|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Jadad score | Duration  (week) | Sampel size | Dose  (mg) | AGE (SD) | BMI (SD) | Gender  (M/F) | Group | Participant | Study design | Country | Year | Study's first outher |
| 0 | 4.28 | 8 | 3000 | 40-60 | NR/NR | 8/0 | I | hypercholesterolemic patients | NR | india | 2003 | Andallu B |
| 8 | 0 | 40-60 | NR/NR | 8/0 | C |
| 2 | 6.42 | 45 | 3000 | 53.8 (11.8) | 31 (4.4) | 16/29 | I | hypercholesterolemic patients | RCT,  Double blind | Iran | 2008 | Alizadeh-navaei R |
| 40 | 3000 | 53.5 (11) | 34.5 (7.7) | 18/22 | C |
| 3 | 10 | 8 | 1000 | 23.6 (3.3) | 31.2 (0.6) | 8/0 | I | obese men | RCT,  Double blind | Iran | 2011 | Atashk S |
| 8 | 1000 | 25.3 (2.2) | 32.2 (2.3) | 8/0 | C |
| 3 | 10 | 8 | 1000 | 23.6 (4.4) | 32.5 (2.3) | 8/0 | I | obese men | RCT,  Double blind | Iran | 2011 | Atashk S |
| 8 | 1000 | 23.7 (3.8) | 32.8 (2.3) | 8/0 | C |
| 5 | 8 | 26 | 2000 | 49.2 (5.1) | 29.2 (4.0) | 14/12 | I | patients with type 2 diabetes mellitus | RCT,  Double blind | Iran | 2013 | Mahluji S |
| 28 | 2000 | 53.1 (7.9) | 29.8 (5.0) | 16/12 | C |
| 4 | 12 | 33 | 1600 | 52.6 (8.4) | 26.9 (3.6) | 8/25 | I | patients with type 2 diabetes mellitus | RCT,  Double blind | Iran | 2014 | Arablou T |
| 30 | 1600 | 52 (9.0) | 26.8 (3.4) | 7/23 | C |
| 1 | 8 | 41 | 3000 | 55.21 (1.1) | 29.05 (0.2) | 15/26 | I | patients with type 2 diabetes mellitus | RCT,  Single blind | Iran | 2014 | Azimi P |
| 39 | 0 | 53.64 (1.3) | 28.40 (0.2) | 15/24 | C |
| 4 | 10 | 18 | 1000 | 56 (2.5) | 27 (1.0) | 11/7 | I | peritoneal dialysis (PD) patients | RCT,  Double blind | Iran | 2015 | Tabibi H |
| 18 | 1000 | 58 (3.0) | 27 (1.0) | 10/8 | C |

NR, not reported.

*Table 1: Characteristics of Studies Investigating the Effect of Ginger on serume lipides (TC, TG, LDL, HDL).*