

**Supplemental File S1.** Search strategy

Example Database Search Terms: PubMed\*

1- (((Irisin) OR FNDC5\*)) AND (((((((CRP) OR “C reactive protein”) OR “C-reactive protein”) OR “high-sensitivity CRP”) OR “hs-CRP”) OR HSCR) OR “high sensitivity CRP”)

No other restrictions were applied, for example there were no date or article type restrictions.

Other databases searched: The Cochrane Library, Web of Science, Embase, SCOPUS and Ovid.