

(A) Telomerase - ELISA **SMD [95% CI]**

Babak – 2020	0.17 [−0.58, 0.91]
Denise – 2019	0.22 [−0.02, 0.46]
Gong-xiang – 2016	0.95 [0.44, 1.45]
Rainbow – 2012	0.55 [0.03, 1.07]

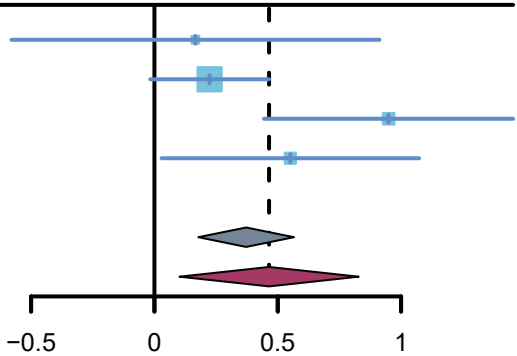
Total (fixed effect, 95% CI)	0.37 [0.18, 0.57]
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Total (random effect, 95% CI)	0.46 [0.10, 0.83]
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Heterogeneity: $\text{Tau}^2 = 0.077$; $\text{Chi}^2 = 7.22$, $\text{df} = 3$ ($P = 0.0653$); $I^2 = 58\%$

Test for overall effect (fixed effect): $Z = 3.76$ ($P = 0.0002$)

Test for overall effect (random effects): $Z = 2.51$ ($P = 0.0122$)



(B) Telomerase - TRAP	SMD [95% CI]
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Christian(AET) – 2019	0.65 [–0.14, 1.45]
Christian(IT) – 2019	0.78 [0.01, 1.54]
Christian(RT) – 2019	0.17 [–0.46, 0.81]

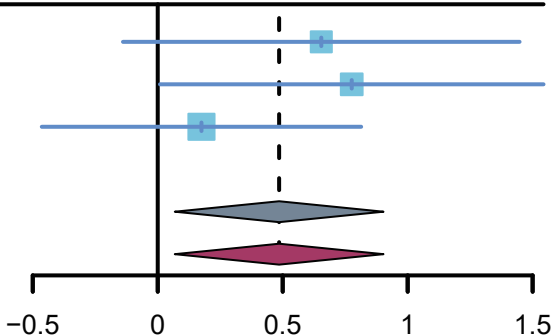
Total (fixed effect, 95% CI)	0.49 [0.07, 0.90]
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Total (random effect, 95% CI)	0.49 [0.07, 0.90]
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Heterogeneity: $\tau^2 = 0$; $\chi^2 = 1.63$, $df = 2$ ($P = 0.4421$); $I^2 = 0\%$

Test for overall effect (fixed effect): $Z = 2.28$ ($P = 0.0226$)

Test for overall effect (random effects): $Z = 2.28$ ($P = 0.0226$)



(C) Appendicular Lean Mass - bioimpedance **SMD [95% CI]**

Jae – 2021	1.52 [0.51, 2.53]
Marcos(FT) – 2024	0.23 [–0.41, 0.86]
Marcos(CT) – 2024	0.13 [–0.55, 0.81]

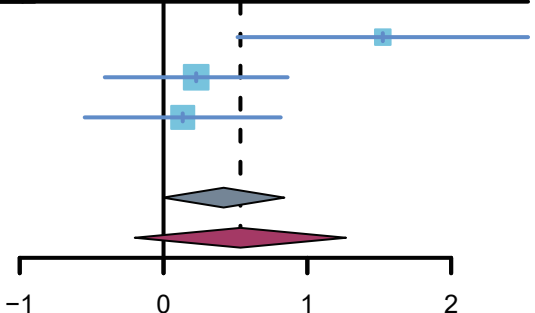
Total (fixed effect, 95% CI)	0.42 [−0.00, 0.84]
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Total (random effect, 95% CI)	0.53 [−0.20, 1.27]
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Heterogeneity: $\tau^2 = 0.268$; $\chi^2 = 5.63$, $df = 2$ ($P = 0.0599$); $I^2 = 64\%$

Test for overall effect (fixed effect): $Z = 1.94$ ($P = 0.0524$)

Test for overall effect (random effects): $Z = 1.43$ ($P = 0.1537$)



(D) Appendicular Lean Mass - DXA **SMD [95% CI]**

T. Amamou – 2017	0.99 [0.17, 1.80]
Anoop – 2023	1.50 [0.45, 2.56]
Giorjines – 2023	0.59 [0.02, 1.16]
Michael(PT) – 2012	0.15 [–0.63, 0.92]
Michael(ST) – 2012	0.41 [–0.31, 1.14]
Tiffany – 2008	1.41 [0.61, 2.21]
Bruno(PL) – 2014	0.07 [–0.67, 0.81]
Bruno(CR) – 2014	0.10 [–0.65, 0.84]
Anthony(No Pioglitazone,female) – 2013	0.02 [–0.96, 1.01]
Anthony(No Pioglitazone,male) – 2013	0.14 [–0.74, 1.02]
Anthony(Pioglitazone,female) – 2013	0.05 [–0.91, 1.01]
Anthony(Pioglitazone,male) – 2013	0.26 [–0.64, 1.15]
Caitlin(diet) – 2013	0.15 [–0.11, 0.40]
Caitlin – 2013	0.09 [–0.19, 0.36]
Matias – 2023	0.47 [–0.27, 1.21]
Monica – 2021	0.19 [–0.36, 0.74]
Michael – 2015	0.05 [–0.31, 0.40]
Chun-De Liao – 2018	0.19 [–0.39, 0.77]

Total (fixed effect, 95% CI)	0.23 [0.10, 0.36]
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Total (random effect, 95% CI)	0.28 [0.12, 0.44]
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Heterogeneity: $\tau^2 = 0.027$; $\chi^2 = 22.79$, $df = 17$ ($P = 0.1561$); $I^2 = 25\%$

Test for overall effect (fixed effect): $Z = 3.58$ ($P = 0.0003$)

Test for overall effect (random effects): $Z = 3.36$ ($P = 0.0008$)

