

Experimental			Control			5	Std. Mean Difference	Std. Mean Difference
Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% CI
1	22.77	23	-3	18.04	22	30.1%	0.19 [-0.40, 0.78]	
-3.9	25.4	17	0.1	18.19	14	20.6%	-0.17 [-0.88, 0.54]	
		40			36	50.6%	0.04 [-0.41, 0.49]	
00; Chi ^z :	= 0.60, df	= 1 (P	= 0.44);	I ² = 0%				
= 0.19 (P	= 0.85)							
-17	34.87	17	-16	32.97	51	34.3%	-0.03 [-0.58, 0.52]	
29.077	10.2867	10	-31.9	12.4518	13	15.1%	0.24 [-0.59, 1.06]	
		27			64	49.4%	0.05 [-0.41, 0.51]	-
00; Chi ² :	= 0.27, df	= 1 (P	= 0.60);	$ ^{2} = 0\%$				
= 0.22 (P	= 0.83)							
		67			100	100.0%	0.05 [-0.27, 0.37]	•
Total (95% Cl) 67 Heterogeneity: Tau ² = 0.00; Chi ² = 0.88, df = 3 (P = 0.83); l ² = 0%								F F F F F F F F F F F F F F F F F F F
		(0.00/	, _ 0 /0				-2 -1 0 1 2
		df = 1	(P = 0.0	(8) I ² = 0%				Favours [experimental] Favours [control]
	Mean 1 -3.9 00; Chi [≇] : = 0.19 (P -17 29.077 00; Chi [≇] : = 0.22 (P 00; Chi [≇] : = 0.29 (P	Mean SD 1 22.77 -3.9 25.4 00; Chi² = 0.60, df = 0.19 (P = 0.85) -17 34.87 29.077 10.2867 00; Chi² = 0.27, df = 0.22 (P = 0.83) 00; Chi² = 0.88, df = 0.29 (P = 0.77)	Mean SD Total 1 22.77 23 -3.9 25.4 17 40 00 ; Chi ² = 0.60, df = 1 (P 0.19 (P = 0.85) -17 34.87 17 29.077 10.2867 10 27 00 ; Chi ² = 0.27, df = 1 (P 0.23 67 00 ; Chi ² = 0.88, df = 3 (P 0.29 (P = 0.77)	Mean SD Total Mean 1 22.77 23 -3 -3.9 25.4 17 0.1 40 00; Chi ² = 0.60, df = 1 (P = 0.44); = 0.19 (P = 0.85) -17 34.87 17 -16 29.077 10.2867 10 -31.9 27 00; Chi ² = 0.27, df = 1 (P = 0.60); = 0.22 (P = 0.83) 67 00; Chi ² = 0.88, df = 3 (P = 0.83); = 0.29 (P = 0.77)	Mean SD Total Mean SD 1 22.77 23 -3 18.04 -3.9 25.4 17 0.1 18.19 40 00; Chi ² = 0.60, df = 1 (P = 0.44); I ² = 0% = 0.19 (P = 0.85) -17 34.87 17 -16 32.97 29.077 10.2867 10 -31.9 12.4518 27 00; Chi ² = 0.27, df = 1 (P = 0.60); I ² = 0% = 0.22 (P = 0.83) 67 00; Chi ² = 0.88, df = 3 (P = 0.83); I ² = 0% = 0.29 (P = 0.77) = 0.77)	Mean SD Total Mean SD Total 1 22.77 23 -3 18.04 22 -3.9 25.4 17 0.1 18.19 14 40 36 36 36 36 36 00; Chi ² = 0.60, df = 1 (P = 0.44); I ² = 0% = 0.19 (P = 0.85) = 17 34.87 17 -16 32.97 51 29.077 10.2867 10 -31.9 12.4518 13 27 64 00; Chi ² = 0.27, df = 1 (P = 0.60); I ² = 0% = 67 100 00; Chi ² = 0.83; df = 3 (P = 0.83); I ² = 0% = 000	Mean SD Total Mean SD Total Weight 1 22.77 23 -3 18.04 22 30.1% -3.9 25.4 17 0.1 18.19 14 20.6% 40 36 50.6% 36 50.6% 00; Chi ² = 0.60, df = 1 (P = 0.44); I ² = 0% = 0.19 (P = 0.85) -17 34.87 17 -16 32.97 51 34.3% 29.077 10.2867 10 -31.9 12.4518 13 15.1% 27 64 49.4% 00; Chi ² = 0.27, df = 1 (P = 0.60); I ² = 0% = 0.22 (P = 0.83) 67 100 100.0% 00; Chi ² = 0.88, df = 3 (P = 0.83); I ² = 0% = 0.29 (P = 0.77) 64 3 (P = 0.83); I ² = 0% = 0.29 (P = 0.77)	Mean SD Total Mean SD Total Weight IV, Random, 95% CI 1 22.77 23 -3 18.04 22 30.1% 0.19 [-0.40, 0.76] -3.9 25.4 17 0.1 18.19 14 20.6% -0.17 [-0.88, 0.54] 00; Chi ² = 0.60, df = 1 (P = 0.44); I ² = 0% 36 50.6% 0.04 [-0.41, 0.49] 00; Chi ² = 0.80; df = 1 (P = 0.44); I ² = 0% -0.03 [-0.58, 0.52] -0.19 (P = 0.85) -17 34.87 17 -16 32.97 51 34.3% -0.03 [-0.58, 0.52] -0.03 [-0.58, 0.52] 29.077 10.2867 10 -31.9 12.4518 13 15.1% 0.24 [-0.59, 1.06] 27 64 49.4% 0.05 [-0.41, 0.51] 00; Chi ² = 0.27, df = 1 (P = 0.60); I ² = 0% -0.22 (P = 0.83) 67 100 100.0% 0.05 [-0.27, 0.37] 00; Chi ² = 0.88, df = 3 (P = 0.83); I ² = 0% -0.29 (P = 0.77) -0.29 (P = 0.77) -0.29 (P = 0.77) -0.29 (P = 0.77) -0.20 (P = 0.77) -0.20 (P = 0.77) -0.20 (P = 0.77) -0.20 (P = 0.77) -0.21 (P = 0.21 (P = 0.21 (P

Supplementary Figure 2. Forest plot for decrease of serum alanine aminotransferase (ALT). SD, standard deviation; IV, interval variable; CI, confidence interval; Std., standardized; RCT, randomized controlled trial; NRS, nonrandomized study.