

Supplementary Documents:

Figure S1. Bias assessment of parallel and cross-over RCTs. * cross-over studies. Green circles with plus sign = low risk of bias, yellow circle with minus sign = some concerns.

Study	Author/ year	Bias arising from randomization process	Bias due to deviation from intended intervention	Bias due to missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result	Overall result
	Agustina R et al., 2013						
	Axling U et al., 2020						
	Ballini A et al., 2019						
	Donaldson M S et al., 2000						
	Fabian E and Elmadfa I., 2007						
	Fabian E et al., 2008						
	Mohammad A et al., 2006						
	Surono I.S et al., 2014						
	Valentini L et al., 2015						
	*Gohel M et al., 2016						
	*Narva M et al., 2004						