Figure S1. Associations between garlic intake and gastric cancer risk by geographic area. The (number/number) after each study in the figure indicates the (Cases/Controls). Vertical solid black line: invalid line, red dashed line: pooled effect size, horizontal black solid line: the width of the line represents the confidence interval (CI) of each study, the black diamond in the middle represents the OR of each study, and the gray square represents the weight of each study. Subgroup analysis of garlic intake and risk of gastric cancer by geographic region. The estimated OR of the studies in Asia was 0.53 (95% CI=0.38-0.73); the estimated OR of the study in Europe was 1.27 (95% CI=0.61-2.64), and the estimated OR of the studies in America was 0.87 (95% CI=0.52-1.47). OR, odds ratio; ES, effect size.

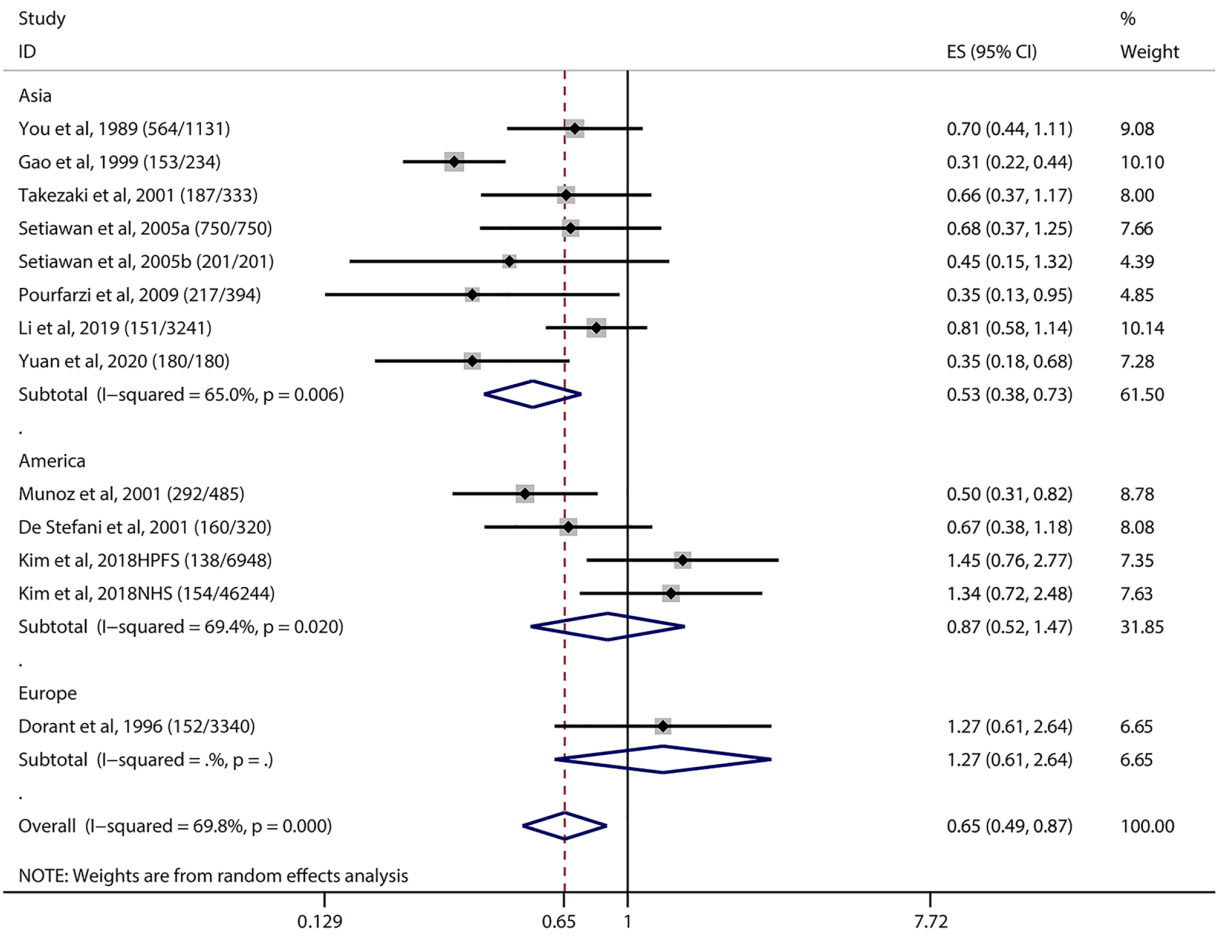

Figure S2. Associations between garlic intake and gastric cancer risk by study design. The (number/number) after each study in the figure indicates the (Cases/Controls). Vertical solid black line: invalid line; red dashed line: pooled effect size; horizontal black solid line: the width of the line represents the confidence interval (CI) of each study, the black diamond in the middle represents the OR of each study, and the gray square represents the weight of each study. Subgroup analysis of garlic intake and risk of gastric cancer by study design. The comprehensive analysis of the prospective studies showed that garlic had no significant effect on gastric cancer reduction (OR=1.07, 95% CI=0.79-1.47), while that in the retrospective studies showed a significant effect (OR=0.50, 95% CI=0.39-0.64). OR, odds ratio; ES, effect size.

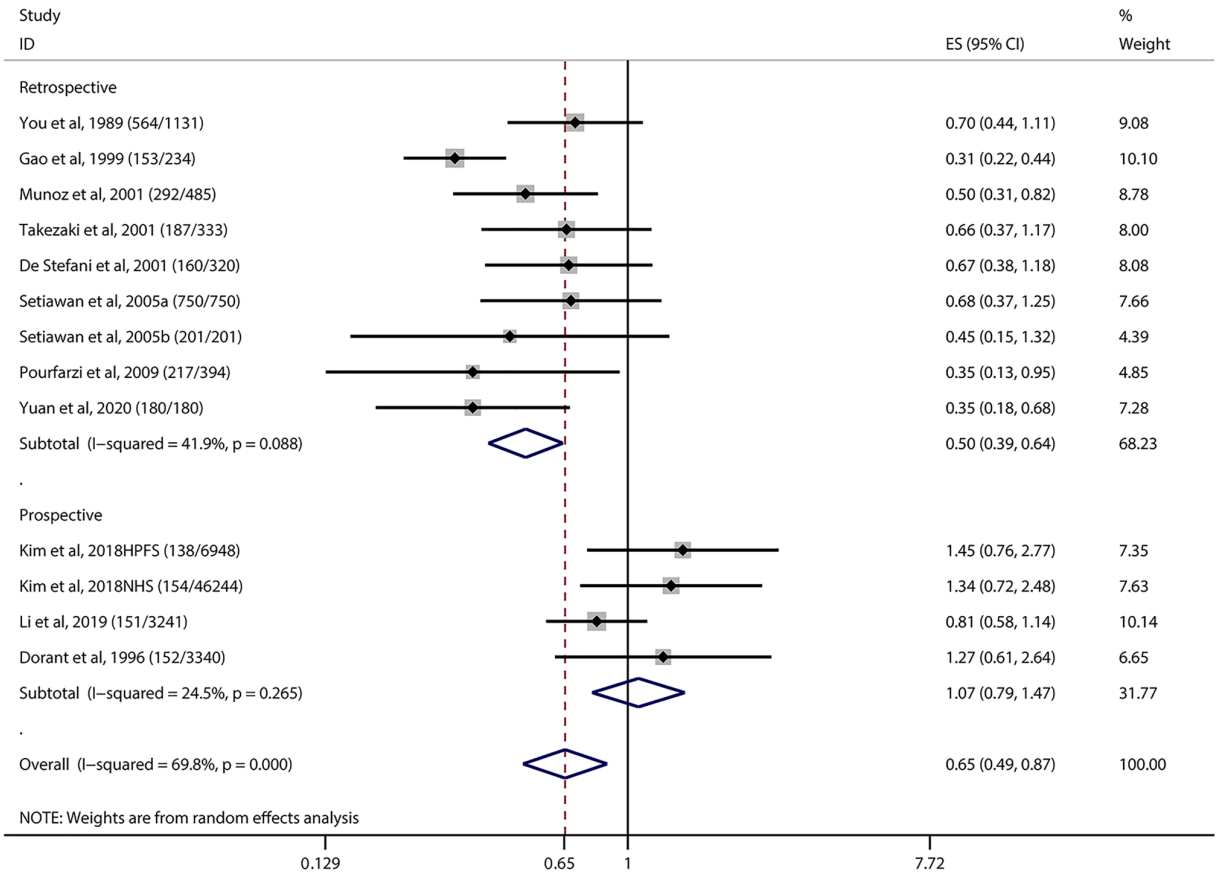

Figure S3. Associations between garlic intake and colorectal cancer risk by study design. The (number/number) after each study in the figure indicates the (Cases/Controls). Vertical solid black line: invalid line; red dashed line: pooled effect size; horizontal black solid line: the width of the line represents the confidence interval (CI) of each study, the black diamond in the middle represents the OR of each study, and the gray square represents the weight of each study. Subgroup analysis of garlic intake and risk of colorectal cancer by study design. Compared with the retrospective study (OR=0.72, 95% CI=0.62-0.84), the results of the prospective study (OR=1.01, 95% CI=0.62-1.65) showed an insignificant effect of garlic on reducing the risk of colorectal cancer. OR, odds ratio; ES, effect size.

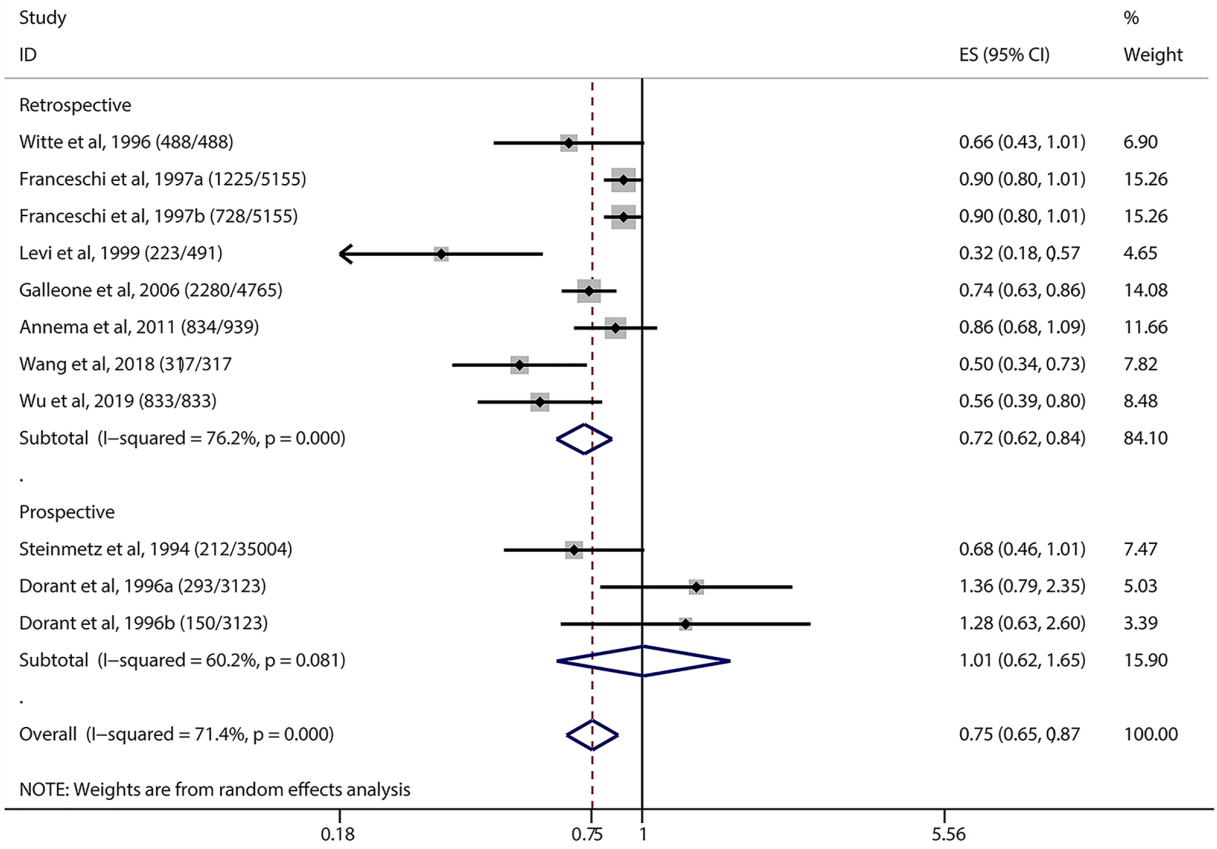

Figure S4. Associations between garlic intake and colorectal cancer risk by geographic area. The (number/number) after each study in the figure indicates the (Cases/Controls). Vertical solid black line: invalid line; red dashed line: pooled effect size; horizontal black solid line: the width of the line represents the confidence interval (CI) of each study, the black diamond in the middle represents the OR of each study, and the gray square represents the weight of each study. Subgroup analysis of garlic intake and risk of colorectal cancer by geographic region. Studies in Asia showed that garlic significantly reduced the risk of colorectal cancer when compared to the other regions.