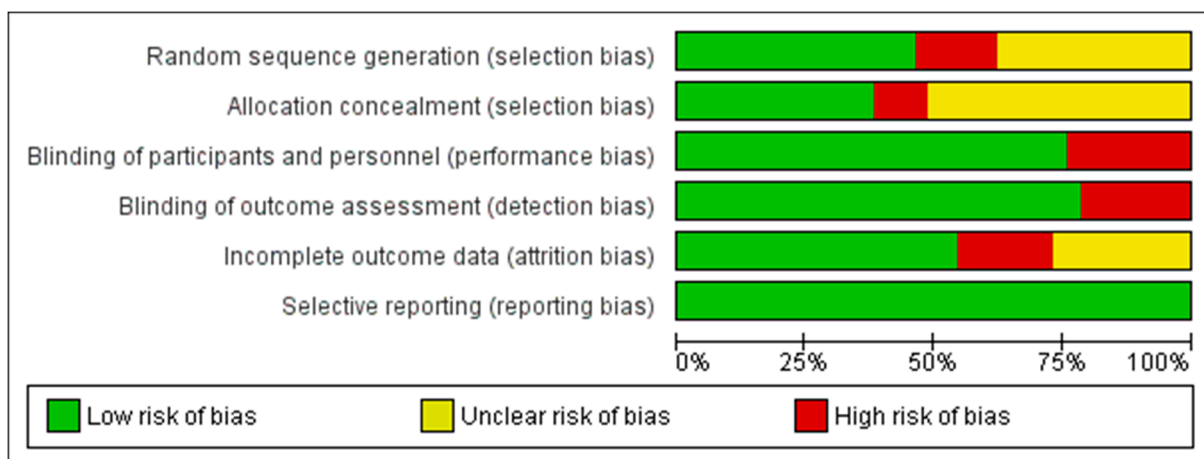


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Supplementary Figure S1.

Risk of bias assessment for the included randomized controlled trials.

(a) Risk of bias graph



(b) Risk of bias summary. Based on the Cochrane Collaboration's tool for assessing risk of bias, + indicates low risk of bias, - indicates high risk of bias, and ? indicates unclear risk of bias.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Abdelhamid 2016	?	?	-	-	+	+
Amsterdam 2012	+	?	+	+	-	+
Amsterdam 2019	-	-	-	-	+	+
Atteritano 2014	+	?	+	+	-	+
Brock 2014	+	+	+	+	+	+
Brown 2019	+	?	+	+	-	+
Casini 2006	?	?	+	+	?	+
Chedraui 2011	-	-	-	-	?	+
Coe 2019	+	+	+	+	+	+
de Sousa-Munoz 2009	-	+	+	+	?	+
Estrella 2014	?	?	-	+	+	+
Firoozabadi 2017	+	+	+	+	+	+
Gleason 2015	?	?	+	+	+	+
Hirose 2016	?	+	+	+	?	+
Ibero-Baraibar 2015	+	?	+	+	+	+
Ishiwata 2009	+	+	+	+	+	+
Jou 2005	?	?	-	-	+	+
Kok 2005	+	+	+	+	?	+
Krikorian 2010	-	?	-	+	+	+
Lau 2020	+	+	+	+	+	+
Lingaerde 2009	?	+	+	+	?	+
Lipovac 2010	?	?	+	+	+	+
Loffis 2013	?	?	+	+	+	+
Malaguamera 2016	+	+	+	+	+	+
Morgan 2009	+	+	+	+	-	+
Park 2020	?	?	+	-	+	+
Platero 2021	+	+	+	+	+	+
Quattrocchi 2015	-	-	-	-	?	+
Rondanelli 2009	+	+	+	+	+	+
Santos- Galduróz 2010	+	?	+	+	?	+
Singhal 2016	?	?	-	-	+	+
Terauchi 2014	?	?	+	+	?	+
van Dongen 2000	+	+	+	+	-	+
Wahner-Roedleret 2011	?	?	+	+	-	+
Xiao 2016	-	-	-	-	+	+
Zarghami 2018	?	?	+	+	?	+
Zhang 2013	+	?	+	+	-	+