

## Zinc supplementation is associated with a reduction in serum markers of inflammation and oxidative stress in adults: a systematic review and meta-analysis of randomized controlled trials

Article (Supplemental Material)

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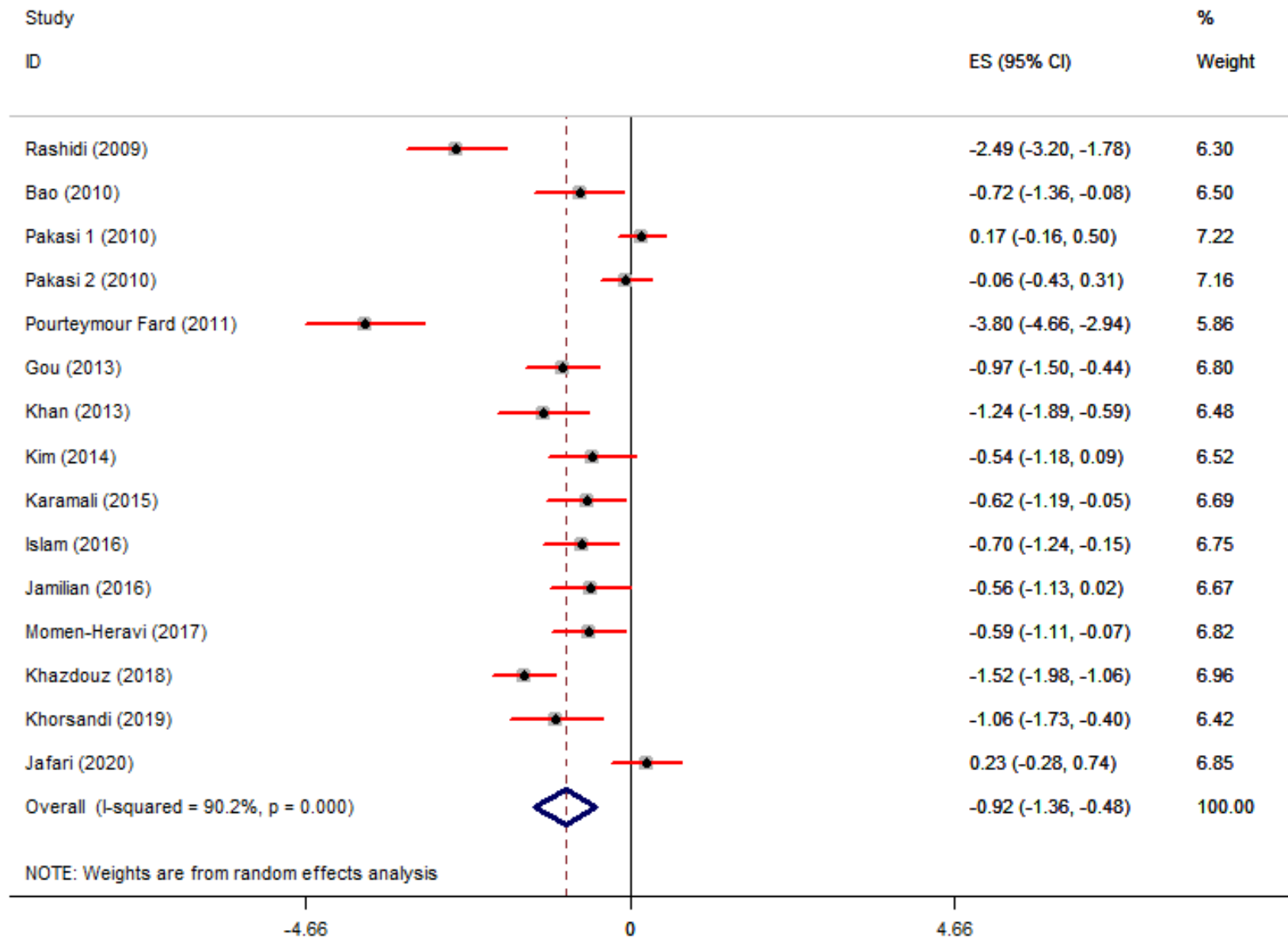
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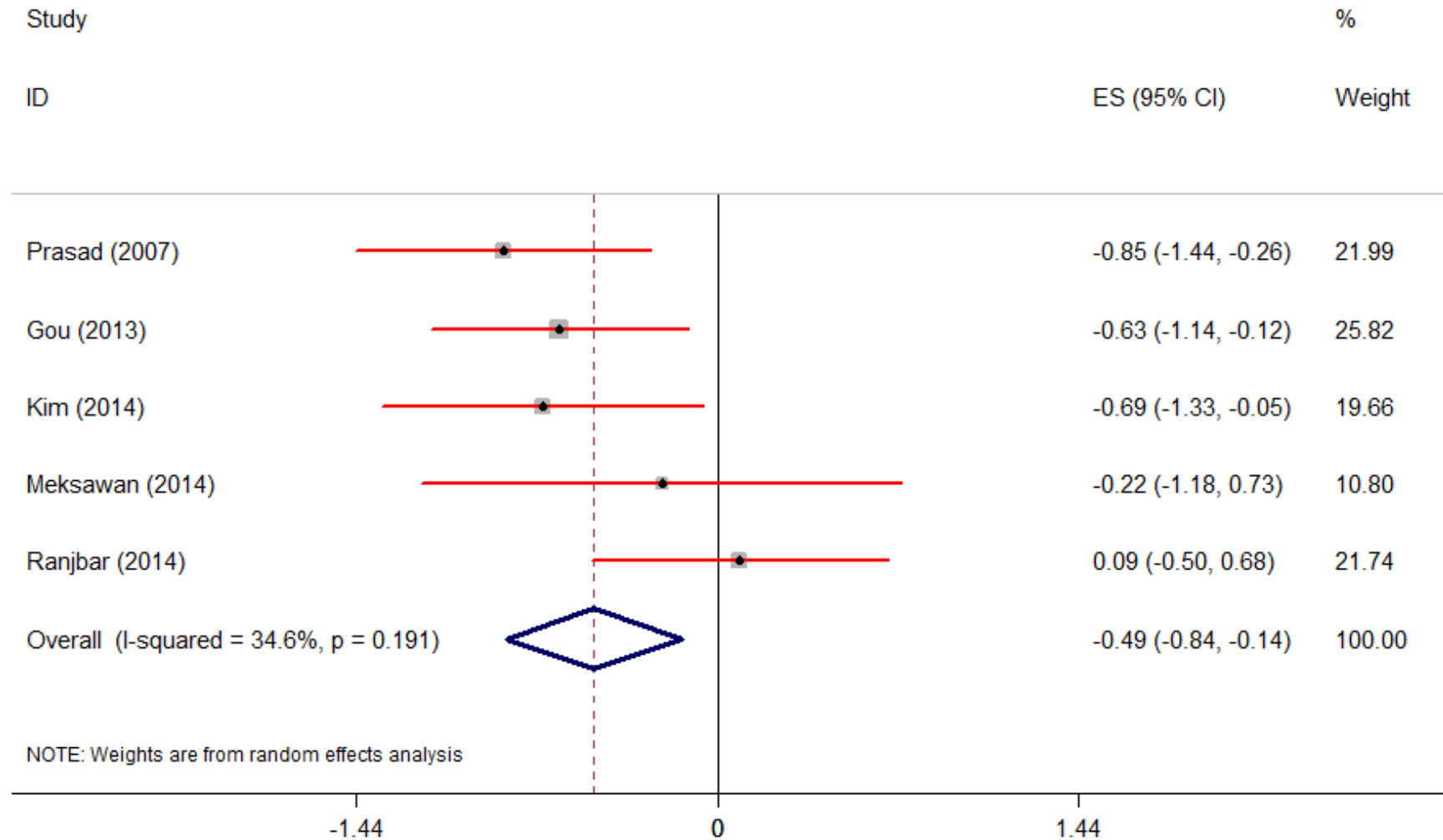
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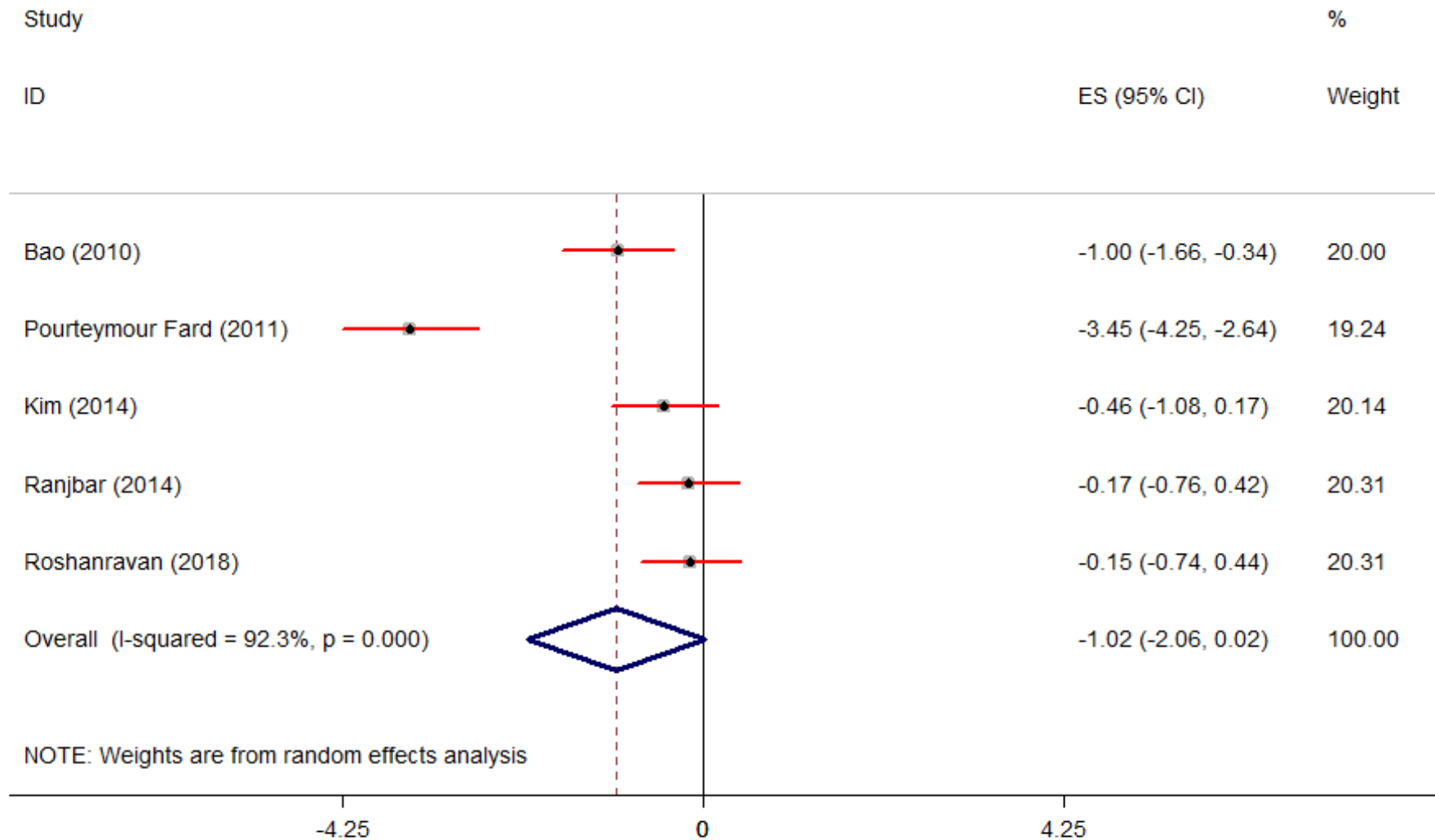
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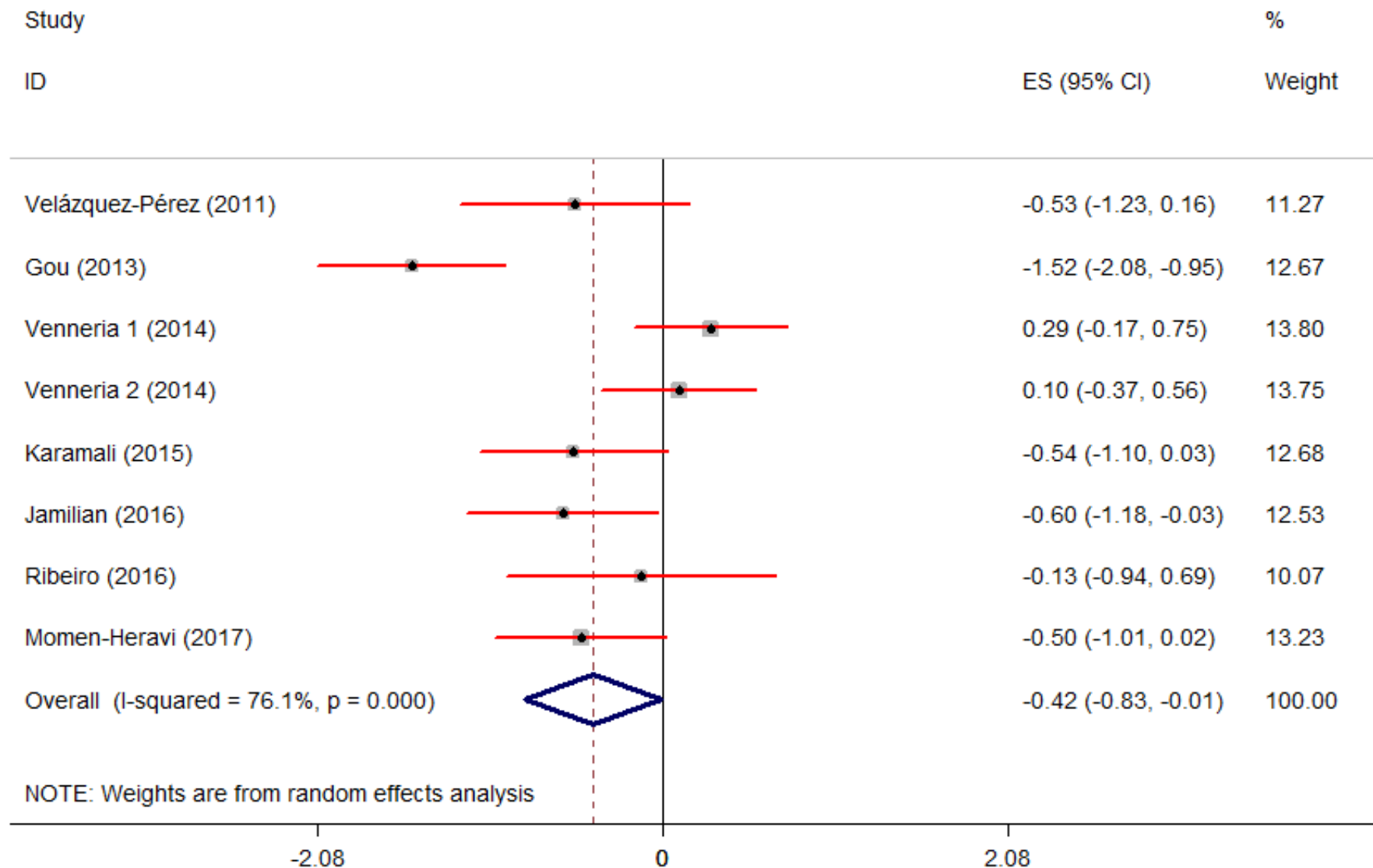
**Figure 2, A.** The effect of zinc supplementation on serum CRP



• **Figure 2, B.** The effect of zinc supplementation on serum TNF- $\alpha$



• **Figure 2, C.** The effect of zinc supplementation on serum IL-6



• **Figure 2, D.** The effect of zinc supplementation on serum MDA

- **Figure 2.** The effects of zinc supplementation on serum CRP (A), TNF $\alpha$  (B), IL-6 (C) and MDA (D); CRP: C-reactive protein; TNF- $\alpha$ : Tumor necrosis factor-alpha; MDA: Malondialdehyde