**Supplement Table 2:** Summary of risk of bias for eligible RCT studies.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Random seq. generation** | **Allocation concealment** | **Blinding** | **Incomplete outcome data** | **Selective reporting** | **Other potential bias** | **Overall bias** |
| Amanlou, et al. [11] | ? | ? | ? | ? | - | - | ? |
| A Stojanovska, et al. [13] | ? | ? | ? | + | - | ? | + |
| Babaee, et al. [14] | ? | - | - | ? | - | ? | ? |
| Babaee, et al. [15] | ? | ? | ? | - | - | ? | ? |
| El-Haddad, et al. [16] | - | - | + | + | - | ? | + |
| Hoseinpour, et al. [17] | - | - | - | - | - | - | - |
| Jiang, et al. [10] | - | - | ? | ? | - | ? | ? |
| Liu, et al. [18] | - | - | ? | - | - | ? | ? |
| Mansour, et al. [19] | - | ? | ? | - | - | - | ? |
| Pourahmad, et al. [20] | ? | - | ? | ? | - | - | ? |
| Yang, et al. [12] | - | ? | ? | - | - | ? | ? |

Key: - low; + high risk; ? unclear.