		skeletal muscle	heart	bone	liver	lung	pancreas	brain	kidney	thyroid gland	cartilage	spleen	Western blot	immunohistochemistry	mass spectrometry	histology	histology/photometry	casein zymography	enzyme activity assay	SDS-PAGE	2D-PAGE	ELISA	lateral flow assay	biuret method	troponin T	collagen	desmin	tropomyosin	calpain 1 (μ-calpain)	calpain 2 (m-calpain)	GST	actin	beta-catenin	CaMK	calcineurin A	calcitonin	creatin kinase M-type	glucagon	GAPDH	insulin	laminin	MARCKS	nebulin	SERCA 1	thyroglobulin	titin	troponin I	tubulin	vinculin	Risk of bias	Level of Evidence
1	Wehner et al. 1999 [31]						1							1																										1										h.	1
2	Wehner et al. 2000 [33]									1				1																															1				h.	1
3	Wehner et al. 2001 [32]									1				1																					1														h.	1
4	Wehner et al. 2001 [30]						1							1																							1												h.	1
5	Thaik-Oo et al. 2002 [34]		1		1	1		1														1																											h.	1
6	Kang et al. 2003 [48]	1				1							1																				1	1								1								m.	2
7	Sabucedo and Furton 2003 [35]		1										1																																		1			h.	1
8	Wehner et al. 2006 [29]						1	1						1																																				h.	1
9	Poloz and O'Day 2009 [24]	1				1							1																				1	1								1								m.	2
10	Boaks et al. 2014 [55]			1													1								1																									h.	2
11	Bolton et al. 2015 [56]										1		1																																					h.	2
12	Kumar et al. 2015 [37]		1										1											1																										h.	1
13	Kumar et al. 2015 [36]		1										1											1																										h.	1
14	Kumar et al. 2015 [38]		1										1											1																										h.	1
15	Abo El-Noor et al. 2016 [49]		1						1										1												1																			l.	2
16	Lee et al. 2016 [50]	1							1				1	1									1										1						1											l./m./h.	2
17	Li et al. 2016 [27]	5	4		1	1		1	1			1	4	1										1								2															1	2		n.a.	1
18	Foditsch et al. 2016 [57]	1											1							1					1		1	1	1												1		1	1		1				h.	3
19	Kumar et al. 2016 [39]		1										1												1																										h.	1
20	Pittner et al. 2016 [23]	1											1					1		1					1		1	1	1	1													1	1		1				m.	2
21	Pittner et al. 2016 [40]	1											1					1							1		1	1	1	1																				l.	1
22	Kwak et al. 2017 [52]		1		1										1						1				1		1	1			1						1													h.	3
23	Li et al. 2017 [44]				1										1																																			l.	1
24	Li et al. 2017 [53]	1													1																																			h.	3
25	Ortmann et al. 2017 [43]						1			1				1																					1		1		1					1						h.	1
26	Pérez-Martínez et al. 2017 [42]			1											1										1																									m.	1
27	Pittner et al. 2017 [41]	1											1					1						1		1	1	1	1																					h.	2
28	Jellinghaus et al. 2018 [58]			1												1	1								1																									m.	2
29	Prieto-Bonete et al. 2018 [25]			1											1										1								1								1									m.	1
30	Procopio et al. 2018 [59]			1											1										1												1													h.	2
31	Zissler et al. 2018 [51]	1											1														1	1																					1	l.	2
32	Alibegovic et al. 2019 [46]										1					1									1																									h.	2
33	Cho and Eom 2019 [54]					1							1	1																																				l./m.	2
34	Choi et al. 2019 [47]	1											1		1												1	1											1										1	l./h.	2
35	da Fonseca et al. 2019 [60]	1			1			1	1										1												1																			l	2
36	Jellinghaus et al. 2019 [45]			1												1	1								1																									h.	1

		tissue											method											protein																									
level of evidence	total	11	8	6	4	4	4	3	3	3	2	1	16	8	7	3	3	3	2	2	1	1	1	1	9	7	7	7	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	low risk of bias, level 1	1			1								1		1			1							1		1	1	1	1																				
	low risk of bias, level 2	4	1		1	1		1	3				4						2								2	2			2		1							2										2
	low risk of bias, level 3																																																		
	moderate risk of bias, level 1			2											2											2							1									1									
	moderate risk of bias, level 2	3		2		2							3	2		1	1	1		1					1	2	1	1	1	1				2	2		1						2	1	1		1				
	moderate risk of bias, level 3																																																		
	high risk of bias, level 1		6	1	1	1	4	2		3			5	6		2	1					1			4	1										2		2							2		1			
	high risk of bias, level 2	1		1							2		2		2		1	1					1		1	2	1	1	1	1																					
	high risk of bias, level 3	2	1		1								1		2					1	1				2		2	2	1		1						1			2	1		1	1		1					
	n.a.											1												1								2																	1	2		

evidence base

excellent
good
satisfactory
poor