

















**Figure S2. Bias assessment of non-randomized clinical trials. Green circles with plus sign = low risk of bias, blue circle with question mark= no information, red circle with cross sign = serious risk of bias.**

Study	Author/ year	Bias due to confounding	Bias due to selection of participants	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Overall result
	Elmadfa I et al., 2001								
	Silva M et al., 2008								
	Korčok D et al., 2018	