**Supplemental Table 1.** Systematic review of manuscripts on normal heart weight.

| **First author** | **Year**  | **Study period** | **Country/po-pulation** | **N.** | **Age range (mean), years** | **Heart weight mean (SD), g** | **Heart weight range, g** |  **Predictor** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Men** | **Women** | **Men** | **Women** | **Men** | **Women** |  |
| Arnold | 1899 | 1894 – 1898 | USA, hospital cases | 216 (134 M, 82 W) |   |   | 290 | 253 | 250 – 325 | 225 – 300 |   |
| Smith | 1928 |   | USA, hospital cases | 854 (534 M, 320 W) | 18 – 80 | 18 – 80 | 294 | 250 | 137 – 400 | 110 – 375 | BW |
| Zeek | 1942 | 1924 – 1940 | USA, hospital cases | 926 (523 M, 403 F) | 21 – 69 | 21 – 49 | 312 (52) | 252.9 (46.4) | 200 – 424 | 150 – 374 | BL |
| Reiner  | 1959 | 1953 – 1955 | USA | 45 (26 M, 19 w) | 34 – 92 | 21 – 68 | 328 | 244 | 256 – 390 | 198 – 279 |   |
| Hayes  | 1966 | 1962 – 1962 | Jamaica | 58 (30 M, 28 W) | 43.5 (14) | 43.5 (16.9) | 294.5 (48.5) | 258.5 (49.5) |   |   |   |
| Dadgar  | 1979 | Unknown | India | 138 (116 M, 24 W) | 0 – 78  |   | 236.1 (56.81) | 206.6 (78.61) | 60 – 375 | 25 – 375 | BL |
| Kitzman  | 1988 | 1960 – 1982 | USA, hospital cases | 765 (373 M, 392 W) | 20 – 99 |   |   | 164 – 557 | BW > BSA > BH |
| Hanzlick | 1990 |   | Men | 201 | 20 – 39 |   | 364 (62) |   |   |   | Age and BW |
| Garby  | 1993 | 1972 – 1990 | Danish | 964 (630 M, 334 W) | 45 (17) | 41 (18) | 423 (87) | 320 (67) |   |   |   |
| Ogiu  | 1997 | 1985 – 1989 | Japan | 4667 (3023 M, 1644 W) | 0 – 95 | 0 – 93 | 292 – 321 (38 – 51) |   |   |   |   |
| Seo  | 2000 | 1994 – 1998 | Korea | 422 (215 M, 207 W) | 1 to 76 | 0 – 77 | 305 | 265 | 280 – 340 | 230 – 280 | BSA > BW > others |
| de la Grandmaison | 2001 | 1987 – 1991 | France, forensic cases | 684 (355 M, 329 W) | 42 (17) | 49 (20) | 365 (71) | 312 (78) | 90 – 630 | 174 – 590 | Age-BW-BMI>BH |
| da Cunha | 2002 | 1986 – 1998 | Brasil | 21 | 44.7 (21.8) | 329.1 (50.4) |   |   | BW>BMI |
| Kim | 2009 | 2003 – 2005 | Korea | 526 (369 M, 157 W) | 43.4 (12.54) | 44.6 (14.75) | 346.81 (57.90) | 298.79 (62.59) |   |   |   |
| Sheikhazadi | 2010 | 2007 – 2008 | Tehran | 1222 (914 M, 308 W) | 43.4 (17.8) | 45.2 (22.2) | 359.9 (76.6) | 319.2 (86.2) | 209 – 607 | 199 – 540 | BMI > BH |
| Gaitskell  | 2011 | 2003 – 2006 | United Kingdom, hospital cases | 384 (204 M, 180 W) | 14 – 98 | 380 | 329 | 192 – 672 | 197 – 765 | BSA > BW > others |
| Molina  | 2012 | 2005 – 2011 | USA, forensic cases | 232 M | 18 – 35 | 0 | 331 (56.7) |  | 188 – 575 |  |  |
| Vanhebost | 2014 | 2007 – 2011 | Switzerland, forensic cases | 288 (170 M, 118 W) | 37.08 (13.41) | 42.2 (15.7) | 357.1 (53) | 289.8 (63.22) | 260 – 550 | 160 – 455 | BSA > BW > others |
| Wingren  | 2015 | 1997 – 2013 | Sweden, forensic cases | 27 645 (20144 M, 7501 W) | Adults | Adults | 386.2 (101–994)  | 386.2 (101–994)  | 103 – 985 | BH, BSA and BW in a normal to overweighed population |
| Skurdal | 2016 | 2003 – 2012 | Norway, forensic and medical autopsies | 692 (461 M, 231 W) | 20 – 98 (40.6 M, 45.0 W) | 395.2 (83.0) | 316.3 (69.0) | 190 – 695 | 190 – 600 | BW, BSA |
| Gholamzadeh | 2017 | 2012 – 2015 | Iran, forensic autopsies | 501 (385 M, 116 F) | 15 – 98 (45.32 M, 44.89 F) | 356.82 (102.27) | 316.53 (81.99) | 118 – 900 | 119 – 510 | Age > BL |
| Vaibhav | 2022 | 1.5 years | India, forensic cases | 137 (104 M, 33 F) | 15 - 55 | 310.1 (83.97) | 241.2 (71.42) |  |  |  |
| Westaby | 2022 | 2013 – 2020  | United Kingdom | 1062 (701 M, 361 W) | 18 – 82  | 18 – 100 | 374 (64) | 285 (55) | 191 – 498 | 134 – 399 | Sex > BSA > Age |
| Abbreviations: BL, body length; BH, body height; BW, body weight; BSA, body surface area, BMI, body mass index; M, men; W, women. |

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