**TABLE S2**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study, Year (Reference)** | **Design**† | | | | **Sample**‡ | | | **Intervention**§ | | **MQS**  **(n/13)** |
|  | **Randomization (n/2)** | **Blinding (n/1)** | **Analysis (n/2)** | **Selection (n/1)** | **Compatibility (n/1)** | **Follow-up (n/1)** | **Protocol (n/1)** | **Co-interventions (n/2)** | **Crossovers (n/2)** |  |
| Lovejoy et al, 2002-HF ([27](#_ENREF_21)) | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 5 |
| Lovejoy et al, 2002-LF ([27](#_ENREF_21)) | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 5 |
| Wien et al, 2003 ([28](#_ENREF_22)) | 2 | 0 | 2 | 0 | 1 | 0 | 1 | 2 | 0 | 8 |
| Tapsell et al, 2004 (37) | 1 | 0 | 2 | 1 | 1 | 0 | 0 | 1 | 0 | 6 |
| Tapsell et al, 2009 (36) | 2 | 0 | 0 | 1 | 1 | 0 | 1 | 2 | 0 | 7 |
| Ma et al, 2010 (35) | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 5 |
| Cohen et al, 2011 (30) | 1 | 0 | 2 | 0 | 1 | 1 | 0 | 2 | 0 | 7 |
| Jenkins et al, 2011 (33) | 1 | 0 | 2 | 1 | 1 | 0 | 1 | 2 | 0 | 8 |
| Li et al, 2011 ([34](#_ENREF_26)) | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 2 | 0 | 5 |
| Darvish Damavandi et al, 2012 ([32](#_ENREF_24)) | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 3 |
| Darvish Damavandi et al, 2013 ([38](#_ENREF_30)) | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 4 |
| Sauder et al, 2013 (29) || | - | - | - | - | - | - | - | - | - | - |