

## SUPPLEMENTARY FIGURES WITH REFERENCES

**A**

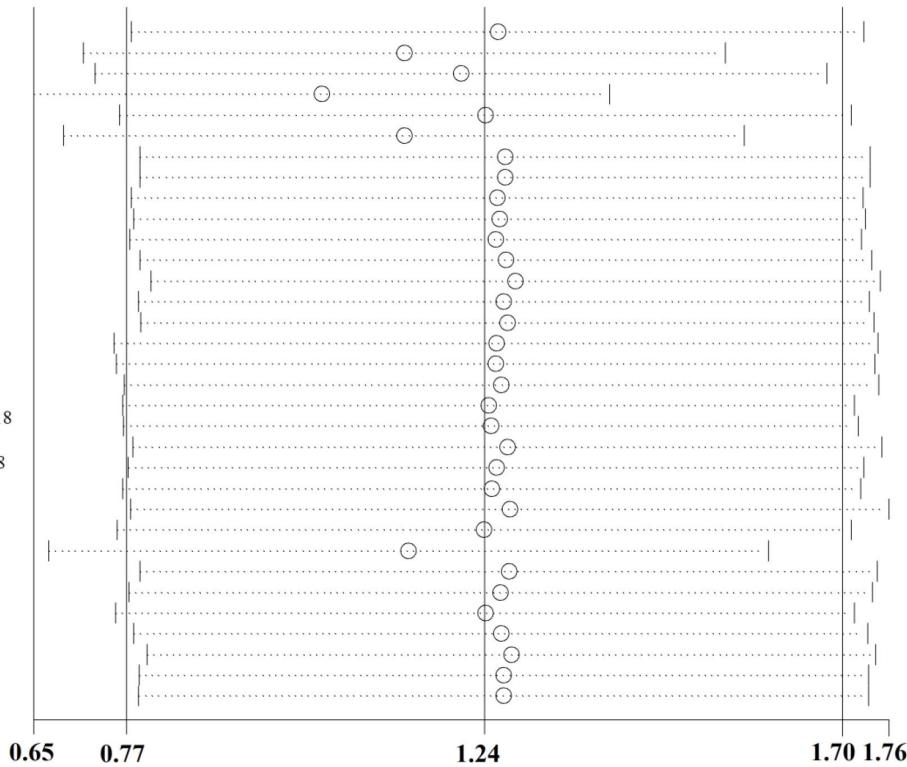
### Meta-analysis random-effects estimates (linear form) Study omitted

Akhoon et al., 2016  
Chou et al., 2019

Kim et al., 2010  
Kogure et al., 2017  
Olsen et al., 2006

Pandey et al., 2018  
Pietsch et al., 2011

Rathor et al., 2015  
Rathor and Pandey, 2018  
Schmeisser et al., 2013  
Shamugam et al., 2018  
Shukla et al., 2012  
Urban et al., 2017  
Wang et al., 2010b  
Wu et al., 2019  
Yanase and Ishii, 2008  
Zhang et al., 2015  
Zhao et al., 2017  
Zhou et al., 2017  
Zhu et al., 2016



**B**

### Meta-analysis random-effects estimates (linear form) Study omitted

Akhoon et al., 2016

Kishimoto et al., 2017

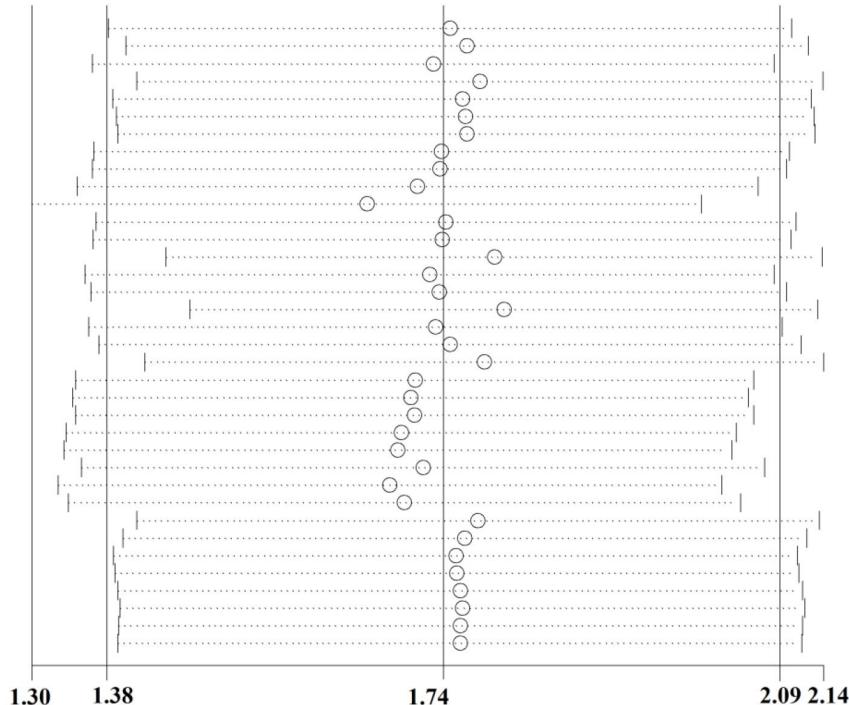
Rathor and Pandey, 2018

Wang et al., 2010a

Wang and Xing, 2009

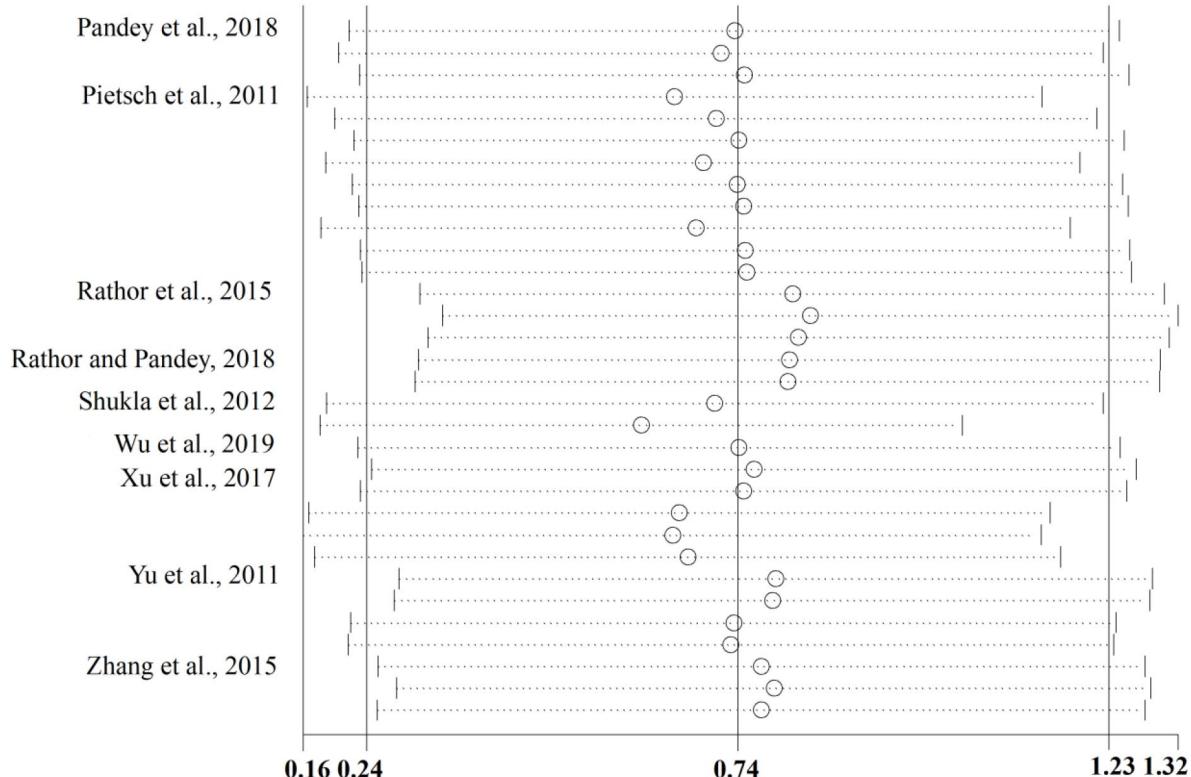
Wu et al., 2019

Yu et al., 2011

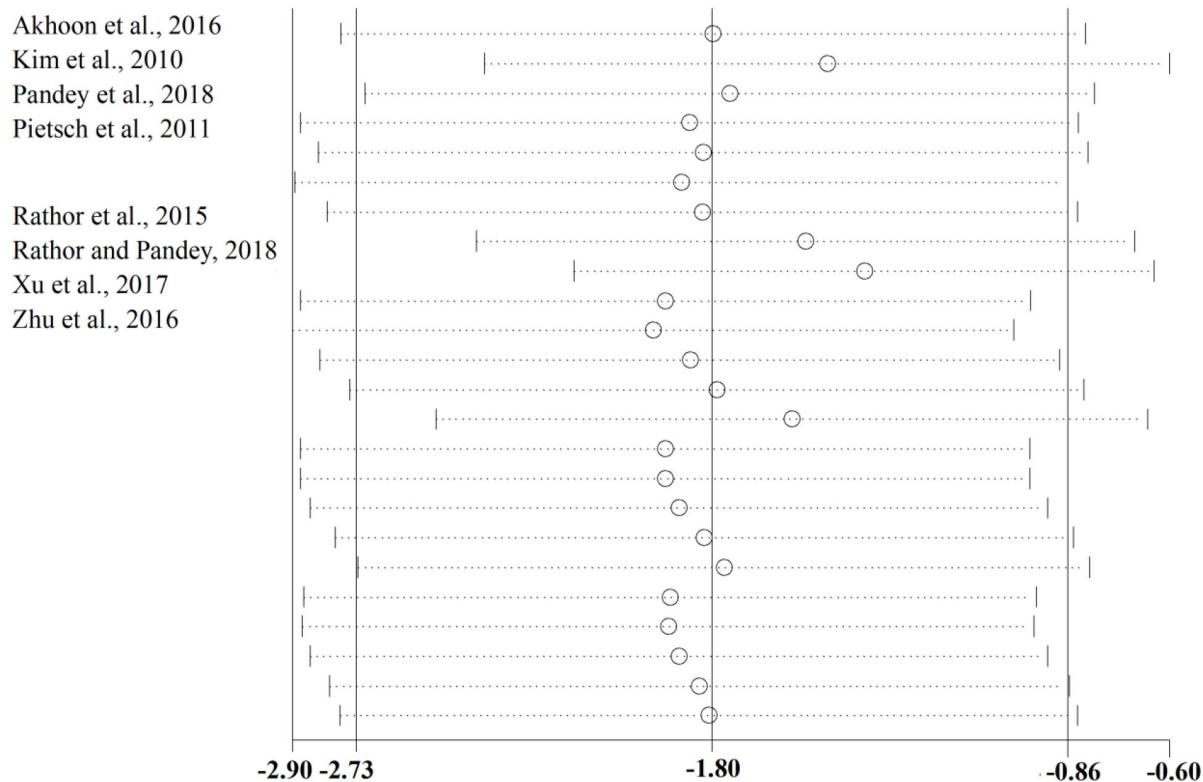


**C**

**Meta-analysis random-effects estimates (linear form)**  
**Study omitted**

**D**

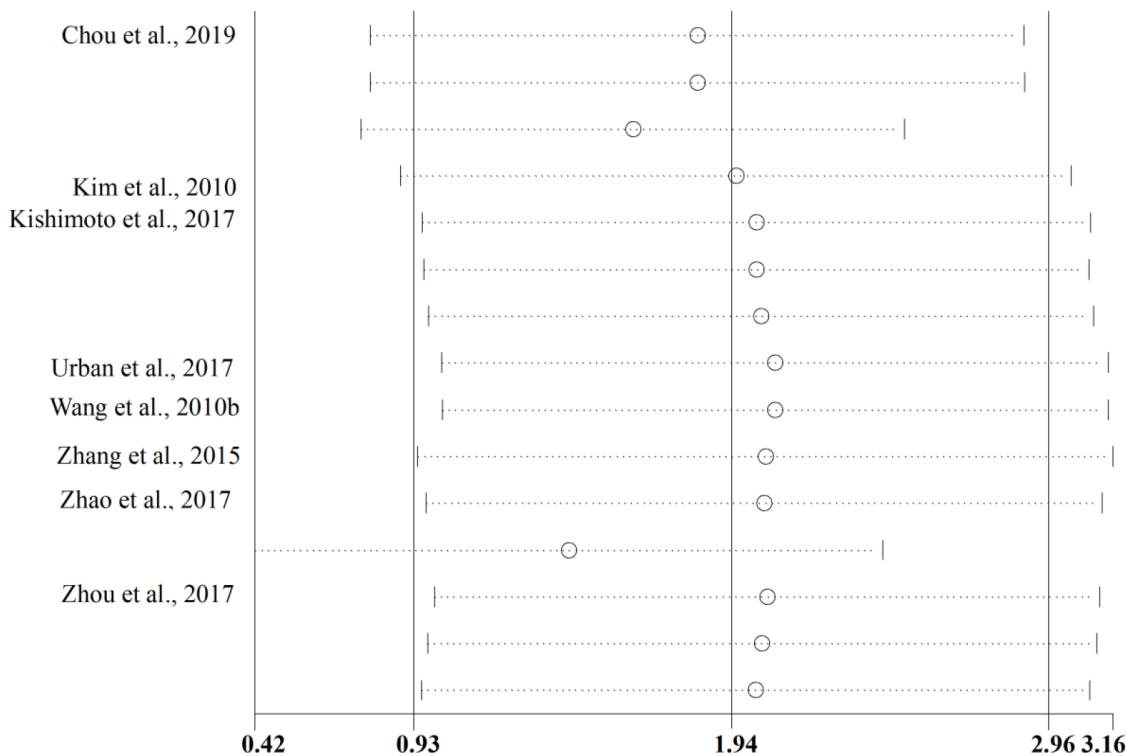
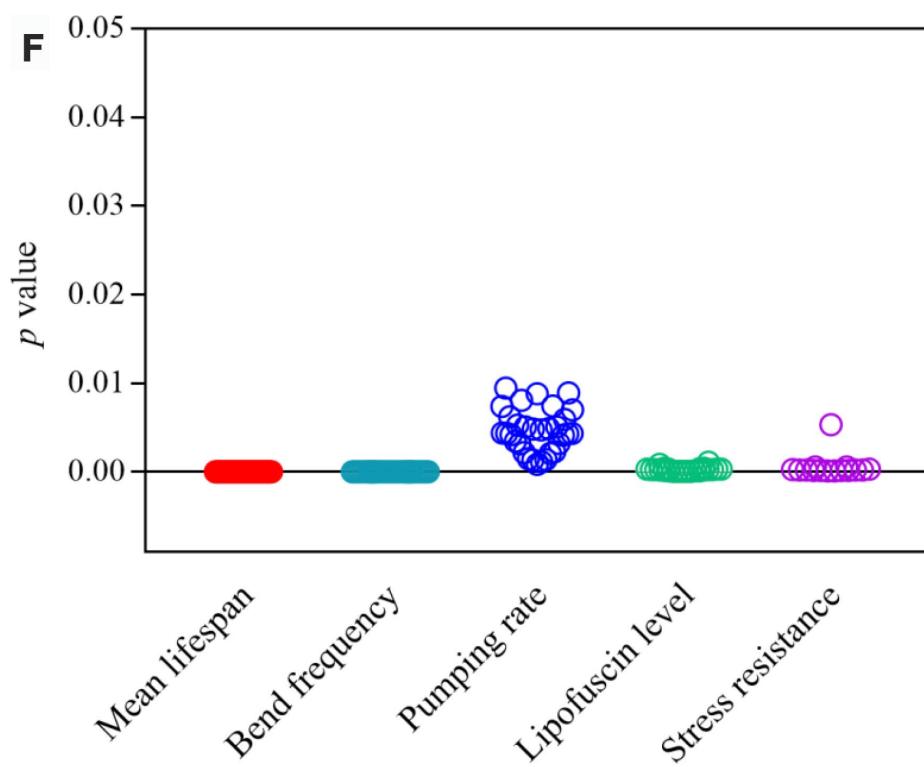
**Meta-analysis random-effects estimates (linear form)**  
**Study omitted**



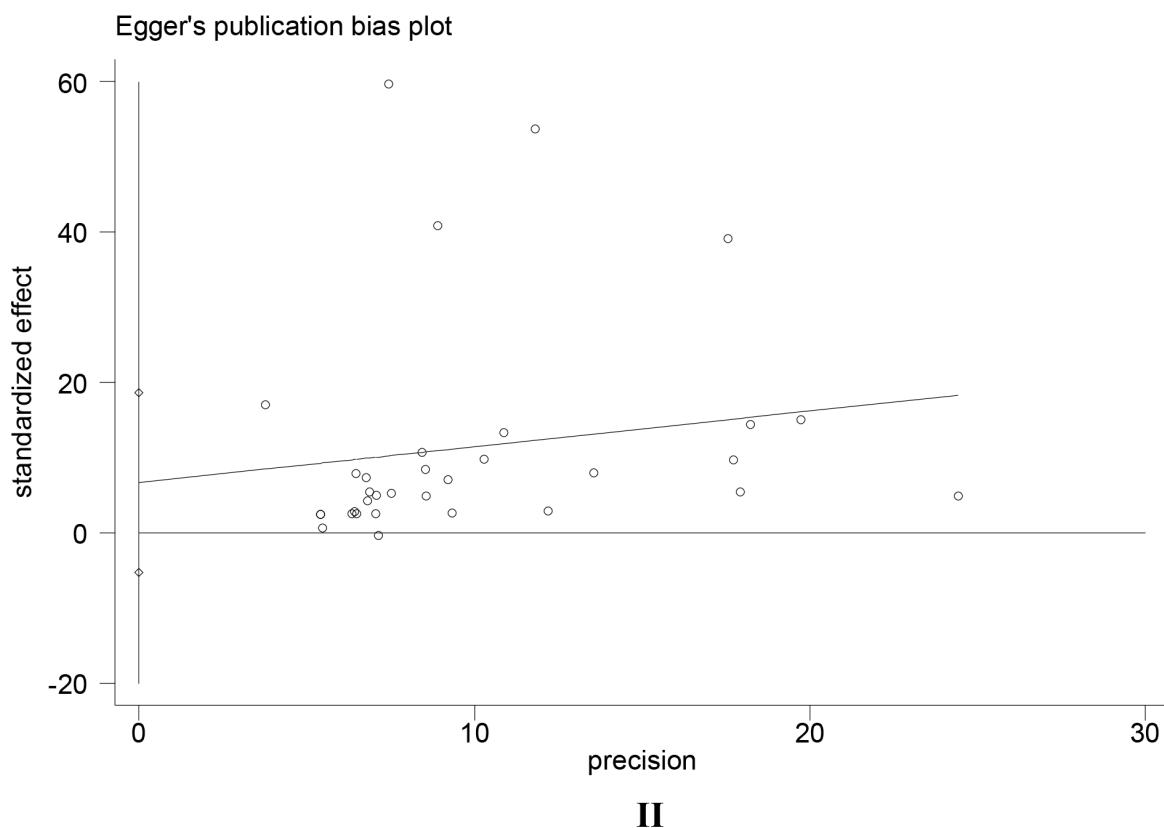
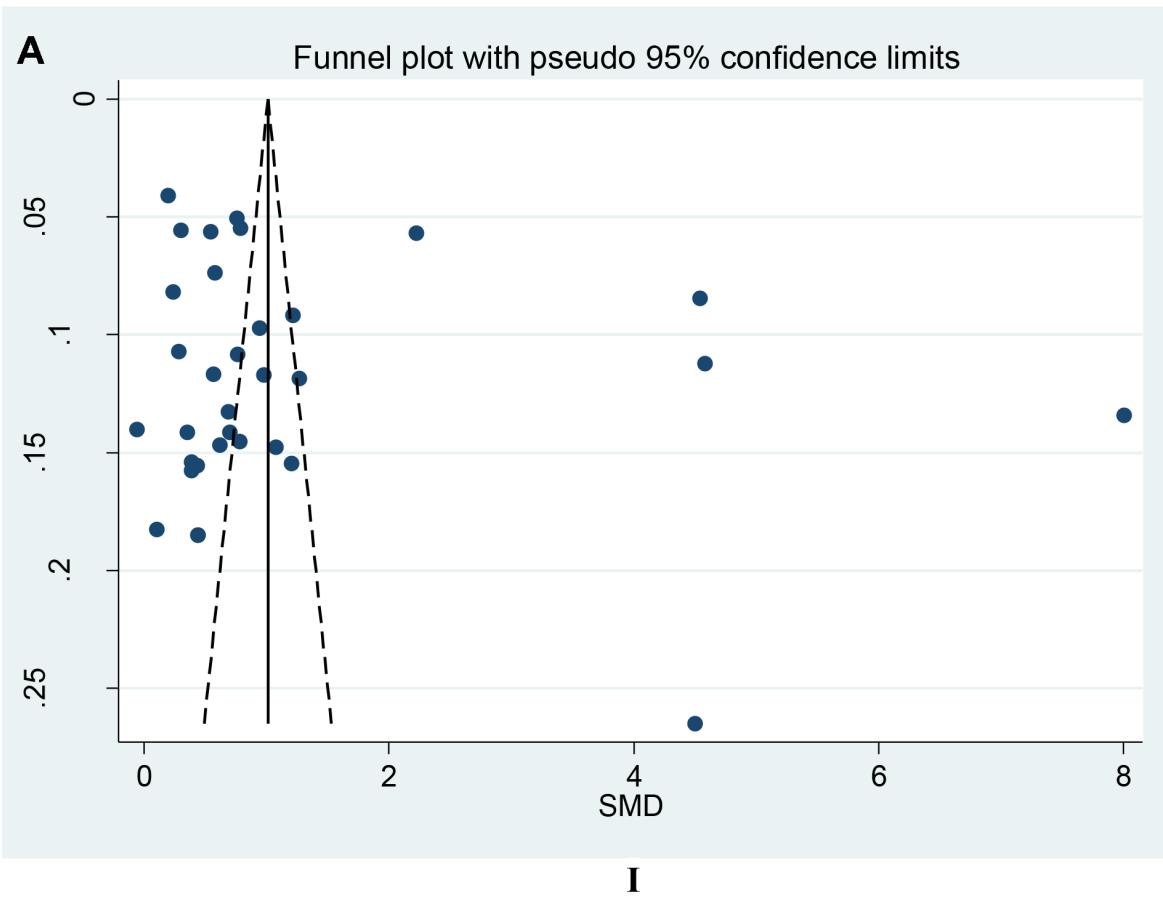
**E**

## Meta-analysis random-effects estimates (linear form)

Study omitted

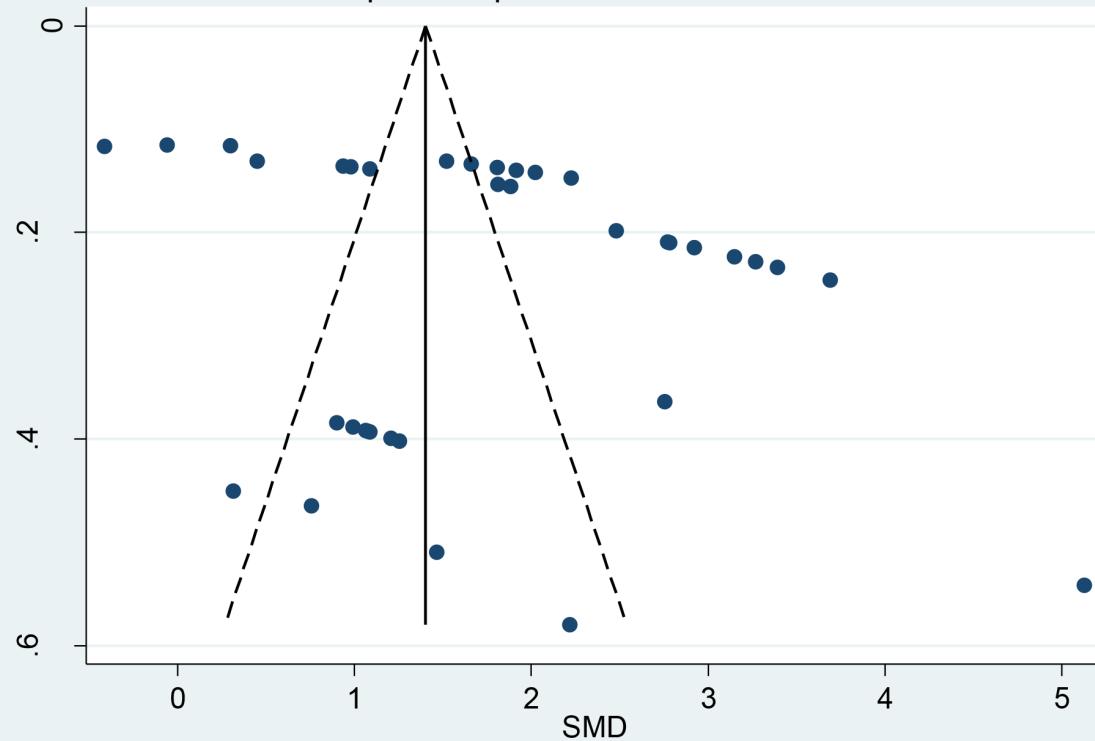
**F**

**Supplementary Figure 1. “Leave-one-out” sensitivity analyses.** (A–E) denoted the “leave-one-out” sensitivity analyses of mean lifespan, bend frequency, pumping rate, lipofuscin level and stress resistance, respectively. (F) was the summary of the significant re-test after omitting one study. As shown in (F), the meta-analytic results of all indicators were stable.

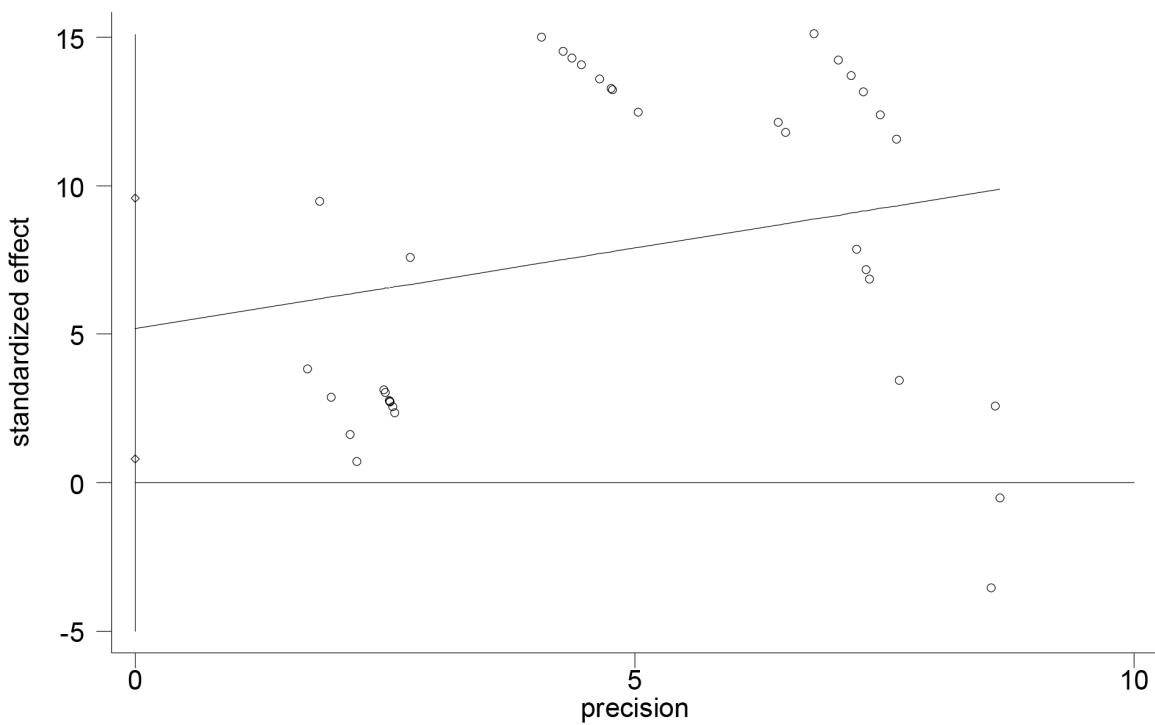


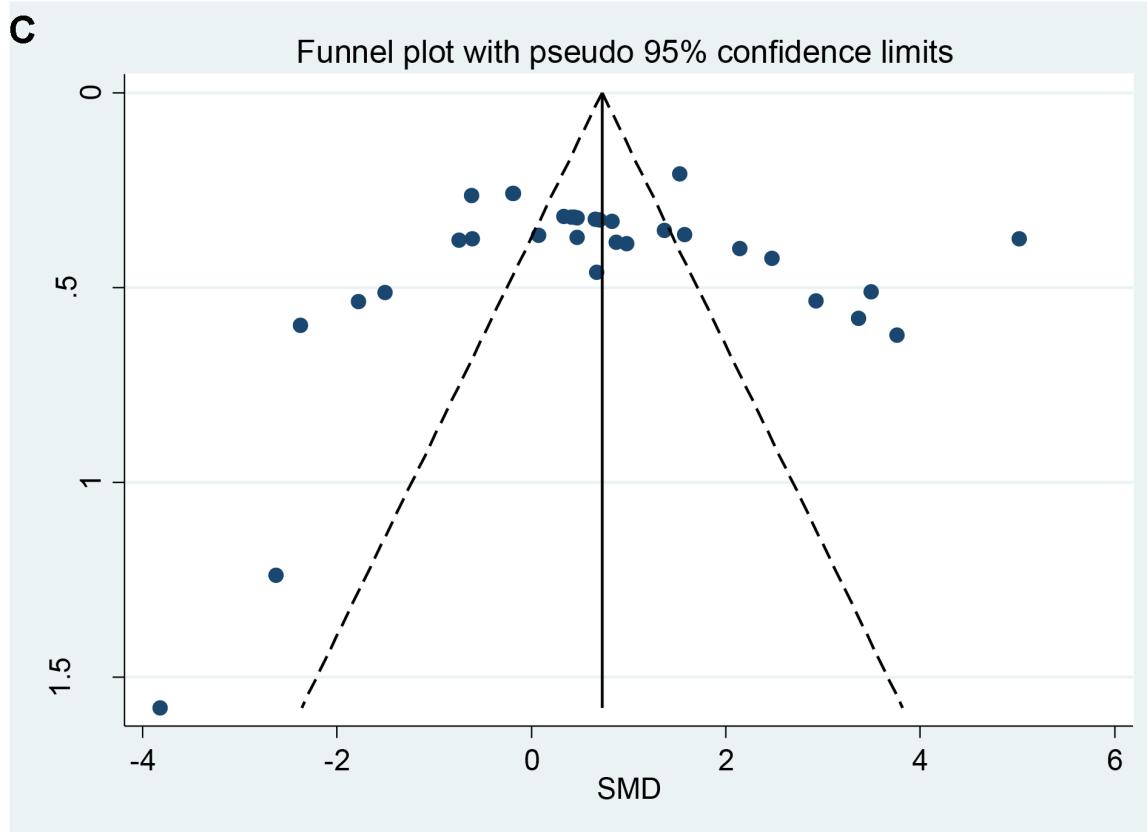
**B**

Funnel plot with pseudo 95% confidence limits

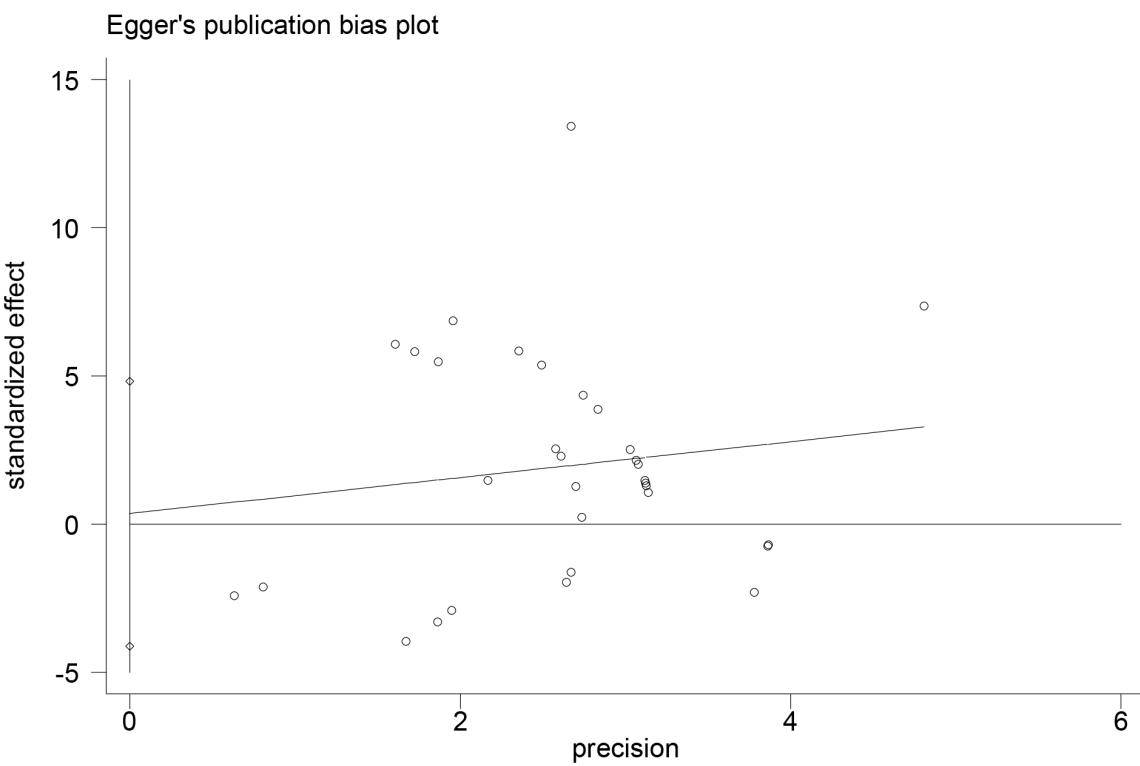
**I**

Egger's publication bias plot

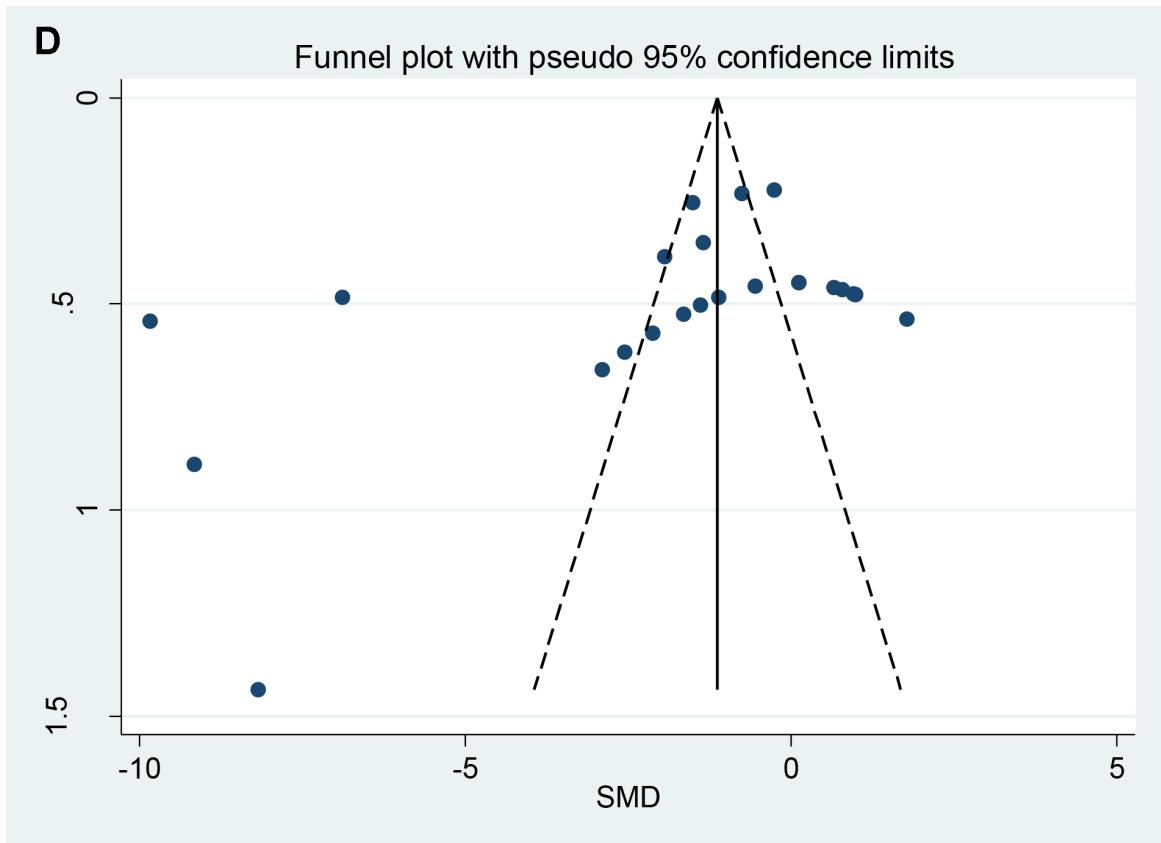
**II**



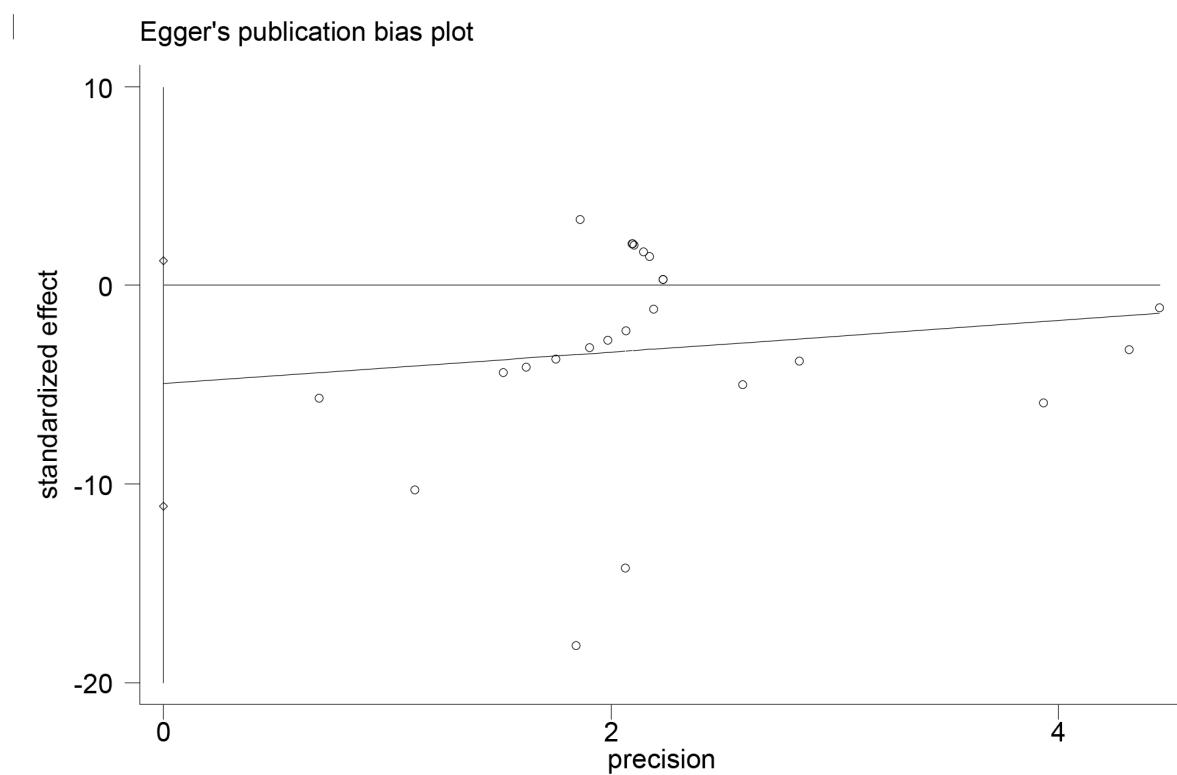
**I**



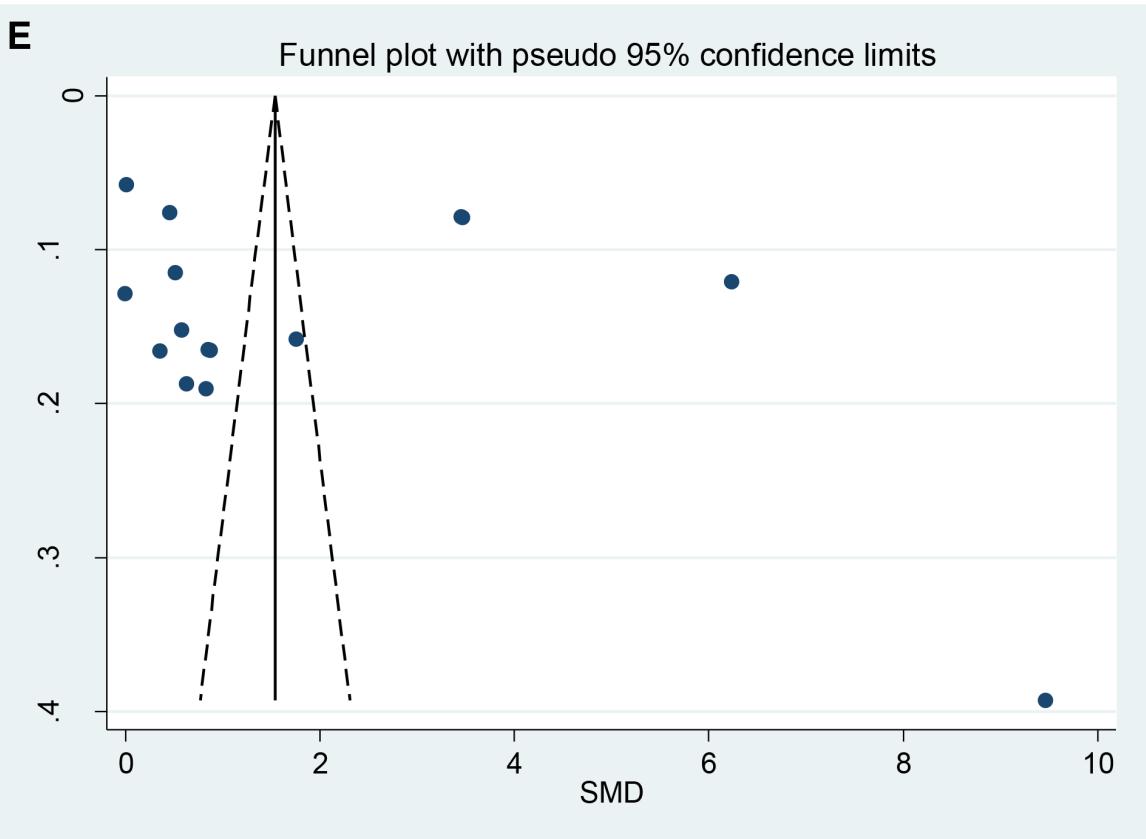
**II**



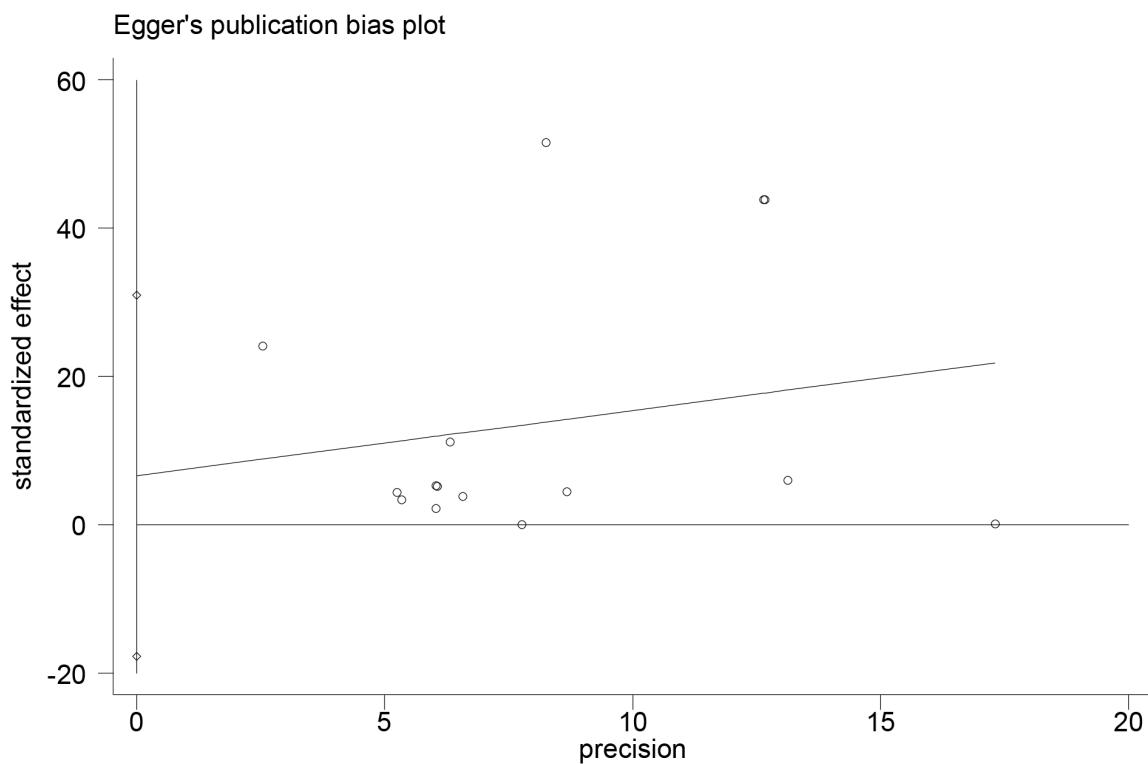
I



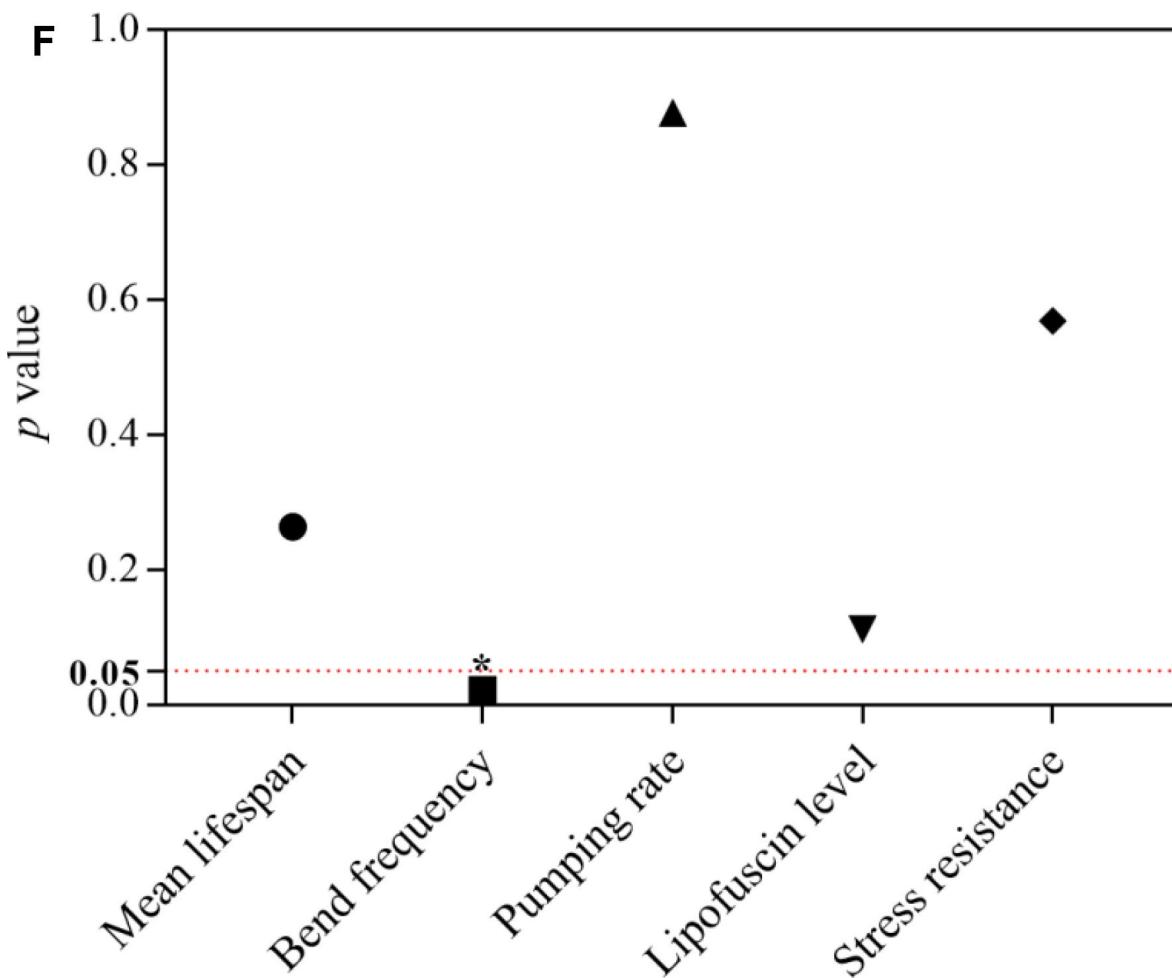
II



I



II



**Supplementary Figure 2. Publication bias assessments.** (A–E) showed the publication bias assessments of mean lifespan, bend frequency, pumping rate, lipofuscin level and stress resistance, respectively, while (F) summarized the risk of publication bias of each indicator. The sub-graph (I) was the funnel plots that directly exhibited the risk of publication bias. The sub-group (II) was the Egger's test expressed by line form that could quantitatively evaluate the risk of publication bias. Statistically significant publication bias was considered when the value of *p* was less than 0.05. \*represented the appearance of significant publication bias (*p* < 0.05).

## SUPPLEMENTARY REFERENCES

1. Akhoon BA, Pandey S, Tiwari S, Pandey R. Withanolide A offers neuroprotection, ameliorates stress resistance and prolongs the life expectancy of *Caenorhabditis elegans*. *Exp Gerontol.* 2016; 78:47–56.  
<https://doi.org/10.1016/j.exger.2016.03.004>  
PMID:[26956478](#)
2. Chou WY, Lin YC, Lee YH. Short-term starvation stress at young adult stages enhances meiotic activity of germ cells to maintain spermatogenesis in aged male *Caenorhabditis elegans*. *Aging Cell.* 2019; 18:e12930.  
<https://doi.org/10.1111/acel.12930> PMID:[30816005](#)
3. Kim J, Shirasawa T, Miyamoto Y. The effect of TAT conjugated platinum nanoparticles on lifespan in a nematode *Caenorhabditis elegans* model. *Biomaterials.* 2010; 31:5849–54.  
<https://doi.org/10.1016/j.biomaterials.2010.03.077>  
PMID:[20434216](#)
4. Kishimoto S, Uno M, Okabe E, Nono M, Nishida E. Environmental stresses induce transgenerationally inheritable survival advantages via germline-to-soma communication in *Caenorhabditis elegans*. *Nat Commun.* 2017; 8:14031.  
<https://doi.org/10.1038/ncomms14031>  
PMID:[28067237](#)
5. Kogure A, Uno M, Ikeda T, Nishida E. The microRNA machinery regulates fasting-induced changes in gene expression and longevity in *Caenorhabditis elegans*. *J Biol Chem.* 2017; 292:11300–09.  
<https://doi.org/10.1074/jbc.M116.765065>  
PMID:[28507100](#)
6. Kronberg MF, Clavijo A, Moya A, Rossen A, Calvo D, Pagano E, Munarriz E. Glyphosate-based herbicides modulate oxidative stress response in the nematode *Caenorhabditis elegans*. *Comp Biochem Physiol C Toxicol Pharmacol.* 2018; 214:1–8.  
<https://doi.org/10.1016/j.cbpc.2018.08.002>  
PMID:[30142450](#)
7. Olsen A, Vantipalli MC, Lithgow GJ. Lifespan extension of *Caenorhabditis elegans* following repeated mild hormetic heat treatments. *Biogerontology.* 2006; 7:221–30. <https://doi.org/10.1007/s10522-006-9018-x>  
PMID:[16826446](#)
8. Pandey S, Tiwari S, Kumar A, Niranjan A, Chand J, Lehri A, Chauhan PS. Antioxidant and anti-aging potential of Juniper berry (*Juniperus communis* L.) essential oil in *Caenorhabditis elegans* model system. *Ind Crops Prod.* 2018; 120:113–22.  
<https://doi.org/10.1016/j.indcrop.2018.04.066>
9. Pietsch K, Saul N, Chakrabarti S, Stürzenbaum SR, Menzel R, Steinberg CE. Hormetins, antioxidants and prooxidants: defining quercetin-, caffeic acid- and rosmarinic acid-mediated life extension in *C. elegans*. *Biogerontology.* 2011; 12:329–47.  
<https://doi.org/10.1007/s10522-011-9334-7>  
PMID:[21503726](#)
10. Rathor L, Akhoon BA, Pandey S, Srivastava S, Pandey R. Folic acid supplementation at lower doses increases oxidative stress resistance and longevity in *Caenorhabditis elegans*. *Age (Dordr).* 2015; 37:113.  
<https://doi.org/10.1007/s11357-015-9850-5>  
PMID:[26546011](#)
11. Rathor L, Pandey R. Age-induced diminution of free radicals by Boeravinone B in *Caenorhabditis elegans*. *Exp Gerontol.* 2018; 111:94–106.  
<https://doi.org/10.1016/j.exger.2018.07.005>  
PMID:[30004006](#)
12. Schmeisser S, Schmeisser K, Weimer S, Groth M, Priebe S, Fazius E, Kuhlow D, Pick D, Einax JW, Guthke R, Platzer M, Zarse K, Ristow M. Mitochondrial hormesis links low-dose arsenite exposure to lifespan extension. *Aging Cell.* 2013; 12:508–17.  
<https://doi.org/10.1111/acel.12076> PMID:[23534459](#)
13. Govindan S, Amirthalingam M, Duraisamy K, Govindhan T, Sundararaj N, Palanisamy S. Phytochemicals-induced hormesis protects *Caenorhabditis elegans* against α-synuclein protein aggregation and stress through modulating HSF-1 and SKN-1/Nrf2 signaling pathways. *Biomed Pharmacother.* 2018; 102:812–22.  
<https://doi.org/10.1016/j.biopha.2018.03.128>  
PMID:[29605769](#)
14. Shukla V, Yadav D, Phulara SC, Gupta MM, Saikia SK, Pandey R. Longevity-promoting effects of 4-hydroxy-E-globularinin in *Caenorhabditis elegans*. *Free Radic Biol Med.* 2012; 53:1848–56.  
<https://doi.org/10.1016/j.freeradbiomed.2012.08.594>  
PMID:[23000058](#)
15. Urban N, Tsitsipatis D, Hausig F, Kreuzer K, Erler K, Stein V, Ristow M, Steinbrenner H, Klotz LO. Non-linear impact of glutathione depletion on *C. elegans* life span and stress resistance. *Redox Biol.* 2017; 11:502–15.  
<https://doi.org/10.1016/j.redox.2016.12.003>  
PMID:[28086197](#)
16. Wang D, Liu P, Xing X. Pre-treatment with mild UV irradiation increases the resistance of nematode *Caenorhabditis elegans* to toxicity on locomotion behaviors from metal exposure. *Environ Toxicol Pharmacol.* 2010a; 29:213–22.  
<https://doi.org/10.1016/j.etap.2010.01.002>  
PMID:[21787605](#)

17. Wang X, Wang X, Li L, Wang D. Lifespan extension in *Caenorhabditis elegans* by DMSO is dependent on *sir-2.1* and *daf-16*. *Biochem Biophys Res Commun.* 2010b; 400:613–18.  
<https://doi.org/10.1016/j.bbrc.2010.08.113>  
PMID:[20828537](#)
18. Wang D, Xing X. Pre-treatment with mild metal exposure suppresses the neurotoxicity on locomotion behavior induced by the subsequent severe metal exposure in *Caenorhabditis elegans*. *Environ Toxicol Pharmacol.* 2009; 28:459–64.  
<https://doi.org/10.1016/j.etap.2009.07.008>  
PMID:[21784043](#)
19. Wu ZQ, Li K, Ma JK, Li ZJ. Effects of ethanol intake on anti-oxidant responses and the lifespan of *Caenorhabditis elegans*. *CYTA J Food.* 2019; 17:288–96.  
<https://doi.org/10.1080/19476337.2018.1564794>
20. Xu J, Guo Y, Sui T, Wang Q, Zhang Y, Zhang R, Wang M, Guan S, Wang L. Molecular mechanisms of anti-oxidant and anti-aging effects induced by convallatoxin in *Caenorhabditis elegans*. *Free Radic Res.* 2017; 51:529–44.  
<https://doi.org/10.1080/10715762.2017.1331037>  
PMID:[28503972](#)
21. Yanase S, Ishii N. Hyperoxia exposure induced hormesis decreases mitochondrial superoxide radical levels via Ins/IGF-1 signaling pathway in a long-lived age-1 mutant of *Caenorhabditis elegans*. *J Radiat Res* (Tokyo). 2008; 49:211–18.  
<https://doi.org/10.1269/jrr.07043> PMID:[18285659](#)
22. Yu X, Zhao W, Ma J, Fu X, Zhao ZJ. Beneficial and harmful effects of alcohol exposure on *Caenorhabditis elegans* worms. *Biochem Biophys Res Commun.* 2011; 412:757–62.  
<https://doi.org/10.1016/j.bbrc.2011.08.053>  
PMID:[21871869](#)
23. Zhang J, Lu L, Zhou L. Oleanolic acid activates *daf-16* to increase lifespan in *Caenorhabditis elegans*. *Biochem Biophys Res Commun.* 2015; 468:843–49.  
<https://doi.org/10.1016/j.bbrc.2015.11.042>  
PMID:[26592451](#)
24. Zhao X, Lu L, Qi Y, Li M, Zhou L. Emodin extends lifespan of *Caenorhabditis elegans* through insulin/IGF-1 signaling pathway depending on DAF-16 and SIR-2.1. *Biosci Biotechnol Biochem.* 2017; 81:1908–16.  
<https://doi.org/10.1080/09168451.2017.1365592>  
PMID:[28831863](#)
25. Zhou L, Fu X, Jiang L, Wang L, Bai S, Jiao Y, Xing S, Li W, Ma J. Arbutin increases *Caenorhabditis elegans* longevity and stress resistance. *PeerJ.* 2017; 5:e4170.  
<https://doi.org/10.7717/peerj.4170> PMID:[29340230](#)
26. Zhu CJ, Peng Y, Tong ZH, Lu LY, Cui YH, Yu HQ. Hormetic effect and mechanism of imidazolium-based ionic liquids on the nematode *Caenorhabditis elegans*. *Chemosphere.* 2016; 157:65–70.  
<https://doi.org/10.1016/j.chemosphere.2016.05.007>  
PMID:[27209554](#)