Online Supplementary Data

**Supplemental Table 2:** Risk of bias for publications included in meta-analysis

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Reference |  Bias arising from the randomization process |  Bias due to deviations from intended interventions |  Bias due to missing outcome data |  Bias in measurement of the outcome | Bias in selection of the reported result |  Overall risk of bias |
| Alghannam et al. (24) | L | L | L | L | L | L |
| Beelen et al. (25) | L | S | L | S | L | L |
| Betts et al. (26) | L | L | L | L | L | L |
| Carrithers et al. (27) | L | L | L | S | L | L |
| Cogan et al. (15) | L | L | L | L | S | L |
| Detko et al. (28) | L | L | L | S | L | L |
| Ferguson-Stegall et al. (29) | L | L | L | S | L | L |
| Howarth, et al. (16) | L | L | L | L | L | L |
| Ivy et al. (12) | L | L | L | S | L | L |
| Jentjens et al. (30) | L | L | L | S | L | L |
| Kammer et al. (31) | S | L | L | S | L | L |
| Lunn et al. (32) | S | S | L | S | L | S |
| Roy et al. (33) | L | S | L | S | L | S |
| Tarnopolsky et al. (34) | L | L | L | L | L | L |
| Van Hall et al. (35) | L | L | L | S | L | L |
| Van Hall et al. (17) | L | L | L | S | L | L |
| Van Loon et al. (18) | L | L | L | L | L | L |
| Williams et al. (13) | L | L | L | L | L | L |
| Yaspelkis et al. (36) | L | L | L | S | L | L |
| Zawadzki et al. (14) | L | L | L | S | L | L |
| H = high concern, L = low concern, S = some concern |