

SUPPLEMENTARY FILES:

Tables S1

ROB 2 Table 3

Authors	Measurement of the outcome; Gastrointestinal Symptoms
	<p>4.1. Was the method of measuring the outcome inappropriate? No</p> <p>4.2. Could measurement or ascertainment of the outcome have differed between intervention groups? No</p> <p>4.3. If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants? No</p> <p>4.4. If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received?</p> <p>4.5. If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?</p> <p>Overall: LOW</p>
Smecuol et al., 2013	
	<p>4.1. No</p> <p>4.2. No</p> <p>4.3. No</p> <p>4.4.</p> <p>4.5.</p> <p>Overall: LOW</p>
Olivares et al., 2014	
Klemenak et al., 2015	: NOT MEASURED
Harnett et al., 2016	: NOT MEASURED
Quagliariello et al., 2016	: NOT MEASURED
Primec et al., 2019	: NOT MEASURED
	<p>4.1. No</p> <p>4.2. No</p> <p>4.3. No</p> <p>4.4.</p> <p>4.5.</p> <p>Overall: LOW</p>
Francavilla et al., 2019	
	<p>4.1. No</p> <p>4.2. No</p> <p>4.3.</p> <p>4.4.</p> <p>4.5.</p> <p>Overall: LOW</p>
Smecuol et al., 2019	
	<p>4.1. PY</p> <p>4.2. PY</p> <p>4.3. PY</p> <p>4.4. NI</p> <p>4.5. PY</p> <p>Overall: HIGH</p>
Ali et al., 2022	

Tables S2

ROB 2 Table 4

Authors	Measurement of the outcome; Inflammatory Markers
Smecuol et al., 2013	4.1. Was the method of measuring the outcome inappropriate? No
	4.2. Could measurement or ascertainment of the outcome have differed between intervention groups? No
	4.3. If N/PN/NI to 4.1 and 4.2: Were outcome assessors aware of the intervention received by study participants? PN
	4.4. If Y/PY/NI to 4.3: Could assessment of the outcome have been influenced by knowledge of intervention received? No
	4.5. If Y/PY/NI to 4.4: Is it likely that assessment of the outcome was influenced by knowledge of intervention received?
	Overall: LOW
Olivares et al., 2014	4.1. No
	4.2. No
	4.3. No
	4.4.
	4.5.
	Overall: LOW
Klemenak et al., 2015	4.1. No
	4.2. No
	4.3. No
	4.4.
	4.5.
	Overall: LOW
Harnett et al., 2016	NOT MEASURED
Quagliariello et al., 2016	NOT MEASURED
Primec et al., 2019	NOT MEASURED
Francavilla et al., 2019	NOT MEASURED
Smecuol et al., 2019	NOT MEASURED
Ali et al., 2022	NOT MEASURED