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| Supplementary Data 3. Clinical trials evaluating *Curcuma longa* treatment for NAFLD |
| Trials | Subjects | Composition of turmeric treatments | Treatment protocols of curcuminoid (C) preparations | Responses | Ref. |
| Rahmani et al. (2016) | NAFLD | Amorphous dispersion of curcuminoids | 500mg/d C (n=37), placebo (n=40); 8wk | C vs placebo: ↓FBG, ↓HbA1C, ↓TC, ↓TG, ↓BMI, ↓LDL, ↓ALT, ↓ASTNE: HDL | 1 |
| Panahi et al. (2016) | NAFLD | Meriva® (curcuminoid-phosphatidylcholine phytosome complex)1Ratio=75%:15%:10% | 200mg/d C (n=44), placebo (n=43); 8wk | C vs placebo: ↓TC, ↓LDL, ↓TG, ↓uric acid, ↓non-HDL-CNE: FBG, HbA1C, SI, HDL, HOMA-IR, HOMA-ß, QUICKI | 2 |
| Navekar et al. (2017) | NAFLD | Turmeric powder | 3g/d C (n=21), placebo (n=21); 12wk | C vs placebo: ↓FBG, ↓SI, ↓HOMA-IR, ↓leptin, ↑ASTNE: ALT, BMI, fatty liver grade | 3 |
| Jazayeri-Tehrani et al. (2019) | NAFLD | SinaCurcumin®Nano micelle of curcuminoids | 80md/d C (n=42), placebo (n=42); 3mo  | C vs placebo: ↑HDL, ↑QUICKI, ↑nesfatin, ↓WC, ↓FBG, ↓FI, ↓HbA1c, ↓TG, ↓TC, ↓LDL, ↓HOMA-IR, ↓TNF-alpha, ↓CRP, ↓IL-6NE: BMI, fat mass, SBP, DBP | 4 |
| Ghaffari et al. (2019) | NAFLD | Turmeric powder | 3g/d C (n=21),placebo (n=21); 12wk | C vs placebo: ↓HDL, ↓TG/HDL, ↓LDL/HDLNE: TG, LDL, TC. ALT, AST, grade of fatty liver, BMI | 5 |

1Ratio=curcumin: demethoxycurcumin: bisdemethoxycurcumin.

Abbreviations: ALT=serum alanine aminotransaminase, AST=serum aspartate aminotransferase, BMI=body mass index, CRP=serum C-reactive protein, DBP=diastolic blood pressure, FBG=fasting blood glucose, FI=serum fasting insulin, HbA1C=glycated hemoglobin, HDL=serum high density lipoprotein cholesterol, HOMA-IR=homeostasis model of assessment of insulin resistance, HOMA-ß=homeostasis model of assessment of insulin resistance-estimated ß-cell function, LDL=serum low density lipoprotein cholesterol, NE=no statistically significant effect, QUICKI=quantitative insulin-sensitivity check index, SBP=systolic blood pressure, SI=serum insulin, TC=serum total cholesterol, TG=serum triglycerides, TGF=transforming growth factor, TNF=tumor necrosis factor, WC=waist circumference

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4. Jazayeri-Tehrani S, Rezayat S, Mansouri S, et al. Nano-curcumin improves glucose indices, lipids, inflammation, and nesfatin in overweight and obese patients with non-alcoholic fatty liver disease (NAFLD): a double-blind randomized placebo-controlled clinical trial. Nutr Metab. 2019; doi.org/10.1186/s12986-019-0331-1

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