

Supplementary

Table S1 Assessment of risk of bias

Study	A	B	C	D	E	F
Kolacz, 2015	L	S	L	L	L	L
Isiordia, 2012	L	L	L	S	L	L
Pozos, 2006	L	L	S	S	L	L
Shipton, 2003	L	L	S	L	L	L

Risk of bias legend: (A) bias arising from the randomization process; (B) bias due to deviations from intended interventions; (C) bias due to missing outcome data; (D) bias in measurement of the outcome; (E) bias in selection of the reported results; (F) overall bias. L, low risk of bias; S, some concerns.