

RCTs			Jadad Quality Assessment scale	
Number	study	Experimental design	supplementation	Quality assessment
1	Roma el. (2015)	RCT	n-3 PUFA+ Vit E Vit E (Con)	3 (Medium)
2	Mariasole el. (2017)	RCT	n-3 PUFA placebo (Con) All with lower-limb resistance exercise training	4 (Good)
3	Emelie el. (2019)	RCT	resistance training and healthy diet rich in N-3PUFAs (RT-HD), resistance training only (RT) controls (CON)	3 (Medium)
4	Stephen el. (2018)	RCT	resistance training and omega-3 (Exp) placebo (Con)	5 (High)
5	Sebastiaan el. (2021)	RCT	Resistance exercise and Omega-3 (Exp) corn oil (Con)	4 (Good)
6	Stephan el. (2020)	double-blind, RCT	1) 2000 IU vitamin D-3 per day; 2) 4000 mg CLA per day; 3) both Vit D (2000 IU/d) and CLA (4000 mg/d); 4) placebo	5 (High)
7	Yves el. (2019)	multi center, RCT	1) ω3-PUFA alone, 2) ω3-PUFA plus the multidomain intervention 3) the multidomain intervention plus placebo, 4) placebo alone.	5 (High)

8	Jun el. (2016)	double-blind RCT	PUFA corn oil (Con)	4 (Good)
9	Claire. el. (2021)	single center, parallel, double- blind, RCT	Electrical Muscle Stimulation Procedures+ 1)placebo capsules 2)Whey protein isolate capsules 3)WPI+Omega-4+rutin, and curcumin	4 (Good)
10	Gordon. el. (2015)	double-blind RCT	Corn oil (CON) n-3 PUFA group	3 (Medium)
11	Gordon. el. (2011)	RCT	omega-3 fatty acids (Exp) corn oil(Con)	4 (Good)
12	Stephen. el. (2009)	double-blind, RCT	alpha-linolenic acid (ALA) placebo (Con)	4 (Good)
13	Mats el. (2020)	double-blind, RCT	Resistance exercise and omega-3 (Exp) placebo (Con)	5 (High)

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