**Supplemental Digital Content**

**eTable 1** that Evaluation of methodological quality for the randomized controlled trials (RCT) included in the analysis with the modified Jadad scale.

**eFigure 1.** Funnel plot of the four randomized controlled trials examining systolic blood pressure.

**eFigure 2.** Funnel plot for the four randomized controlled trials examining diastolic blood pressure.

eTable 1:Evaluation of methodological quality for the randomized controlled trials (RCT) included in the analysis with the modified Jadad scale.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Randomization | Blinding |  |  |  |  |
| RCT, [reference] | Randomized | Appropriate | Double blind | Appropriate | Description of dropouts | Inclusion/exclusion criteria | Adverse effects | Jadad Score |
| McManus et al.,17 2014 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8 |
| Margolius et al., 19 2012  | Yes | Yes | Not described | No | No | Yes | No | 5 |
| McManus et al.,20 2010  | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8 |
| Tobe et al.,21 2006 | Yes | Yes | No | No | Yes | Yes | Yes | 6 |

 **eFigure 1.** Funnel plot of the four randomized controlled trials examining systolic blood pressure.



 **eFigure 2.** Funnel plot for the four randomized controlled trials examining diastolic blood pressure.

