211 4 triglycerides/

212 5 (lipids or lipid or lipoprotein\* or triglyceride\* or triacylglycerol\* or (HDL or LDL or VLDL  
213 or IDL or TG or TAG) or cholesterol\* or apo\* a1 or apo\* a i or (proapolipoprotein adj1 (ai or a1 or  
214 a i or a-1)) or apo\* b or (waist adj3 (circumference\* or ratio\*)) or glucose or blood pressure\* or  
215 (body mass ind\* or BMI)).mp. [mp=abstract, heading words, title]

216 6 or/2-5

217 7 1 and 6

218

219

220



221 **Database: CINAHL**  
222 Search Strategy:  
223 -----  
224 S1 fructose oligosaccharide\* or fructooligosaccharide\* or fructo oligosaccharide\* or  
225 oligofructose\* or neosugar\*  
226 S2 fructan\* or inutest\* or oligofructan\* or polyfructosan\*  
227 S3 inulin\* or asteraceae  
228 S4 chicory  
229 S5 jerusalem artichoke\*  
230 S6 helianthus  
231 S7 S1 OR S2 OR S3 OR S4 OR S5 OR S6  
232 S8 (MH "Lipids")  
233 S9 lipid or lipids  
234 S10 MH "Lipoproteins"  
235 S11 lipoprotein\*  
236 S12 MH "Lipoproteins, LDL+ "  
237 S13 MH "Lipoproteins, HDL+ "  
238 S14 HDL or LDL or VLDL or IDL or TG or TAG  
239 S15 MH "Triglycerides"  
240 S16 triacylglycerol\* or triacylglyceride\*  
241 S17 MH "Cholesterol"  
242 S18 cholesterol\*  
243 S19 MH "Apolipoproteins"  
244 S20 apo\* a1 or apo\* a 1 or apo\* a i or apo\* ai  
245 S21 proapolioprotein N1 (ai or a1 or a i or a 1)  
246 S22 apo\* b\*  
247 S23 proapolioprotein N1 b\*  
248 S24 S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18  
249 OR S19 OR S20 OR S21 OR S22 OR S23  
250 S25 MH "Waist Circumference"  
251 S26 waist N3 (circumference\* or ratio\*)  
252 S27 MH "Glucose"

253 S28 glucose\*

254 S29 MH "Blood Pressure"

255 S30 blood pressure\*

256 S31 MH "Body Mass Index"

257 S32 body mass ind\* or BMI

258 S33 S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32

259 S34 S7 AND S24 AND S33

260 S35 S7 AND S24 AND S33

261