Supplementary Online Content

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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Electronic database search strategy

Search	Query	Items found
#30	Search **#28 AND #29**	222
#29	Search **english[Language]**	18841491
#28	Search **#26 AND #27**	242
#27	Search **#7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25**	3019
#26	Search **#1 OR #2 OR #3 OR #4 OR #5 OR #6**	600247
#25	Search **Vegan Diet[Title/Abstract]**	180
#24	Search **Vegan Diet[Text Word]**	180
#23	Search **"Vegan Diets"[Title/Abstract]**	79
#22	Search **"Vegan Diets"[Text Word]**	79
#21	Search **"Diets, Vegan"[Title/Abstract]**	0
#20	Search **"Diets, Vegan"[Text Word]**	0
#19	Search **"Diet, Vegan"[Title/Abstract]**	0
#18	Search **"Diet, Vegan"[Text Word]**	0
#17	Search **Vegetarianism[Title/Abstract]**	282
#16	Search **Vegetarianism[Text Word]**	310
#15	Search **"Vegetarian diet"[Title/Abstract]**	725
#14	Search **"Vegetarian diet"[Text Word]**	2686
#13	Search **"Vegetarian diets"[Title/Abstract]**	335
#12	Search **"Vegetarian diets"[Text Word]**	336
#11	Search **"Diet, Vegetarian"[Title/Abstract]**	0
#10	Search **"Diet, Vegetarian"[Text Word]**	1
#9	Search **"Diet, Vegetarian"[Mesh]**	2471
#8	Search **"plant based diet"[Title/Abstract]**	141
#7	Search **"plant based diet"[Text Word]**	141
#6	Search **hypertension[Title/Abstract]**	269552
#5	Search **"blood pressure"[Title/Abstract]**	214819
#4	Search **hypertension[Text Word]**	357879
#3	Search **"blood pressure"[Text Word]**	354076
#2	Search **hypertension[Mesh]**	203732
#1	Search **"blood pressure"[Mesh]**	241060

eTable 2. Designs and characteristics of populations of studies of vegetarian diets and blood pressure

Clinical Trials

Study, year (Reference NO)	Country	Study design Duration	N†	Mean age, year†	Male (%)†	Mean SBP (mmHg) †	Mean DBP (mmHg) †	Antihypertensive Medication (%)†	Mean BMI (kg/m²)†	Alcohol intake†	Intervention‡ Food preparation	Adjusted factors	Blood pressure measurements
Ferdowsian et al., 2010 (1)	US	P-O 22 w	113 (68/45)	44.4 (46.0/42.0)	17.7 (26.5/4.4)	117.8 (118.8/116.4)	79.7 (80.5/78.4)	Some	NR	history of unresolved alcohol were excluded	Vegan Yes (2/day)		multiple measurements
Nicholson et al., 1999 (2)	US	P-O* 12 w	11 (7/4)	54.3 (51.0/60.0)	54.5 (57.1/50.0)	141.3 (136.6/149.5)	84.7 (84.0/86.0)	81.8 (71.4/100)	NR	regular drinking excluded	Vegan Yes		multiple measurements
Sciarrone et al., 1993 (3)	Australia	P-O* 6 w	20 (10/10)	41.0 (41.1/40.8)	100	134.2 (132.4/136.0)	77.2 (76.8/77.5)	None	25.3 (25.5/25.0)	more than 20g ethanol a day excluded	Lacto-ovo Yes	age, sex, BMI, protein, Na	dairy continuous measurements
Hakala et al., 1989 (4)	Finland	P-O* 52 w	73 (31/42)	38.0 (NR)	24.7 (25.8/23.8)	129.9 (127.0/132.0)	85.0 (82.1/87.1)	None	34.4 (34.4/34.4)	(9.7 / 4.8 % energy)	Lacto No	age, sex, overweight	multiple measurements
Kestin et al., 1989 (5)	Australia	C-O* 6 w	17	44.0	100	128.0	79.0	None	25.5	(4.2 / 4.8 % energy)	Lacto-ovo Yes (major sources of protein and fat)	sex, energy, protein, fat, carbohydrate, cholesterol, Na, K, Ca, Mg	multiple measurements
Margetts et al., 1986 (6)	Australia	C-O* 6 w	39	49.9	71.8	155.4	99.9	None	27.6	All subjects were told not to alter alcohol consumption	Lacto-ovo Yes (meat substitutes)	vitamin C	multiple measurements

Rouse et al., 1983a (7)	Australia	C-O* 6 w	38	40.1	50.0	127.7	76.4	None	23.7	All subjects were told not to alter alcohol consumption	Lacto-ovo Yes (2/day)	sex	multiple measurements

BMI, body mass index; C, cross over; DBP, diastolic blood pressure; NR, not reported; O, Open label; P, parallel; SBP, systolic blood pressure
* randomized controlled trials
† (vegetarian diet group / control diet group)
‡ *vegan* diets, defined as omitting all animal products, or vegetarian diets that include some animal products as indicated by the terms “lacto” (dairy products), “ovo” (eggs)

Observational Studies

Study, year (Reference NO)	Country	Study design	N*	Mean age, year*	Male (%)*	SBP (mmHg) *	DBP (mmHg) *	Antihypertensive Medication (%)*	Mean BMI (kg/m²)*	Alcohol intake*	Exposure† Duration of exposure	Adjusted factors	BP/ Dietary measurement
Kim et al., 2012 (8)	South Korea	Cross Sectional	107 (59/48)	62.6 (63.0/62.1)	0	141.4 (132.8/151.9)	85.3 (81.1/90.4)	NR	23.8 (22.7/25.2)	Mild alcohol drinker 9.4% (0/20.8 %)	Lacto-ovo >20 y	age, sex	multiple measurements 24DR
Pettersen et al., 2012 (9)	US, Canada	Cross Sectional (Adventist Health Study2)	431 (233/198)	62.8 (64.4/61.0)	36.7 (35.2/38.4)	125.1 (123.3/127.9)	74.8 (72.6/78.1)	24.8 (21.5/29)	26.7 (24.9/29.5)	minimal or absent in both groups 6.75%	Mixed (vegan, lacto-ovo) >1 y		multiple measurements FFQ
Yang et al., 2012 (10)	China	Cross Sectional	295 (169/126)	33.3 (32.6/34.2)	100	120.5 (116.6/125.8)	74.7 (71.3/79.2)	None	24.0 (23.6/24.4)	regular drinking excluded	Lacto >5 y	sex	multiple measurements interview or questionnaire
Chen et al., 2011 (11)	Taiwan	Cross Sectional	363 (173/190)	51.9 (54.0/49.9)	0	121.4 (122.3/120.6)	71.6 (72.0/71.3)	None	23.1 (22.9/23.3)	NR	Lacto-ovo >1 y	sex	NR interview or questionnaire
Fernandes Dourado et al., 2011 (12)	Brazil	Cross Sectional	87 (29/58)	40.0 (NR)	58.6 (NR)	120.8 (114.9/123.8)	75.9 (73.2/77.2)	NR	24.3 (24.0/24.4)	Alcohol consumption (0/12.1 %)	Lacto-ovo >1 y (mean 16 y)	age, sex	NR 24 DR

Rodenas et al., 2011 (13)	Spain	Cross Sectional	26 (14/12)	68.4 (65.8/71.4)	0	135.4 (126.4/145.8)	73.4 (67.1/80.8)	None	24.2 (23.2/25.3)	NR	Mixed (meatless) current	sex	NR weighing method
Yang et al., 2011 (14)	China	Cross Sectional	300 (171/129)	33.3 (32.6/34.2)	100	120.3 (116.0/126.0)	74.4 (71.0/79.0)	None	23.9 (23.6/24.4)	excluded	Lacto-ovo >1 y (mean 10.4y)	age, sex, BMI, smoking, alcohol intake, diabetes, hypertension, hyperlipemia	NR 24 DR
Lin et al., 2010 (15)	Taiwan	Cross Sectional	204 (102/102)	46.1 (46.6/45.5)	0	117.3 (114.8/119.7)	75.2 (77.0/73.3)	NR	23.4 (23.4/23.3)	NR	Vegan mean 17.8 y	age, sex, BMI, education	NR NR
Pitla et al., 2009 (16)	India	Cross Sectional	29 male (14/15)	46.2 (50.5/49.1)	100	125.0 (123.9/126.0)	81.7 (79.0/84.1)	NR	24.8 (25.0/24.6)	17 %	Lacto lifetime	sex	multiple measurements interview or questionnaire
			23 female (12/11)	45.4 (45.5/44.0)	0	117.8 (117.6/118.0)	76.1 (77.4/73.6)		24.9 (25.3/23.9)	None			
Nakamoto et al., 2008 (17)	Japan	Cross Sectional	49 male (20/29)	44.1 (45.2/43.4)	100	124.9 (118.3/129.4)	78.6 (71.7/83.3)	NR	22.5 (21.4/23.2)	NR	Mixed (lacto-ovo, semi) current	age, sex	NR 24 DR
			73 female (55/18)	45.4 (45.9/43.8)	0	113.4 (111.7/118.4)	68.4 (67.0/72.8)		21.4 (21.3/21.9)				
Slavicek et al., 2008 (18)	Czech	Cross Sectional	396 (195/201)	47.4 (47.7/47.2)	34.1 (33.3/34.8)	125.5 (118.1/132.6)	75.8 (70.8/80.7)	NR	23.6 (22.1/25.1)	NR	Lacto-ovo >5 y		NR NR
Fontana et al., 2007	US	Cross Sectional	42 (21/21)	53.1 (53.1/53.1)	61.9 (61.9/61.9)	118.0 (104.0/132.0)	70.5 (62.0/79.0)	None	23.9 (21.3/26.5)	NR	Vegan >2y	age, sex, height	multiple measurements

(19)											(mean 4.4 y)		24 DR
Teixeira et al., 2007 (20)	Brazil	Cross Sectional (MONICA OMS Project)	201 (67/134)	47.0 (NR)	47.8 (47.8/47.8)	122.0 (108.0/129.0)	81.0 (71.0/86.0)	11.4 (1.5/16.4)	25.3 (22.6/26.7)	vegetarian < control	Mixed (vegan, lacto, lacto-ovo, pesco) >5y (mean 19 y)	age, sex, socioeconomic class, race	multiple measurements interview or questionnaire
Sebekova et al., 2006 (21)	Slovakia	Cross Sectional	136 (90/46)	37.5 (37.7/37.1)	36 (33.3/41.3)	112.3 (110.9/115.0)	70.9 (70.4/71.9)	None	23.1 (22.7/23.8)	NR	Lacto-ovo >2y (mean 10.3 y)		NR FFQ

Su et al., 2006 (22)	Taiwan	Cross Sectional	118 (57/61)	58.4 (59.2/57.7)	0	127.2 (127.8/126.7)	72.0 (71.1/73.0)	None	23.3 (23.0/23.5)	regular drinking excluded	Mixed (vegan, lacto) >5 y (mean 10.4 y)	age, sex	NR NR
Goff et al., 2005 (23)	UK	Cross Sectional	46 (21/25)	35.5 (35.0/36.0)	46.7 (50.0/44.0)	118.7 (112.7/123.7)	68.6 (66.9/70.1)	NR	23.1 (22.7/23.4)	NR	Vegan >3 y	age, sex, BMI, ethnicity	multiple measurements 24 DR
Appleby et al., 2002 (24)	UK	Cross Sectional (EPIC-Oxford)	1557male (858/699)	48.7 (43.7/54.0)	100	125.5 (125.9/125.0)	77.2 (77.4/77.0)	46.3 (41.2/56.5) Includes nutritional supplements	23.9 (23.2/24.6)	<1g ethanol/d (23.0/11.2 %)	Mixed (vegan, lacto-ovo) current	age, sex, BMI, alcohol intake, protein, carbohydrate, total fat, saturated fat, polyunsaturated fat, energy, P/S ratio, Na, K, Ca and Mg (plus male: vigorous exercise, female: hormone exposure)	single measument FFQ and questionnaire
			5702 female (2877 /2825)	45.9 (40.5/51.0)	0	119.8 (120.2/119.4)	73.7 (73.9/73.5)	58.4 (54.3/72.3) Includes nutritional supplements	23.4 (22.7/24.1)	<1g ethanol/d (23.9/20.3 %)			
Lu et al., 2000 (25)	Taiwan	Cross Sectional	53 male (26/27)	38.0 (37.7/38.3)	100	106.1 (102.0/110.0)	70.0 (69.0/71.0)	None	21.9 (20.8/22.9)	more than 10g/d were excluded	Mixed (vegan, lacto) >2 y	age, sex	NR 24 DR
			56 female (30/26)	39.2 (38.2/40.4)	0	99.5 (93.0/107.0)	64.8 (62.0/68.0)		21.2 (20.0/22.5)				
Famodu et al., 1998 (26)	Nigeria	Cross Sectional (Ilisan Cohort)	76 (36/40)	48.6 (48.6/48.7)	NR	110.1 (111.0/109.2)	76.1 (78.3/74.1)	NR	28.8 (28.5/29.1)	Veg follow abstinance from alcohol	Mixed (vegan, lacto-ovo, semi)		multiple measurements FFQ

											current		
Harman et al., 1998 (27)	New Zealand	Cross Sectional	23 male (12/11) 24 female (12/12)	44.7 (49.0/40.0) 41.0 (43.0/39.0)	100 0	123.5 (119.4/128.0) 115.0 (117.2/112.7)	77.4 (73.7/81.5) 72.9 (71.0/74.8)	NR	25.2 (24.1/26.4) 24.7 (23.6/25.8)	excluded	Mixed (vegan, lacto) current	age, sex	multiple measurements FFQ
Williams, 1997 (28)	US	Cross Sectional	7253 male (199/7054) 1989 female (152/1837)	45.9 (45.2/45.9) 40.3 (38.8/40.4)	100 0	121.7 (122.1/121.7) 112.9 (111.9/113.0)	77.1 (76.6/77.1) 71.7 (72.6/71.6)	NR	23.8 (22.9/23.8) 21.2 (20.8/21.3)	39.1/85.6 ml 26.3/52.8 ml	Mixed (vegan, lacto) current	Sex	NR interview or questionnaire
Wyatt et al., 1995 (29)	Mexico	Cross Sectional	72 (36/36)	39.0 (NR)	NR	115.0 (110.5/119.5)	78.5 (74.9/82.0)	None	24.4 (23.4/25.3)	(1/89 %)	Lacto-ovo >1 y (mean 5.1 y)	age, sex	NR 24 DR
Melby et al., 1994 (30)	US	Cross Sectional	167 (122/45)	47.5 (47.6/47.4)	26.3 (27/24.4)	119.2 (118.7/120.4)	77.7 (77.4/78.5)	26.7 (25.1/31.1)	28.1 (27.9/28.6)	(n=0/n=2)	Mixed (vegetarian, semi) current	age, sex	multiple measurements FFQ
Orlov et al., 1994 (31)	Finland	Cross Sectional	20 (9/11)	49.2 (47.0/51.0)	NR	131.3 (121.0/139.8)	78.9 (70.5/85.7)	NR	21.4 (19.5/22.9)	NR	Vegan >1 y		NR 24 DR
Melby et al., 1989 (32)	US	Cross Sectional	114 black (55/59) 264 white (164/100)	55.4 (54.7/56.1) 52.5 (52.4/52.6)	21.9 (NR) 15.9 (NR)	126.4 (122.8/129.7) 114.8 (114.7/115.0)	74.5 (74.2/74.8) 66.9 (66.7/67.2)	31.5 (18/44) 12.7 (7/22)	28.9 (26.3/31.4) 25.7 (24.6/27.4)	None (n=1/n=2)	Mixed (meatless) 20.6 y Mixed (meatless)	age, sex, BMI, waist/hip ratio	multiple measurements FFQ

												27.2 y		
Sanders et al., 1987 (33)	UK	Cross Sectional	22 male (11/11)	31.5 (32.0/31.0)	100	115.0 (116.0/114.0)	70.5 (75.0/66.0)	None	21.5 (21.1/21.8)	(6/21 g/d)	Vegan >1 y	age, sex, height, weight, physical activity and smoking habits	NR 24 DR	
			22 female (11/11)	26.0 (28.0/24.0)	0	111.0 (115.0/107.0)	68.5 (70.0/67.0)		20.6 (20.6/20.6)	(0/1 g/d)				
Wiseman et al., 1987 (34)	UK	Cross Sectional	52 (34/18)	34.4 (34.4/34.5)	48.1 (32.4/77.8)	113.5 (112.8/115.0)	73.1 (70.0/79.0)	None	NR	NR	Mixed (vegan, lacto) >3 y (mean 13.4 y)	Age	NR 24 DR	
Ophir et al., 1983 (35)	Israel	Cross Sectional	196 (98/98)	60.9 (60.0/61.7)	51.0 (51.0/51.0)	136.4 (126.0/146.8)	82.3 (77.0/87.6)	NR	NR	vegetarian group follow abstinence from alcohol	Lacto-ovo >3 y (mean 19 y)		NR Interview or questionnaire	
Rouse et al., 1983b (36)	Australia	Cross Sectional	80 male (47/33)	32.8 (33.2/32.2)	100	117.9 (115.6/121.1)	69.9 (68.7/71.7)	None	23.6 (22.9/24.7)	BP was not related to past use of alcohol	Lacto-ovo current	age, sex, BMI	multiple measurements 24 DR	
			100 female (51/49)	33.7 (33.9/33.4)	0	109.5 (109.1/109.9)	67.0 (66.7/67.4)		23.8 (23.3/24.4)					
Burr et al., 1981 (37)	UK	Cross Sectional	111 male (29/82)	56.0 (61.3/54.1)	100	137.5 (140.4/136.5)	84.6 (86.1/84.1)	NR	24.0 (22.1/24.7)	Weekly drinkers (31/50 %)	Mixed (meat and fish less than once a month or not at all) >5 y	sex, age (<60, +60)	NR 24 DR	
			189 female (56/133)	53.6 (55.2/52.9)	0	140.4 (143.5/139.1)	84.2 (85.6/83.6)		23.3 (22.3/23.7)	Weekly drinkers (23.2/39.1 %)				

Haines et al., 1980 (38)	UK	Cross Sectional (Northwick Park Heart Study)	236 male (25/211)	48.7 (40.3/49.7)	100	137.8 (128.0/139.0)	87.1 (79.0/88.0)	NR	NR	NR	Mixed (vegan, lacto-ovo) current	age, sex, skinfold thickness	NR NR
			96 female (25/71)	49.5 (44.0/51.5)	0	137.7 (134.0/139.0)	86.2 (81.0/88.0)						
Armstrong et al., 1979 (39)	Australia	Cross Sectional	204 (102/102)	50.6 (51.2/50.1)	33.2 (Sex match)	145.0 (141.9/148.0)	89.9 (88.9/90.9)	NR	23.5 (23.0/23.9)	NR (partly adjusted)	Lacto-ovo current	age, sex	single measument interview or questionnaire

BMI, body mass index; DBP, diastolic blood pressure; DR, diet record; FFQ, food frequency questionnaire; NR, not reported; SBP, systolic blood pressure
* (vegetarian diet group / control diet group)

† *semi-vegetarian* diets, defined as rarely including meat, *vegan* diets, defined as omitting all animal products, or vegetarian diets that include some animal products as indicated by the terms “lacto” (dairy products), “ovo” (eggs), or “pesco” (fish)

eTable 3. Blood pressure responses of subgroups to vegetarian diets (Clinical Trials)

	SBP								DBP							
Group	N	Net change	95% CI Lower	95% CI Upper	*p*-value	between group *p*-value	*p* for heterogeneity	I^2 (%)	N	Net Change	95% CI Lower	95% CI Upper	*p*-value	between group *p*-value	*p* for heterogeneity	I^2 (%)
Age																
<45	5	-5.5	-7.6	-3.4	<0.001		0.574	0	5	-3.0	-4.6	-1.4	<0.001		0.600	0
≥45	2	-3.1	-6.5	0.3	0.073	0.244	0.217	34.5	2	-1.1	-3.0	0.8	0.274	0.121	0.375	0
Sex																
100% male	2	-2.4	-8.5	3.7	0.441		0.621	0	2	-0.8	-5.7	4.0	0.740		0.979	0
50-99% male	3	-5.1	-7.8	-2.3	<0.001		0.120	52.8	3	-1.9	-3.2	-0.5	0.009		0.348	5.2
50-99% female	2	-4.4	-8.5	-0.3	0.034	0.740	0.516	0	2	-4.8	-8.0	-1.7	0.003	0.200	0.436	0
BMI																
<25	1	-6.8	-9.6	-4.0	p<0.001		1.000	0	1	-2.7	-4.7	-0.7	0.008		1.000	0
≥25	4	-3.2	-5.8	-0.7	0.013	0.182	0.954	0	4	-1.2	-3.0	0.5	0.162	0.168	0.983	0
Diet type*																
Vegan	2	-4.3	-10.2	1.5	0.147		0.153	51.0	2	-4.8	-8.2	-1.3	0.007		0.138	54.6
Lacto	1	-3.3	-9.1	2.6	0.280		1.000	0	1	-2.5	-9.2	4.2	0.462		1.000	0
Lacto-ovo	4	-4.8	-7.5	-2.0	0.001	0.899	0.349	8.9	4	-1.8	-3.2	-0.5	0.007	0.295	0.731	0
Sample size																
<100	6	-4.5	-6.6	-2.4	<0.001		0.339	11.9	6	-1.8	-3.1	-0.5	0.007		0.804	0
≥100	1	-5.7	-11.4	0.0	0.050	0.700	1.000	0	1	-5.5	-9.1	-1.9	0.003	0.057	1.000	0

Duration of vegetarian diet															
<12 weeks	4	-5.0	-7.3	-2.7	<0.001		0.349	8.9	4	-1.8	-3.2	-0.5	0.007		0.731	0
≥12 weeks	3	-3.9	-7.7	-0.1	0.044	0.626	0.337	8.1	3	-4.3	-7.4	-1.2	0.006	0.149	0.278	21.9
Antihypertension Medication†															
Some	2	-4.5	-10.0	1.0	0.109		0.153	51.0	2	-4.8	-8.2	-1.3	0.007		0.138	54.6
None	5	-4.7	-6.8	-2.5	p<0.001	0.957	0.442	0	5	-1.9	-3.2	-0.6	0.005	0.121	0.856	0
Baseline blood pressure															
Normal	1	-5.7	-11.4	0.0	0.051		1.000	0	1	-5.5	-9.1	-1.9	0.003		1.000	0
Pre-hypertension	4	-5.2	-7.8	-2.5	<0.001		0.408	0	4	-2.4	-4.2	-0.6	0.008		0.921	0
Hypertension, stage 1	2	-3.0	-6.9	0.9	0.132	0.614	0.217	34.5	2	-1.1	-3.0	0.8	0.274	0.097	0.375	0
Region/Country															
Europe	1	-3.3	-9.1	2.6	0.280		1.000	0	1	-2.5	-9.2	4.2	0.462		1.000	0
North America	2	-4.3	-10.2	1.5	0.147		0.153	51.0	2	-4.8	-8.2	-1.3	0.007		0.138	54.6
Oceania	4	-4.8	-7.5	-2.0	0.001	0.899	0.349	8.9	4	-1.8	-3.2	-0.5	0.007	0.295	0.731	0

BMI; body mass index, CI; confidence interval, DBP; diastolic blood pressure, NR; not reported, SBP; systolic blood pressure

* *vegan* diets, defined as omitting all animal products, or vegetarian diets that include some animal products as indicated by the terms “lacto” (dairy products) or “ovo” (eggs)

† Some; some participants use antihypertension medication

eTable 4. Blood pressure responses of subgroups to vegetarian diets (Observational Studies)

	SBP								DBP							
Group	N ‡	Net change	95% CI Lower	95% CI Upper	*p*-value	between group *p*-value	*p* for heterogeneity	I^2 (%)	N‡	Net Change	95% CI Lower	95% CI Upper	*p*-value	between group *p*-value	*p* for heterogeneity	I^2 (%)
Age																
<45	11	-5.9	-10.0	-1.7	0.005		<0.001	71.9	11	-4.4	-7.5	-1.3	0.005		<0.001	81.5
≥45	19	-7.7	-10.8	-4.5	<0.001	0.789	<0.001	93.1	19	-4.8	-7.1	-2.5	<0.001	0.939	<0.001	94.2
Sex																
100% male	2	-9.6	-16.0	-3.2	0.003		0.734	0	2	-8.0	-13.2	-2.7	0.003		0.986	0
50-99% male	3	-18.5	-24.7	-12.4	<0.001		0.001	86.1	3	-10.1	-14.9	-5.3	<0.001		0.001	85.3
50-99% female	9	-7.5	-10.9	-4.2	<0.001		<0.001	84.3	9	-5.4	-8.0	-2.8	<0.001		<0.001	90.1
100% female	5	-5.3	-10.1	-0.5	0.030		<0.001	85.9	5	-3.0	-6.6	0.6	0.104		<0.001	89.7
NR	3	-5.0	-11.3	1.2	0.115	0.001	0.004	81.8	3	-4.3	-9.4	0.8	0.100	0.057	<0.001	93.6
BMI																
<25	23	-6.7	-9.3	-4.2	<0.001		<0.001	90.8	23	-4.3	-6.2	-2.4	<0.001		<0.001	91.6
≥25	5	-5.7	-10.8	-0.6	0.029	0.511	<0.001	91.1	5	-3.7	-7.5	0.1	0.059	0.310	<0.001	95.3
Diet type*																
Vegan	5	-9.5	-15.5	-3.6	0.002		<0.001	90.0	5	-3.7	-8.1	0.7	0.101		<0.001	93.2
Lacto	2	-5.6	-13.6	2.3	0.163		0.020	81.5	2	-5.0	-11.3	1.3	0.119		0.011	84.5
Lacto-ovo	10	-8.7	-12.3	-5.1	<0.001		<0.001	89.1	10	-5.4	-8.2	-2.6	<0.001		<0.001	89.2
Mixed	15	-5.0	-8.0	-2.0	0.001	0.342	<0.001	89.6	15	-4.5	-6.7	-2.2	<0.001	0.918	<0.001	92.9

Sample size																
<100	13	-7.7	-11.5	-4.0	<0.001		<0.001	81.9	13	-5.8	-8.6	-3.1	<0.001		<0.001	89.1
≥100	17	-6.6	-9.5	-3.7	<0.001	0.795	<0.001	93.8	17	-4.0	-6.2	-1.8	<0.001	0.594	<0.001	94.4
Duration of vegetarian diet																
>1 year	22	-8.1	-10.4	-5.7	<0.001		<0.001	88.1	22	-5.3	-7.1	-3.4	<0.001		<0.001	90.7
current	10	-3.9	-7.3	-0.4	0.027	0.051	<0.001	82.8	10	-3.4	-6.0	-0.7	0.013	0.252	<0.001	89.1
Antihypertension Medication†																
Some	5	-5.7	-11.3	-0.1	0.046		<0.001	94.9	5	-4.4	-8.7	-0.1	0.045		<0.001	96.3
None	12	-6.3	-10.2	-2.5	0.001		<0.001	86.6	12	-5.2	-8.2	-2.3	<0.001		<0.001	89.3
NR	15	-7.9	-11.4	-4.4	<0.001	0.745	<0.001	87.0	15	-4.5	-7.1	-1.9	0.001	0.913	<0.001	91.6
Baseline blood pressure																
Normal	11	-5.3	-8.6	-2.1	0.001		<0.001	82.6	11	-2.4	-4.8	-0.1	0.044		<0.001	89.2
Pre-hypertension	12	-9.9	-13.1	-6.8	<0.001		<0.001	89.2	12	-7.7	-9.9	-5.5	<0.001		<0.001	89.1
Hypertension, stage 1	2	-11.7	-19.8	-3.6	0.005	0.016	0.011	84.6	2	-5.4	-11.2	0.4	0.067	0.005	0.023	80.6
Region/Country																
Africa	1	1.5	-10.6	13.7	0.807		1.000	0	1	4.1	-5.4	13.5	0.397		1.000	0
Asia	10	-8.3	-12.2	-4.5	<0.001		<0.001	88.9	10	-4.9	-8.0	-1.9	0.001		<0.001	91.7
Europe	10	-5.6	-9.8	-1.4	0.008		<0.001	87.4	10	-4.8	-7.9	-1.6	0.003		<0.001	93.5
North America	5	-6.6	-12.0	-1.3	0.016		<0.001	88.1	5	-4.6	-8.9	-0.4	0.033		<0.001	91.7
Oceania	3	-3.4	-10.6	3.8	0.360		0.462	0	3	-2.8	-8.6	2.9	0.337		0.467	0
South America	3	-12.3	-19.4	-5.2	0.001	0.323	<0.001	88.7	3	-9.4	-15.2	-3.6	0.001	0.276	<0.001	87.3

BMI; body mass index, CI; confidence interval, DBP; diastolic blood pressure, NR; not reported, SBP; systolic blood pressure
* *semi-vegetarian* diets, defined as rarely including meat, *vegan* diets, defined as omitting all animal products, or vegetarian diets that include some animal products as

indicated by the terms “lacto” (dairy products), “ovo” (eggs), or “pesco” (fish)
† Some; some participants use antihypertension medication
‡ Studies couldn’t be included if there were inconsistency within each study’s subgroups (ie. male and female subgroups or racial subgroups)

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