Supplemental Table 1. Search strategy.

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| --- | --- | --- |
| 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.



Supplemental Figures 2: Funnel plot to assess publication bias.

a) Thyroid-stimulating hormone



b) Plasma selenium



c) Glutathione peroxidase



d) T3



e) T4



Supplemental Fig 3. Sensitivity analysis on:

a) Thyroid-stimulating hormone



b) Plasma selenium



c) Glutathione peroxidase



d) T3



e) T4

