Supplement Table 1. Parameters reported per single trial included in the meta-analysis

Authors	Adverse events								Hormonal parameters					Sperm parameters			Body composition and metabolic parameters						
	G	A	HL	↓TV	↑BP	↑C	ED	↓L	LH	FSH	TT	E2	SHBG	TS	SC	SM	FM	LM	LDL	HDL	TC	TG	FG
Aakvaag and Stromme, 1974 [9][a]											×												
Strauss et al., 1983 [10]								×															
Alén et al., 1985 [11]	×		×						×	×	×	×		×	×	×	×			×			
Yesalis et al., 1988 [12]	×	×	×		×	×		×	×	×	×	×			×	×	×	×					
Knuth et al., 1989 [13]	×								×	×	×	×		×									
Moss et al., 1993 [14]							×																
Evans, 1997 [15]	×	×	×	×																			
Korkia and Stimson, 1997 [16]	×	×	×	×																			
Torres-Calleja et al., 2001 [17]				×					×	×	×	×		×		×							
Fudala et al., 2003 [18]	×						×	×															
Perry et al., 2005 [19]	×		×	×	×	×																	
Taher et al., 2008 [20]		×	×	×	×	×		×	×	×	×								×	×	×	×	
Ip et al., 2010 [21]	×	×	×	×	×	×	×		×	×													×
Al-Janabi et al., 2011 [22]														×	×	×							
Coward et al., 2013 [23]		×				×		×															
Razavi et al., 2014 [24]	×		×																				
Rasmussen et al., 2016 [25], 2017 [26], 2018 [27]							×		×	×	×	×	×				×	×	×	×	×	×	
Baggish et al., 2017 [28]																	×	×					
Bordin et al., 2017 [29]	×	×		×				×			×												
Barbosa Neto et al., 2018 [30]									×	×	×	×					×	×					
Horwitz et al., 2019 [31]	×	×		×			×																
Smit and de Ronde, 2018 [32]	×	×					×	×															
Souza et al., 2019 [33]									×	×	×						×	×	×	×	×	×	×
Börjesson et al., 2020 [34]								×	×	×	×		×						×	×	×		
Aakvaag and Stromme, 1974 [9][a]	×								×		×												
Strauss et al., 1983 [10]	×	×	×		×	×		×	×	×	×	×		×	×	×	×	×		×			
Alén et al., 1985 [11]		×					×		×	×	×			×	×	×	×	×					
Yesalis et al., 1988 [12]												×											
Knuth et al., 1989 [13]	×	×		×					×	×	×			×									
Moss et al., 1993 [14]	×	×	×	×					×	×													
Evans , 1997 [15]												×											
Korkia and Stimson, 1997 [16]	×	×	×	×	×	×	×	×	×	×	×	×	×	×		×	×	×	×	×	×	×	×
Torres-Calleja et al., 2001 [17]	×	×	×	×	×	×		×	×	×	×			×		×							
Fudala et al., 2003 [18]		×	×																				

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Authors	Adverse events								Hormonal parameters					Sperm parameters			Body composition and metabolic parameters						
	G	A	HL	↓TV	↑BP	↑C	ED	↓L	LH	FSH	TT	E2	SHBG	TS	SC	SM	FM	LM	LDL	HDL	TC	TG	FG
Perry et al., 2005 [19]	x	x	x		x	x	x	x														x	x
Taher et al., 2008 [20]									x	x	x								x	x	x		
Ip et al., 2010 [21]		x				x																	
Al-Janabi et al., 2011 [22]	x		x					x						x	x	x							
Coward et al., 2013 [23]							x																
Razavi et al., 2014 [24]												x										x	
Rasmussen et al., 2016 [25], 2017 [26], 2018 [27]	x	x		x					x	x	x		x				x	x	x	x	x		
Baggish et al., 2017 [28]								x				x					x	x					
Bordin et al., 2017 [29]		x		x			x				x												
Barbosa Neto et al., 2018 [30]		x					x		x	x	x						x	x					
Horwitz et al., 2019 [31]								x															
Smit and de Ronde, 2018 [32]													x										x
Souza et al., 2019 [33]	x								x	x							x	x	x	x	x	x	
Börjesson et al., 2020 [34]	x	x	x		x	x		x	x	x	x		x				x	x	x	x	x		

G: gynecomastia, A: acne, HL: hair loss, ↓TV: reduced testis volume, ↑BP: increased blood pressure, ↑C: increased cholesterol, ED: erectile dysfunction, ↓L: reduced libido, LH: luteinizing hormone, FSH: follicular stimulating hormone, TT: total testosterone, E2: estradiol, SHBG: sex hormone binding globuline, TS: total sperm count, SC: sperm concentration, SM: sperm normal morphology, FM: fat mass, LM: lean mass, LDL: low-density lipoprotein cholesterol, HDL: high-density lipoprotein cholesterol, TC: total cholesterol, TG: triglycerides, FG: fasting glucose.
aRandomized controlled trial.