Table S4. Certainty of evidence.

Quality assessment						Quality
Outcome	**Study design**	**Risk of bias**	**Inconsistency**	**Indirectness**	**Imprecision**	
PON activity	Serious [a] 17 cross-sectional Studies - 1144 participants	Not serious: 10 Low 6 Moderate 1 High	Serious[b] I^2= 97%	No serious indirectness	Not serious SMD -1.32 95%CI (-0.70 to -1.94)	⊕◯◯◯ Very low
ARE activity	Serious [a] 10 cross-sectional Studies - 1367 participants	Not serious: 6 Low 4 Moderate	Serious[b] I^2= 95.7%	No serious indirectness	Not serious SMD -0.91 95%CI (-0.91 to -0.46)	⊕◯◯◯ Very low

[a]The certainty was downgraded of 2 levels due to the cross-sectional design of studies included in the meta-analysis
[b]The certainty of the evidence was downgraded of 1 level due to the high and unexplained heterogeneity