Supplemental Table 1. Search strategy.

|  |  |  |
| --- | --- | --- |
| PubMed/MEDLINE | Web of sciences | Scopus |
| (("Bertholletia"[Mesh] OR Bertholletia[Title/Abstract]) OR "Brazil nuts"[Title/Abstract]) AND ("Intervention Studies"[tiab] OR "intervention"[tiab] OR "controlled trial"[tiab] OR "randomized"[tiab] OR "randomised"[tiab] OR "random"[tiab] OR "randomly"[tiab] OR "placebo"[tiab] OR "assignment"[tiab] OR "supplementation"[tiab] OR trial[tiab]) | TS=(Bertholletia OR "Brazil nuts") and TS=(Intervention Studies OR intervention OR controlled trial OR randomized OR randomised OR random OR randomly OR placebo OR assignment OR supplementation) | ( ( TITLE-ABS-KEY ( intervention AND studies ) OR TITLE-ABS-KEY ( intervention ) OR TITLE-ABS-KEY ( controlled AND trial ) OR TITLE-ABS-KEY ( randomized ) OR TITLE-ABS-KEY ( randomised ) OR TITLE-ABS-KEY ( random ) OR TITLE-ABS-KEY ( randomly ) OR TITLE-ABS-KEY ( placebo ) OR TITLE-ABS-KEY ( assignment ) OR TITLE-ABS-KEY ( supplementation ) ) ) AND ( ( TITLE-ABS-KEY ( bertholletia ) OR TITLE-ABS-KEY ( "Brazil nuts" ) ) ) |

Supplemental Fig 1. Meta regression based on using dose of brazil nut on thyroid-stimulating hormone.

C:\Users\mah el\Desktop\team\brzil\se thyro\dtsh.wmf

Supplemental Figures 2: Funnel plot to assess publication bias.

a) Thyroid-stimulating hormone

C:\Users\mah el\Desktop\team\brzil\se thyro\ftsh.wmf

b) Plasma selenium

C:\Users\mah el\Desktop\team\brzil\se thyro\fse.wmf

c) Glutathione peroxidase

C:\Users\mah el\Desktop\team\brzil\se thyro\fgpx.wmf

d) T3

C:\Users\mah el\Desktop\team\brzil\se thyro\ft3.wmf

e) T4

C:\Users\mah el\Desktop\team\brzil\se thyro\ft4.wmf

Supplemental Fig 3. Sensitivity analysis on:

a) Thyroid-stimulating hormone

C:\Users\mah el\Desktop\team\brzil\se thyro\tsh.wmf

b) Plasma selenium

C:\Users\mah el\Desktop\team\brzil\se thyro\New folder\sese.wmf

c) Glutathione peroxidase

C:\Users\mah el\Desktop\team\brzil\se thyro\New folder\segpx.wmf

d) T3

C:\Users\mah el\Desktop\team\brzil\se thyro\set3.wmf

e) T4

C:\Users\mah el\Desktop\team\brzil\se thyro\set4.wmf