

**Supplementary Appendix 2.** Critical appraisal of the studies

	Observational studies (New Castle Ottawa scale)					Randomized controlled trials (Risk of Bias 2.0 scale)				
	Lau et al. [23], 2020	Binding et al. [35], 2019	Huang et al. [36], 2020	Lutsey et al. [21], 2020	Lau et al. [19], 2017	Connolly et al. [13], 2009	Patel et al. [14], 2011	Hori et al. [15], 2012	Granger et al. [16], 2011	Giugliano et al. [17], 2013
Risk of Bias 2.0 scale										
Random sequence generation						+	+	+	+	+
Allocation concealment						+	+	+	+	+
Blinding of participants and personnel						-	+	+	+	+
Blinding of outcome assessment						+	+	+	+	+
Incomplete outcome data						+	+	+	+	+
Selective reporting						+	+	+	+	+
Other bias						+	+	+	+	+
New Castle Ottawa scale										
Selection	++++	+++	++++	++++	+++					
Comparability	+	+	+	+	+					
Outcome	+++	+	+++	+++	++					