

Supplemental Table 1. Risk of Bias Summary for Randomized Controlled Trials

Reference	Random Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcome Assessment	Incomplete Outcome Data	Selective Reporting
3	-	+	-	+	-	-
45	-	+	+	+	-	-
51	+	+	+	+	-	-
53	-	+	+	+	-	-

+ = high risk of bias; - = low risk of bias

Table 2. Risk of Bias Assessment for Non-Experimental Studies

Reference	Study Question Clarity	Description of Study Population	Comparability of Participants	Exposure Clearly Defined	Outcomes Clearly Defined	Assessment of Confounding	Measure of Effect	Discussion and Limitations	Funding Source Disclosed
16	-	-	-	-	-	-	-	-	-
17	-	-	-	-	-	-	-	-	-
33	-	-	-	-	-	-	-	-	-
34	-	-	+	-	-	-	-	-	-
35	-	+	N/A	-	-	mod	-	-	-
37	-	-	-	-	-	mod	N/A	-	-
38	-	-	N/A	-	-	-	-	-	-
39	-	mod	+	-	-	-	-	-	-
40	-	-	N/A	-	-	-	N/A	-	-
43	-	mod	+	-	-	-	-	-	-
44	-	mod	-	-	-	-	+	-	-

46	-	-	N/A	-	-	-	mod	-	-
47	-	+	-	-	-	+	+	+	+
48	-	-	-	-	-	-	+	+	+
49	-	+	N/A	-	-	Mod	+	-	-
52	-	+	N/A	+	-	-	+	-	+
54	-	-	-	N/A	-	-	+	-	-
55	-	-	-	-	-	-	-	-	-

+ = high risk of bias; - = low risk of bias; mod = bias present to a modest degree; N/A = not applicable