

Figure S1. meta-analysis of seed form vs powder form. [31, 32, 34-36] ■ the position of the square represents the risk ratio, while the size of the square shows the weight of the study; ■ the black line indicates the 95% confidence interval of the result; ◆ the diamond depicts overall pooled effect from the included studies.

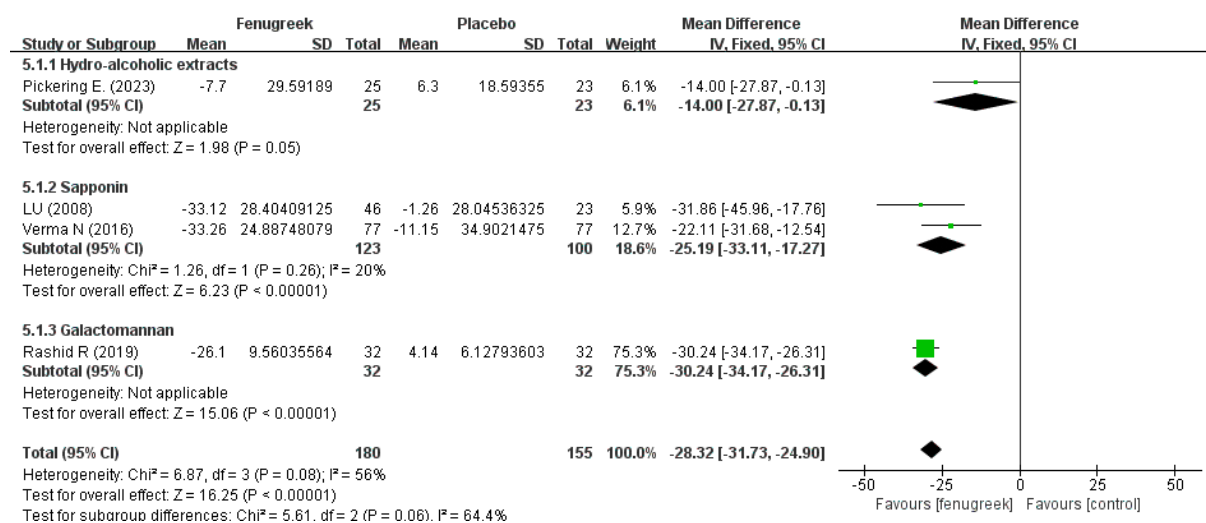


Figure S2. meta-analysis of hydroalcoholic extracts vs galactomannan vs saponin. [11, 28, 30, 33] ■ the position of the square represents the risk ratio, while the size of the square shows the weight of the study; ■ the black line indicates the 95% confidence interval of the result; ◆ the diamond depicts overall pooled effect from the included studies.