

Supplementary

Table S1 The quality of evidence of the included non-RCT trails

Study	Selection			Comparability			Exposure			Scores
	a	b	c	d	e	f	g	h	i	
Kam	☆			☆	☆		☆	☆	☆	6
R.mager	☆	☆		☆	☆		☆	☆		6
Usawachintachit	☆	☆		☆	☆		☆☆	☆		7

a:adequate case definition; b: representativeness of the cases; c: selection of controls; d:definition of controls; e:study controls for the most important factor; f: study controls for any additional factor; g: ascertainment of exposure; h: some methods of ascertainment for cases and controls; i: non-response rate

Table S2 The quality of evidence of the RCT trails

Study	Generation of random Sequences	Randomization concealment	Blinding	Withdrawals and dropouts	Scores
Qi	☆☆	☆☆	☆☆		6
Ding jie	☆☆	☆	☆	☆	5