**Figure 2: Systolic blood pressure and fibre type for all trials**

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**Figure 3: Diastolic blood pressure and fibre type for all trials**

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**Figure 4: Pooled estimates of systolic blood pressure for fibre categorised into low, medium and high dose**

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**Figure 5: Pooled estimates of diastolic blood pressure for fibre categorised into low, medium and high dose**

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**Supplementary figure 1: Funnel plot for all trials of any fibre type reporting systolic blood pressure. Estimate is in mmHg.**

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**Supplementary figure 2: Funnel plot for all trials of any fibre type reporting diastolic blood pressure. Estimate is in mmHg.**

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**Supplementary Figure 3: Pooled estimates of systolic blood pressure for double blind fibre trials only**

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**Supplementary Figure 4: Pooled estimates of diastolic blood pressure for double blind fibre trials only**

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