Table 1. Characteristic of included studies in meta-analysis

Author	Publication Year	Country	Study Design	Participant	Sex	Trial Duration (Week)	Means Age		Means BMI		Intervention			Sample Size	
							IG	CG	IG	CG	Treatment group	Green tea dose (mg)	Control group	IG	CG
Azizbeigi et al. 2009	2009	Iran	RCT	Obese Men	M	8	23.9	22.8	31.8	30.8	Green tea extract	500 mg	500 mg sucrose	10	10
Jowko et al. 2011	2011	Poland	DB/R/PC	healthy individuals	M	4	21.5	21.2	23.85	23.31	Green tea extract	640 mg of polyphenols	maltodextrin	17	18
Bogdanski et al. 2012	2012	Poland	DB/R/PC	obese, hypertensive patients	F/M	12	49.2	51.5	32.5	33.9	Green tea extract	379 mg	pure microcrystal line cellulose	28	28
Suliburska et al. 2012	2012	Poland	DB/R/PC	Obese Patients	F/M	12	48.56	52.26	32.07	33.45	Green tea extract	379 mg	pure microcrystal line cellulose	23	23
Mousavi et al. 2013 (A)	2013	Iran	RCT	T2DM patients	F/M	8	54.6	52	27.4	28.1	Green tea	4 cup= 10000 mg	-	26	14
Mousavi et al. 2013 (B)	2013	Iran	RCT	T2DM patients	F/M	8	56.2	52	28.1	28.1	Green tea	2 cup= 5000 mg	-	25	14
Lasaite et al. 2014 (A)	2014	Lithuania	DB/R/PC	T2DM patients	F/M	36	57.2	56.8	NR	NR	Green tea extract	400	microcrystal line cellulose	17	14
Lasaite et al. 2014 (B)	2014	Lithuania	DB/R/PC	T2DM patients	F/M	36	57.2	56.8	NR	NR	Green tea extract	600	microcrystal line cellulose	17	14
Spadiene et al. 2014 (A)	2014	Lithuania	DB/R/PC	T2DM patients	nr	36	62.18	62.18	35.23	34.98	Green tea extract	400	microcrystal line cellulose	20	25
Spadiene et al. 2014 (B)	2014	Lithuania	DB/R/PC	T2DM patients	nr	36	62.18	62.18	35.23	34.98	Green tea extract	600	microcrystal line cellulose	20	25
Mozaffari-Khosravi et al. 2014	2014	Iran	RCT	Type 2 Diabetes Mellitus	F/M	4	52.2	52.1	28	28.3	Green tea	450 mLl	sour tea	48	46

Kuo et al. 2015	2015	Taiwan	DB/PC	healthy individuals	M	4	20	20	21.95	23.55	Green tea extract	250 mg	starch capsule	10	10
Hadi et al. 2016	2016	Iran	DB/R/PC	soccer players	M	3			22.6	22.82	Green tea extract	450 mg	450 mg of maltodextrin	18	18
Soeizi et al. 2017	2017	Iran	SB/R/PC	β– Thalassemia Major	F/M	8	23.1	24.2	20.9	19.42	Green tea	2500 mg	warm water	26	26
Ribeiro Vaz et al. 2018	2018	Brazil	DB/R/PC	type 1 DM or type 2 DM	F/M	20	46.48	52.29	27.58	25.6	Green tea extract	1120 mg	cellulose capsules	27	28
Venkatakr ishnan et al. 2018	2018	Taiwan	DB/R/PC	hypercholest erolemic subjects	F	12	45	45	31.39	28.81	Green tea	600 ml (780.6 mg of catechin)	tea flavor with very less concentratio n of catechin and caffeine	20	20
Sadowska-Krepa et al. 2019	2019	Poland	RCT	male students of the Physical Education	M	6	22	23.1	23.73	24.72	Green tea extract	250 mg	microcrystal line cellulose, magnesium stearate and maltodextrin	8	8

Abbreviations: IG, intervention group; CG, control group; DB, double-blinded; SB, single-blinded; PC, placebo-controlled; CO, controlled; R, randomized; NR, not reported; F, Female; M, Male; RCT, randomized clinical trial.