Supplemental Content

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| Table S3Quality grading of each outcome |
| Outcomes | Absoluteefect (95% CI) | Relativeefect (95% CI) | Number ofpatients (studies) | Quality of theevidence (GRADE) |
| VAS  | MD 19.24 lower (26.31 to 12.18 lower) | NA | 194(7) | HIGH |
| WOMAC total | SMD 0.66 lower (1.09 to 0.23 lower) | NA | 202(7) | MODERATE |
| WOMAC pain | SMD 0.46 lower (0.75 to 0.17 lower) | NA | 194(7) | MODERATE |
| WOMAC stiffness | SMD 0.32 lower (0.64 lower to 0 higher) | NA | 152(5) | LOW |
| WOMAC function | SMD 0.36 lower (0.69 to 0.04 lower) | NA | 152(5) | LOW |
| WORMS | MD 2.2 lower (15.68 lower to 11.28 higher) | NA | 57(3) | LOW |
| Cartilage volume | SMD 0.69 higher (0.25 to 1.13 higher) | NA | 88(3) | LOW |
| Adverse events | NA | OR 3.2 (1.5 to 6.83) | 148(6) | LOW |