

eFigure 1. Risk of bias of each included study by Review Manager 5.4.1

	Expe	Experimental Control						Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, R	andom, 95	% CI	
Deutsch 2007	1.72	1	45	3.59	1.05	45	24.0%	-1.81 [-2.30, -1.31]	-	_			
Laslett 2024	1.47	1.12	104	2.1	1.65	103	26.5%	-0.45 [-0.72, -0.17]		_	-		
Stonehouse 2022	1.3	1.05	107	1.37	1.13	110	26.6%	-0.06 [-0.33, 0.20]					
Suzuki 2016	0.09	0.1	25	0.17	0.47	22	22.9%	-0.24 [-0.81, 0.34]			•		
Total (95% CI)			281			280	100.0%	-0.62 [-1.27, 0.03]			_		
Heterogeneity: Tau ² =	0.40; Ch	ni² = 37	.64, df	= 3 (P <	0.000	001); l²	= 92%	3	-2	-1	-	1	2
Test for overall effect:	Z = 1.88	(P = 0	.06)						Favour	s [experime	ntal] Favo	urs [contro	1]

eFigure2: krill oil on the C-Reactive Protein

	Exp	erimen	tal		ontrol		Std. Mean Difference			Std. Mean Difference				
Study or Subgroup	Mean SD Total		Total	Mean	lean SD		Weight	IV, Random, 95% CI	IV. Random, 95% CI					
Laslett 2024	1.57	0.07	127	1.5	0.15	127	29.1%	0.60 [0.34, 0.85]				-		
Stephen 2023	56.81	11.42	48	55.78	12.75	45	24.0%	0.08 [-0.32, 0.49]		-		-		
Stonehouse 2022	1.5	0.4	107	1.4	0.3	103	28.4%	0.28 [0.01, 0.55]			-			
Suzuki 2016	61.6	14.3	25	68.7	12.6	22	18.5%	-0.52 [-1.10, 0.07]	—	•				
Total (95% CI)			307			297	100.0%	0.18 [-0.20, 0.55]						
Heterogeneity: Tau ² =	0.11; Ch	ni ² = 13.	89, df =	3 (P =	0.003);	$1^2 = 78$	%		+	0.5		0,5	+	
Test for overall effect:	Z = 0.93	P = 0	35)						Favo	-0.5 ours (experime	ental] Favou	0.5 rs [control]	1	

eFigure3: krill oil on the HDL

	Expe	eriment	al	C	ontrol			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV. Random, 95% Cl				
Laslett 2024	3.03	0.22	126	3.2	0.3	127	28.2%	-0.64 [-0.90, -0.39]					
Stephen 2023	111.44	35.61	48	109.91	27.64	45	24.3%	0.05 [-0.36, 0.45]	-				
Stonehouse 2022	3.8	1.1	107	3.8	1.1	103	27.8%	0.00 [-0.27, 0.27]					
Suzuki 2016	123.5	23.2	25	116.9	30.3	22	19.7%	0.24 [-0.33, 0.82]					
Total (95% CI)			306			297	100.0%	-0.12 [-0.54, 0.30]					
Heterogeneity: Tau ² =	0.14; Chi	$^{2} = 17.4$	5, df =	3(P = 0.	0006); (² = 83%	6		15 005 0 005 05				
Test for overall effect:				30000 ASS	52.500000000000000000000000000000000000				-0.5 -0.25 0 0.25 0.5 Favours [experimental] Favours [control]				

eFigure4: krill oil on the LDL

	Expe	eriment	al	Control			,	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean SD Total			Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI				
Laslett 2024	1.3	0.15	128	1.43	0.22	129	29.2%	-0.69 [-0.94, -0.44]	-				
Stephen 2023	126.25	59.17	48	126.02	78.31	45	23.8%	0.00 [-0.40, 0.41]	-				
Stonehouse 2022	1.4	0.8	107	1.5	0.9	103	28.6%	-0.12 [-0.39, 0.15]					
Suzuki 2016	118.7	51.3	25	131.5	88.7	22	18.3%	-0.18 [-0.75, 0.40]	-				
Total (95% CI)			308			299	100.0%	-0.27 [-0.63, 0.10]	-				
Heterogeneity: Tau ² =	0.10; Chi	$^2 = 12.9$	9, df =	3 (P = 0.	005); I ²	= 77%			1 05 1				
Test for overall effect:									-1 -0.5 0 0.5 1 Favours [experimental] Favours [control]				

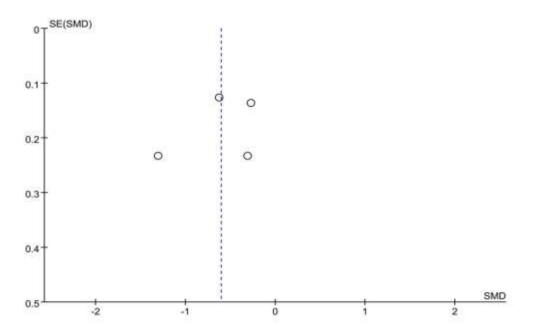
eFigure5: krill oil on the triglycerides

	Expe	Experimental Control						Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV. R	andom. 95	5% CI		
Stephen 2023	190.69	38.38	48	188.07	26.92	45	26.6%	0.08 [-0.33, 0.48]		-	-			
Stonehouse 2022	5.9	1.2	107	5.9	1.2	103	60.1%	0.00 [-0.27, 0.27]		-	-	-		
Suzuki 2016	212	26.5	25	211	32.5	22	13.4%	0.03 [-0.54, 0.61]		3	•	-		
Total (95% CI)			180			170	100.0%	0.03 [-0.18, 0.23]			-			
Heterogeneity: Tau ² =	0.00; Chi	$^2 = 0.10$	df = 2	(P = 0.9)	5); I ² = (0%				-0.5	-	0.5		
Test for overall effect:	Z = 0.24	(P = 0.8	1)						Favo	-0.5 urs [experime	ntal] Favo	ours [control]	1	

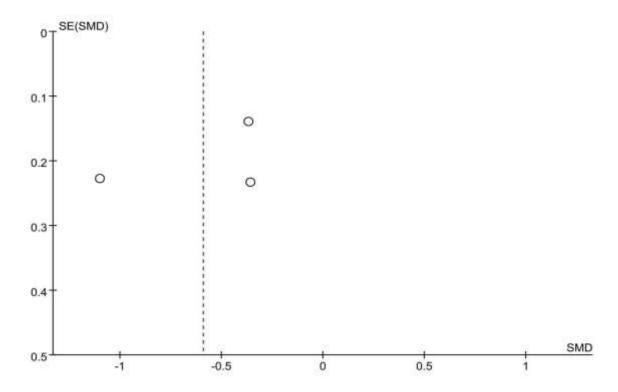
eFigure6: krill oil on the total cholesterol

	Experimental Control					Risk Ratio	Risk Ratio							
Study or Subgroup	Events	Total	Events	Total	Weight	IV, Random, 95% CI			IV. Rand	dom. 9	5% CI			
Deutsch 2007	0	45	0	45		Not estimable								
Laslett 2024	67	130	71	132	65.8%	0.96 [0.76, 1.21]			7					
Stephen 2023	2	50	8	50	34.2%	0.25 [0.06, 1.12]	•—	-		+				
Total (95% CI)		225		227	100.0%	0.61 [0.17, 2.11]				-				
Total events	69		79											
Heterogeneity: Tau ² =	0.60; Chi ²	= 3.01,	df = 1 (P :	= 0.08);	$1^2 = 67\%$				0.5	+	<u> </u>	+	10	
Test for overall effect:	Z = 0.79 (F	P = 0.43		7			0.1 Favo	0.2 ours [exp	0.5 erimental	Fav	ours [c	ontrol]	10	

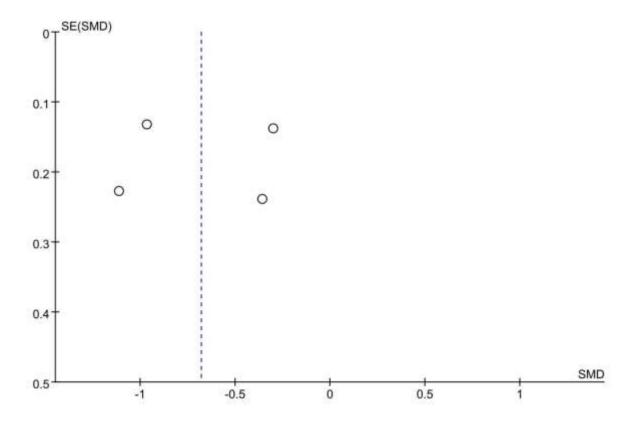
eFigure7: krill oil on the adverse events



eFigure8: funnel plots for the Pain WOMAC



eFigure9: funnel plots for the Stiffness WOMAC



eFigure10: funnel plots for the Functional WOMAC