ANNALS OF FAMILY MEDICINE

Online Supplementary Material

Allen RW, Schwartzman E, Baker WL, Coleman CI, Phung OJ. Cinnamon use in type 2 diabetes: an updated systematic review and meta-analysis. *Ann Fam Med*. 2013;11(5):452-459.

http://www.annfammed.org/content/11/5/452

Supplemental Figure 1. Risk of bias assessment of randomized controlled trials (RCTs) evaluating cinnamon on glycemic and lipid parameters.

	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcomes assessment	Incomplete outcome data	Selective reporting	Other bias
Khan, et al 2003	+	?	+	+	+	+	+
Mang, et al 2006	+	?	+	+	+	+	+
Suppapitiporn, et al 2006	+	?	+	+	+	+	+
Vanschoonbeck, et al 2006	+	?	+	+	+	+	+
Blevins, et al 2007	?	?	+	+	?	?	+
Crawford, 2009	+	+	-	+	+	+	+
Akilen, et al 2010	+	+	+	+	+	+	+
Khan, et al 2010	+	?	+	+	?	?	?
Wainstein, et al 2011	+	+	+	+	+	+	+
Lu, et al 2012	?	?	+	+	+	+	+

Legend: + = low risk of bias, ? = unclear risk of bias, – = high risk of bias

References

1. Khan A, Safdar M, Ali Khan MM, Khattak KN, Anderson RA. Cinnamon improves glucose and lipids of people with type 2 diabetes. *Diabetes Care.* 2003;26(12):3215-3218.
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3. Suppapitiporn S, Kanpaksi N, Suppapitiporn S. The effect of cinnamon cassia powder in type 2 diabetes mellitus. *J Med Assoc Thai*. 2006;89(Suppl 3):S200-S205.
4. Vanschoonbeek K, Thomassen BJ, Senden JM, Wodzig WK, van Loon LJ. Cinnamon supplementation does not improve glycemic control in postmenopausal type 2 diabetes patients. *J Nutr.* 2006;136(4):977-980.
5. Blevins SM, Leyva MJ, Brown J, Wright J, Scofield RH, Aston CE. Effect of cinnamon on glucose and lipid levels in non insulin-dependent type 2 diabetes. *Diabetes Care.* 2007;30(9):2236-2237.
6. Crawford P. Effectiveness of cinnamon for lowering hemoglobin A1C in patients with type 2 diabetes: a randomized, controlled trial. *J Am Board Fam Med.* 2009;22(5):507-512.
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10. Lu T, Sheng H, Wu J, Cheng Y, Zhu J, Chen Y. Cinnamon extract improves fasting blood glucose and glycosylated hemoglobin level in Chinese patients with type 2 diabetes. *Nutr Res.* 2012;32(6):408-412.

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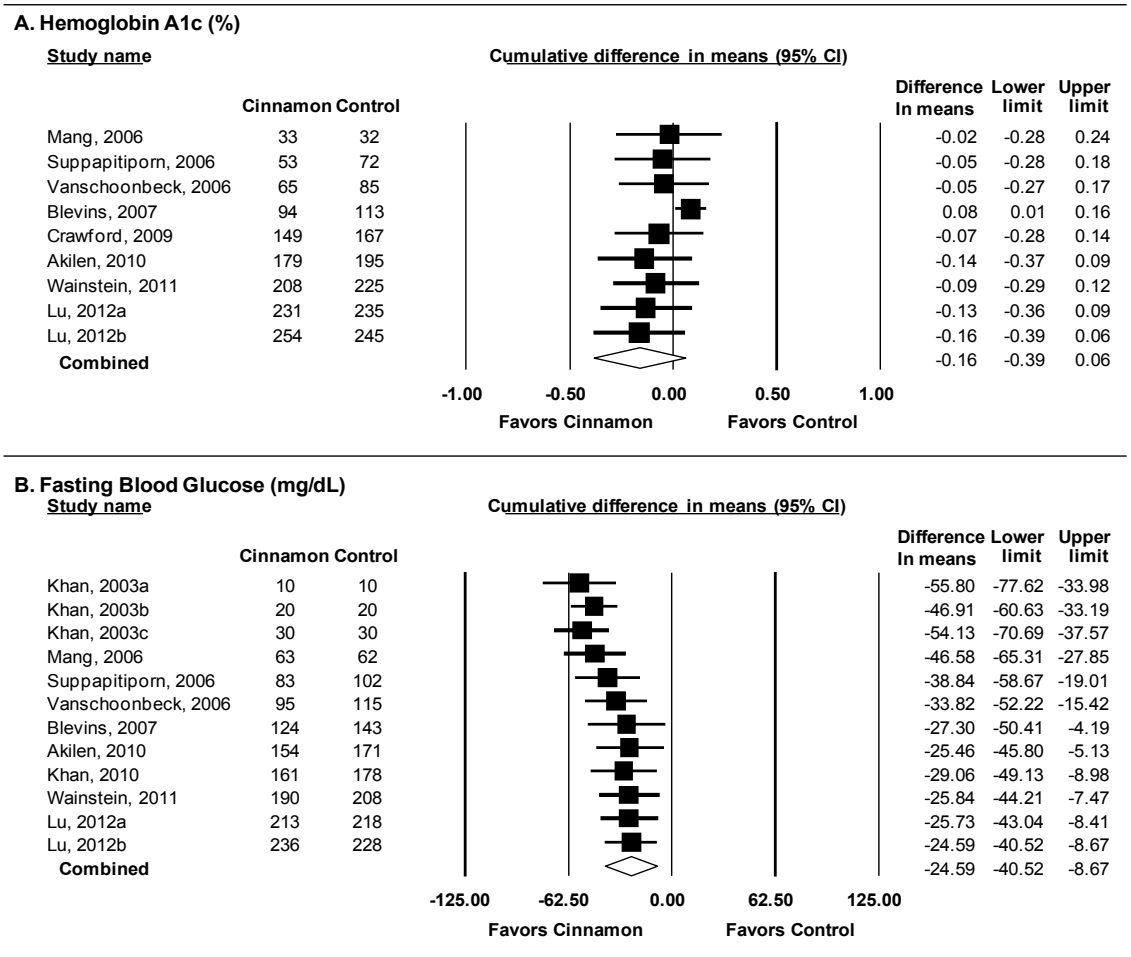
Supplemental Figure 2. Forest plot depicting the results of cumulative meta-analyses of randomized controlled trials evaluating cinnamon on serum levels of hemoglobin A_{1c} and fasting blood glucose based on year of publication.



Nore: The squares represent the pooled results of that study in addition to all studies preceding it. Error bars represent 95% confidence intervals (CIs). The diamonds represent the overall pooled results. The solid vertical line extending upward from 0.00 is the null value.

References

1. Mang B, Wolters M, Schmitt B, et al. Effects of a cinnamon extract on plasma glucose, HbA, and serum lipids in diabetes mellitus type 2. *Eur J Clin Invest*. 2006;36(5):340-344.
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