

Table SIII. Results and quality of the 6 included studies

Author	Result	Study quality (risk for bias)
Fulton et al. (18)	Insignificant differences between the groups. Twice as many got better with the chocolate bar.	A1=High, A2=Low, A3=Average, A4=Average, A5=Low, A6=Low Total: Average risk for bias
Smith et al. (16)	Reduction in total lesion counts was significantly greater in the LGL group compared with the control group ($p=0.01$), with similar results for the mean decrease in inflammatory counts ($p=0.02$).	A1=Low, A2=Low, A3=Low, A4=Average, A5=Low, A6=Low Total: Low risk for bias
Smith et al. (21)	At 12 weeks, total acne lesion counts decreased by 59% in the LGL group and by 38% in the control group ($p=0.046$). There were no significant differences between the groups regarding inflammatory lesions.	A1=Low, A2=Low, A3=Low, A4=Average, A5=Low, A6=Low Total: Low risk for bias
Reynolds et al. (20)	Facial acne improved on both diets, but differences between them did not reach significance. Low GI: ~26% ($p=0.0004$) and high GI: ~16% ($p=0.01$).	A1=Average, A2=Average, A3=Low, A4=Average, A5=Low, A6=Low Total: Average risk for bias
Kwon et al. (17)	The LGL diet group demonstrated a significant decrease in acne grades, from 2.18 to 1.60 ($p=0.02$), with a decrease in the mean numbers of lesions to 70.9% of baseline. The difference in severity between the 2 groups was also significant ($p=0.02$). No significant reduction in control group. A significant decrease in the overall size of the sebaceous glands was also observed ($p=0.03$).	A1=Low, A2=Low, A3=Low, A4=Low, A5=Low, A6=Low Total: Low risk for bias
Caperton et al. (19)	A significant increase in the mean number of total acneiform lesions was detected on both day 4 ($p=0.006$) and day 7 ($p=0.043$) compared with baseline. No significance was achieved when mean number of acneiform lesions on days 4 and 7 were compared with each other ($p=0.138$).	A1=Low, A2=Low, A3=Low, A4=Average, A5=Low, A6=Low Total: Low risk for bias

The 4 studies with an LGL diet intervention showed an improvement in acne lesions, but only 2 of them reached significance. The trial with chocolate bars as intervention had insignificant differences between the 2 groups, with twice as many study subjects showing an improvement in the control group. The trial with cacao-filled capsules showed a significant increase in acne lesions in the intervention group compared with the control group.

LGL: low glycaemic load; GI: glycaemic index.