Supplementary Appendix 2

Study ID	Selection bias						
	Random sequence	Allocation	Performance bias	Detection bias	Attrition bias	Reporting bias	Other bias
	generation	concealment	DIAS				
Tehrani et al.,	Unclear risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk
201714	(no randomization	(no randomization	(no blinding details provided)	(no blinding details provided)	(85.7% participants were	(no potential sources	(baseline
	details provided)	details provided)			included in the analysis)	of reporting bias)	balanced)
Grant, 2009 ²⁴	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	unclear risk
	(concealment of	(concealment of	(clinical outcome measurements	(clinical outcome	(97.6% participants were	(no potential sources of	(insufficient
	allocation was achieved	allocation was	were assessed by two reliable	measurements were assessed	included in the analysis)	reporting bias)	information)
	via a computerized	achieved via a	investigators who were blinded to	by two reliable investigators			
	program)	computerized	allocation)	who were blinded to allocation)			
		program)					
Chan et al.,	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
2016 ²⁵	(randomization was	(randomization was	(capsules were identical in	(capsules were identical in	(all participants were	(no potential sources of	(baseline
	performed according to	performed according	appearance	appearance	included in the analysis)	reporting bias)	balanced)
	a randomization table	to a randomization	and both the participants and the	and both the participants and			
	with the allocation	table with the	investigators were blinded to which	the investigators were blinded			
	group sealed in opaque	allocation group	treatment group each participant was	to which treatment group each			
	envelopes)	sealed in opaque	assigned to)	participant was assigned to)			
		envelopes)					
Husein et al.,	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
2015 ²⁶	(participants were	(participants were	(no blinding details provided)	(no blinding details provided)	(89.3% participants were	(no potential sources	(baseline
	randomly assigned by	randomly assigned by			included in the analysis)	of reporting bias)	balanced)
	RANDOM	RANDOM					
	ALLOCATION	ALLOCATION					
	software)	software)					

Mombaini et	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk	Low risk
al., 2017 ²⁷	(no randomization	(no randomization	(the researchers were blinded to the	(the researchers were blinded	(90.0% participants were	(no potential sources of	(baseline
	details provided)	details provided)	identities of the subjects and which	to the identities of the subjects	included in the analysis)	reporting bias)	balanced)
			group they belong to)	and which group they belong			
				to)			
Farhadian et	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
al., 2020 ²⁸	(randomization was	(randomization was	(double-blind and capsules were	(double-blind and capsules	(all participants were	(no potential sources of	(baseline
	performed by a person	performed by a	identical in appearance)	were identical in appearance)	included in the analysis)	reporting bias)	balanced)
	who did not know the	person who did not					
	research project)	know the					
		research project)					