

Supplementary Table 3. Risk of bias of included randomized clinical trials

Unique ID	Study ID	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of outcome	Selection of reported result	Overall Bias
37356033	NCT04929483	Low	Low	Low	Low	Low	Low
37088457	NCT03486899	Low	Low	Low	Low	Low	Low
34740705	NCT03421431	Low	Low	Low	Low	Low	Low
35325622	NCT03912532	Low	Low	Low	Low	Low	Low
32865597	NCT03590626	High	Some concerns	Low	Low	Low	High
36334688	NCT03812029	Low	Low	Low	Low	Low	Low
36804402	NCT04321343	Low	Some concerns	Low	Low	Low	Some concerns
34239138	NCT03976401	Low	Some concerns	High	Low	Low	Some concerns
34386935	NCT01068444	Some concerns	Low	Low	Low	Low	Some concerns
32781086	NCT02443116	Low	Low	Low	Low	Low	Low
32115759	NCT02854605	Low	Low	Low	Low	Low	Low
37845512	NCT04197479	Low	Low	Low	Low	Low	Low
36521501	NCT04048135	Low	Low	Low	Low	Low	Low
33185364	NCT02970942	Low	Low	Low	Low	Low	Low
34635855	NCT03248882	Low	Low	Low	Low	Low	Low
38324483	NCT03900429	Low	Low	Low	Low	Low	Low
34528723	NCT03071692	Low	Low	Low	Low	Low	Low
34670042	NCT03008070	Low	Low	Low	Low	Low	Low
27322798	NCT00994682	Low	Low	Low	Low	Low	Low
26394161	NCT01237119	Low	Low	Low	Low	Low	Low
26608256	NCT01237119	Low	Low	Low	Low	Low	Low
25468160	NCT01265498	Low	Some concerns	Low	Low	Low	Low

31727409	NCT02912260	Low	Low	Low	Low	Low	Low
30554783	NCT02413372	Low	Some concerns	Low	Low	Low	Some concerns
30059671	NCT02856555	Low	Low	Low	Low	Low	Low
29519502	NCT02443116	Low	Low	Low	Low	Low	Low
26874076	NCT01694849	Some concerns	Low	Low	Low	Low	Some concerns
37517454	NCT02548351	Low	Low	Low	Low	Low	Low
35439567	NCT03987074	High	Low	Low	High	Low	High
31813633	NCT02548351	Low	Low	Low	Low	Low	Low
23727264	NCT00501592	Low	Some concerns	Low	Low	Low	Some concerns
18503774	Ratzu V, 2008	Low	Low	Low	Low	Some concerns	Some concerns
33811367	NCT03061721	Low	Low	Low	Low	Low	Low
37355043	NCT04944992	High	Low	Low	High	Low	High
33152542	Siddiqui MS, 2021	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns
39002641	NCT05006885	Low	Low	Low	Low	Low	Low
38847460	NCT04771273	Low	Low	Low	Low	Low	Low
38729399	NCT04019561	Low	Low	Low	Low	Low	Low
38856224	NCT04166773	Low	Low	Low	Low	Low	Low
38858523	NCT04881760	Low	Low	Low	Low	Low	Low
AASLD5018	NCT04822181	Low	Low	Low	Low	Low	Low
AASLD5016	NCT04173065	Low	Some concerns	Some concerns	Low	Low	Some concerns
AASLD5017	NCT04880031	Low	Some concerns	Some concerns	Low	Low	Some concerns
AASLD0054	NCT05193916	Some concerns	Some concerns	Low	Low	Low	Some concerns