**Supplemental Digital Content 4.** Risk of Bias for Included Studies by Cochrane Method

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| **Author, Year** | **Incomplete Outcome Data (Attrition Bias)** | **Sequence Generation (Selection Bias)** | **Allocation Concealment (Selection Bias)** | **Blinding of participants (Performance Bias)** | **Blinding of Outcome Assessors (Detection Bias)** | **Selective Outcome Reporting Bias** | **Industry Support** |
| Weiss and Mueller, 1968 | Low | Unclear | Unclear | Low | High | Unclear | High |
| Fahey and Brown, 1973 | Low | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Ward, 1973 | Low | Unclear | Unclear | Low | High | Unclear | Unclear |
| Ariel, 1974 | Low | Unclear | Low | Low | Low | Unclear | Low |
| O'Shea and Winkler, 1974 | Low | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear |
| Stromme et al., 1974 | Low | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Johnson et al., 1975 | Unclear | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Loughton and Ruhling, 1977 | Low | Unclear | Unclear | Low | Low | Unclear | High |
| Kuipers et al., 1991 | Low | Unclear | Unclear | Low | Low | Unclear | Low |
| Bhasin et al., 1996 | Unclear | Unclear | Unclear | Low | Low | Unclear | High |
| Brown et al., 1999 | Unclear | Unclear | Unclear | Low | Low | Unclear | High |
| Giorgi et al., 1999 | Low | Unclear | Unclear | Low | Low | Unclear | Low |
| King et al., 1999 | Unclear | Unclear | Unclear | Low | Low | Unclear | High |
| Broeder et al., 2000 | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | High |
| Van Gammeren et al., 2001 | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | High |
| Van Gammeren et al., 2002 | Low | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Van Marken Lichtenbelt et al., 2004 | Low | Unclear | Unclear | Low | Low | Unclear | Unclear |
| **Author, Year** | **Incomplete Outcome Data (Attrition Bias)** | **Sequence Generation (Selection Bias)** | **Allocation Concealment (Selection Bias)** | **Blinding of participants (Performance Bias)** | **Blinding of Outcome Assessors (Detection Bias)** | **Selective Outcome Reporting Bias** | **Industry Support** |
| Baume et al., 2006 | Unclear | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Villareal and Holloszy, 2006 | Low | Low | Low | Low | Low | High | Low |
| Rogerson et al., 2007 | High | Unclear | Unclear | Low | Low | Unclear | High |
| Igwebuike et al., 2008 | Unclear | Unclear | Unclear | Low | Low | Unclear | Unclear |
| Ostojic et al., 2010 | Low | Unclear | Unclear | Low | Low | Unclear | High |
| Hildreth et al., 2013 | Low | Unclear | Low | Low | Low | Unclear | High |
| Kvorning et al., 2013 | Low | Unclear | Unclear | Low | Low | Unclear | High |
| Granados et al., 2014 | Unclear | Unclear | Unclear | Low | Low | Unclear | Low |