

Supplementary materials

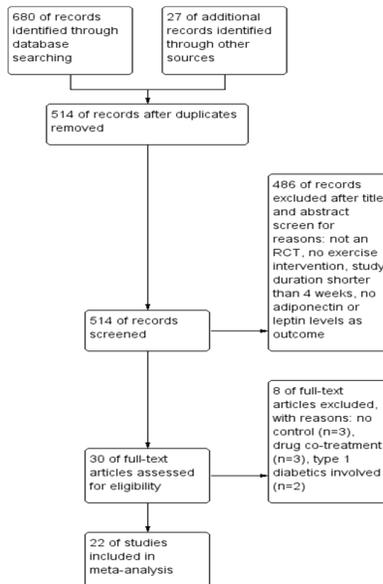
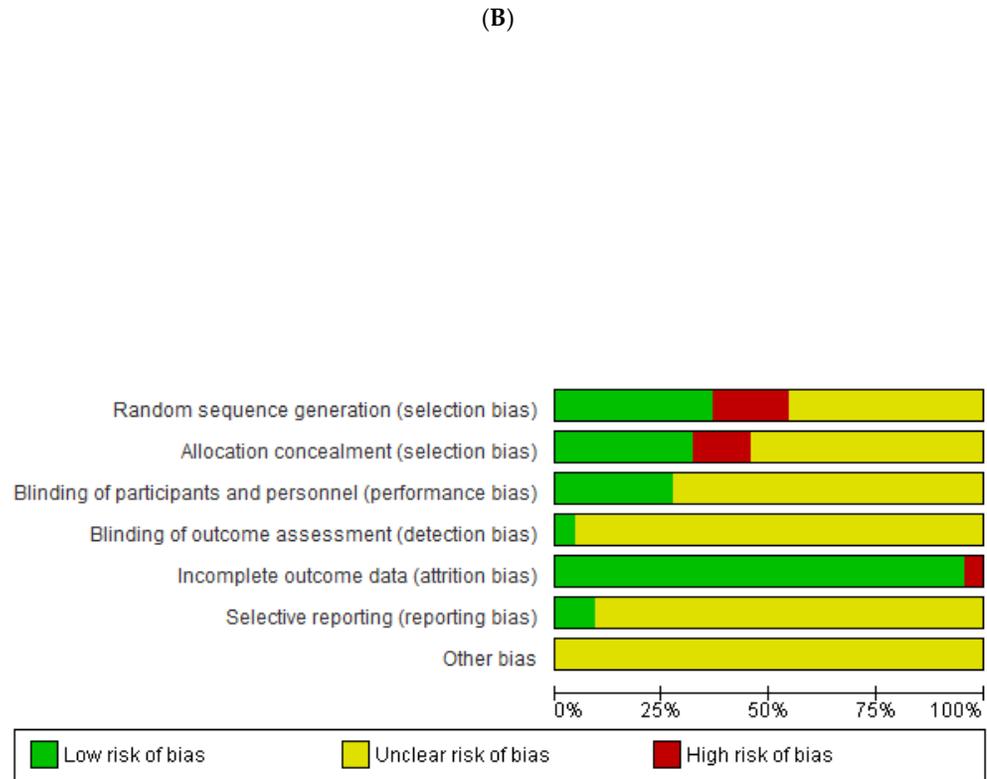
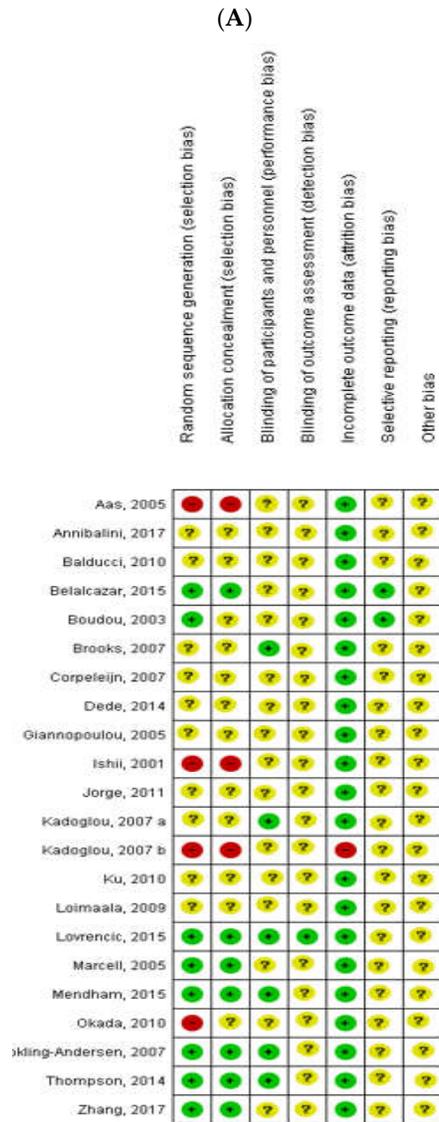


Figure S1. Flow diagram of study selection. RCT—randomized controlled trial.



**Figure S2.** Risk of bias assessment. Each bias domain was assessed for every study included in the meta-analysis and decided it reflected a low risk of bias (green), high risk of bias (red), or if insufficient information was provided so that the risk of bias was unclear (yellow). (A) Risk of bias in individual studies. (B) Summary of risk of bias.



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