**Supplemental Table 1.** Levels of Evidence (Oxford Centre for Evidence-based Medicine—March 2009)12

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|  | Therapy/Prevention, Aetiology/Harm |
| 1a | Systematic Review (with homogeneity) of Randomized Controlled Trials |
| 1b | Individual Randomized Controlled Trial (with narrow Confidence Interval) |
| 1c | All or none |
| 2a | Systematic Review (with homogeneity) of cohort studies |
| 2b | Individual cohort study (including low quality Randomized Controlled Trial;  e.g., <80% follow-up) |
| 2c | “Outcomes” Research; Ecological studies |
| 3a | Systematic Review (with homogeneity) of case-control studies |
| 3b | Individual Case-Control Study |
| 4 | Case-series (and poor-quality cohort and case-control studies |
| 5 | Expert opinion without explicit critical appraisal, or based on physiology,  bench research or “first principles” |