

Supplement Table 3. Criteria for the classification of the studies published between January 2019–July 2020 into low (total score <6) and high quality (total score ≥6)

Criteria for quality evaluation	Variable	Score
Study design	RCT	+1 point
	Double blinding trial	+1 point
	Placebo controlled trial	+1 point
Sample size analyzed	Based on the median sample size	If higher: +1 point If lower: 0 point
Inclusion/exclusion criteria used for selecting the population	Strict male exclusion	+1 point
	Female factors investigation	+1 point
Antioxidant regimen used	Single product	+1 point
	Combination of several products	+1 point
Length of treatment	≥3 months	+1 point
	<3 months	0 point
Assessment of oxidative stress markers	Yes	+1 point
	No	0 point
Assessment of pregnancy rate	Yes	+1 point
	No	0 point
Assessment of live birth rate	Yes	+1 point
	No	0 point
Maximum score		12 points

RCT: randomized controlled trial.