

Supplementary Material:

Table S1. Search strategies used for this systematic review.

Search strategy	Search filters	Articles found
Pubmed		
((probiotics [MeSH terms]) OR (Lactoba- cillus [MeSH terms]) OR (Synbiotics [MeSH terms])) AND ((overweight [MeSH Terms]) OR (obesity [MeSH Terms]) OR (Weight Loss [MeSH Terms]))	Published in the last 10 years Article Type: Clinical Trials Species: Humans	101
Scopus		
TITLE-ABS (probiotic* OR prebiotic* OR synbiotic* OR lactobacillus OR bifidobacteria) AND TITLE-ABS (overweight OR obesity OR "weight loss") AND NOT mice	Published in the last 10 years Document type: Article	47
Web of Science		
(TS=(probiotic* OR prebiotic* OR synbiotic* OR lactobacillus OR bifidobacteria) AND TS=(overweight OR obesity OR "weight loss") AND TI= (trial) NOT TS= (mice OR mouse OR rat OR animal*) AND PY=(2011-2021))	Field Tags: TS	56

ABS: Abstract; TS: Topic; TI: Title

Table S2. Assessment of the methodological quality of the included clinical trials, using the Jadad scale.

Author [ref]	Is the item described randomized? (*)	Is the study described as double blind? (*)	Are dropouts & exclusions from that study described? (*)	Is the method of randomization appropriate? (**)	Is the double blind method appropriate? (**)	Final score
Gomes et al. [35]	1	1	1	1	1	5
Gutiérrez-Repiso et al. [42]	1	0	1	1	-1	2
Hadi et al. [41]	1	1	1	1	1	5
Higashikawa et al. [34]	1	1	1	1	1	5
Ipar et al. [31]	1	0	1	-1	-1	0
Jung et al. [30]	1	1	1	1	1	5
Kadooka et al. [27]	1	1	0	1	1	4
Kadooka et al. [23]	1	1	0	1	1	4
Kianifar et al. [37]	1	1	1	-1	-1	1
Kim et al. [38]	1	1	1	1	1	5
Lee et al. [29]	1	1	1	-1	1	4
Lim et al. [46]	1	1	1	-1	-1	1
Madjd et al. [33]	1	0	1	-1	-1	0
Michael et al. [43]	1	1	1	1	1	5
Michael et al. [48]	1	1	1	1	1	5
Mohammadi-Sartang et al. [36]	1	1	1	-1	1	3
Omar et al. [24]	0	1	0	1	1	3
Pedret et al. [39]	1	1	1	1	1	5
Rahayu et al. [49]	1	1	1	1	1	5
Razmpoosh et al. [44]	1	0	1	1	-1	2
Safavi et al. [26]	1	1	1	-1	1	3
Sanchez et al. [25]	1	1	1	1	1	5
Sergeev et al. [47]	0	0	0	-1	-1	-2
Song et al. [45]	1	1	1	1	1	5
Stenman et al. [32]	1	1	1	1	1	5
Sudha et al. [40]	1	1	1	1	1	5
Zarrati et al. [28]	1	1	0	1	1	4

(*) Yes = 1 / No = 0

(**) Yes = 1 / No = -1.