

Table S1. Detailed Jadad score components*

| Study | Jadad score | Randomization | Double blinding | Drop-outs or withdrawals | Allocation concealment |
|---------------------------------------|-------------|---------------|-----------------|--------------------------|------------------------|
| Graham ^[32] | 1 | 1 | 0 | 0 | N |
| Dutta et al ^[33] | 1 | 1 | 0 | 0 | N |
| Lankish et al ^[34] | 1 | 1 | 0 | 0 | N |
| Halgreen et al ^[35] | 3 | 1 | 2 | 0 | N |
| Gouerou et al ^[36] | 2 | 1 | 0 | 1 | N |
| Jorgensen et al ^[37] | 1 | 1 | 0 | 0 | N |
| Paris et al ^[38] | 3 | 1 | 1 | 1 | N |
| Delhaye et al ^[39] | 2 | 1 | 0 | 1 | N |
| Opekun Jr et al ^[40] | 1 | 1 | 0 | 0 | N |
| Halm et al ^[41] | 4 | 1 | 2 | 1 | N |
| O'Keefe et al ^[42] | 2 | 1 | 0 | 1 | N |
| Domínguez-Muñoz et al ^[43] | 2 | 2 | 0 | 0 | Y |
| Vecht et al ^[44] | 2 | 1 | 1 | 0 | N |
| Safdi et al ^[45] | 3 | 1 | 1 | 1 | N |
| Whitcomb et al ^[46] | 5 | 2 | 2 | 1 | Y |
| Toskes et al ^[47] | 3 | 1 | 1 | 1 | N |
| Thorat et al ^[48] | 5 | 2 | 2 | 1 | Y |

Y, reported; N, not reported.

*One point if study described as randomized, further point if method described and appropriate but one point deducted if method described and inappropriate; one point if study described as double blind, further point if method described and appropriate but one point deducted if method described and inappropriate; one point if withdrawals and/or drop outs described with reasons; maximum total 5 points.^[25]