

Appendix 2. Risk of bias assessment.

	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete Outcome Data	Selective reporting	Other bias
Andersen 2005 (16)	L	L	L	L	L	L
Antonio 2014 (18)	L	H	H	L	L	H
Antonio 2015 (17)	H	H	H	L	L	L
Arazi 2011 (19)	L	L	L	L	L	L
Arnarson 2013 (20)	L	L	L	L	L	L
Babault 2014 (21)	L	L	L	L	L	L
Babault 2015 (22)	L	L	L	L	L	L
Bemben 2010 (23)	L	L	L	L	L	L
Brown 2004 (24)	L	L	L	L	L	H
Bunout 2004 (25)	H	U	H	L	U	L
Burke 2001 (26)	H	L	L	H	L	H
Campbell 1995 (27)	H	L	L	L	L	L
Candow 2006 (28)	H	L	L	L	L	L
Candow 2006a (29)	L	L	L	L	L	L
Carter 2005 (30)	L	L	L	L	L	L
Coburn 2006 (31)	L	L	L	L	L	L
Cribb 2007 (32)	L	L	L	L	L	L
Daly 2014 (33)	L	H	H	L	L	L
Deibert 2011 (34)	L	H	H	L	L	L
Eliot 2008 (35)	L	L	L	L	L	L
Erksine 2012 (36)	L	L	H	L	L	L
Farup 2014 (37)	L	L	L	L	L	L
Hartman 2007 (38)	L	L	H	L	L	L
Herda 2013 (39)	L	L	L	L	L	L
Hoffman 2007 (40)	L	L	L	L	L	L
Hoffman 2009 (41)	L	H	H	L	L	L
Hulmi 2009 (42)	L	L	L	L	L	L
Hulmi 2009a (44)	L	L	L	L	L	L
Hulmi 2015 (43)	L	L	L	L	L	L
Iglay 2009 (45)	L	H	H	L	L	L
Josse 2010 (46)	L	L	H	L	L	L
Kerksick 2006 (47)	L	L	L	L	L	L
Leenders 2012 (48)	L	L	L	L	L	L
Mielke 2009 (49)	L	L	L	L	L	L
Mitchell 2015 (50)	U	L	H	L	L	H
Negro 2014 (51)	L	H	H	L	L	L
Oesen 2015 (52)	L	H	H	L	L	L
Olsen 2006 (53)	L	L	L	L	L	L
Paoli 2015 (55)	L	H	H	L	L	L
Paoli 2015 (54)	L	H	H	L	L	L
Rankin 2004 (56)	L	U	L	L	L	H
Reidy 2016 (57)	L	L	L	L	L	L
Rozenek 2002 (58)	L	L	L	L	L	L
Snijders 2015 (59)	L	L	L	L	L	L
Verdijk 2009 (60)	L	L	L	L	L	L
Volek 2013 (61)	L	L	L	L	L	L
Weisgarber 2012 (62)	L	L	L	L	L	L
White 2009 (63)	L	H	H	L	L	H
Willoughby 2007 (64)	L	L	L	L	L	L