

Supplemental Digital Content 4. A Summary of the Cochrane Risk of Bias Assessment of the Included Primary Literature Randomized Controlled Trials (K=12) (15)												
Item Assessed	Wilcox, 1984 (16)	Wilcox, 1987 (17)	Kelemen, 1990 (24)	Cleroux, 1992 (18)	Radaelli, 1992 (23)	Beaulieu, 1993 (19)	Ohta, 2012 (26)	Ammar, 2015 (27)	Maruf, 2016 (25)	Queiroz, 2017 (20)	Ramirez-Jimenez, 2018 (21)	Ramirez-Jimenez, 2019 (22)
RCT Study Design Type	Acute RCT Double Blind Crossover	Acute RCT Double Blind Crossover	Chronic RCT Double Blind Parallel	Acute RCT Double Blind Crossover	Chronic RCT Blind Crossover	Acute RCT Double Blind Crossover	Chronic RCT Blind Parallel	Chronic RCT Blind Parallel	Chronic RCT Double Blind Parallel	Acute RCT Double Blind Crossover	Acute RCT Double Blind Crossover	Acute RCT Double Blind Crossover
Randomization Process	SC	SC	SC	SC	SC	SC	SC	SC	LR	SC	LR	LR
Deviation from Intended Interventions	LR	LR	LR	LR	LR	LR	LR	SC	LR	LR	HR	HR
Missing Outcome Data	HR	LR	LR	LR	LR	LR	LR	LR	LR	LR	LR	LR
Measurement of the Outcomes	SC	SC	SC	SC	SC	SC	SC	LR	LR	SC	SC	SC
Selection of Reported Results	SC	SC	SC	SC	SC	SC	LR	SC	LR	SC	SC	SC
Overall Rating	HR	HR	HR	HR	HR	HR	SC	HR	LR	HR	HR	HR

RCT=Randomized Controlled Trial; LR=Low Risk; SC=Some Concerns; HR=High Risk