**Supplementary Table 3.** Quality assessment of randomized controlled trials (RCT)\*\*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Author | Rubini 2015 [34] | Moreno 2014 [32] | Moreno 2016 [10] | Goday 2016 [28] | Perticone 2019 [33] | Merra 2016 [13] |
| Randomization | 2 | 2 | 2 | 2 | 2 | 2 |
| Blinding | 0 | 0 | 0 | 0 | 0 | 2 |
| An Account for all patients | 1 | 1 | 1 | 1 | 0 | 1 |
| **Total Score** | **3** | **3** | **3** | **3** | **2** | **5** |

\*\* Jadad scale for reporting randomized controlled trials cut-off point; Concerning the cut-off point, we can state that it was decided *a priori* that studies should be scored as high quality if they received a Jadad score >3 (of a possible five points) and low quality if the score was ≤3. (As indicated in <http://www.medscape.com/viewarticle/472650_2)>