

Online Resource 1

Title: Maltodextrin Based, Carbohydrate Oral Rinsing and Exercise Performance: Systematic Review and Meta-Analysis

Journal: Sports Medicine

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Online Resource 1: Quality assessment of studies included in the systematic review.

This Online Resource details the Quality Assessment performed of the studies included in this systematic review.

Study	Research Question		Participant Selection			Intervention		Blinding		Withdrawals		Outcomes		Conclusions		Funding				
	Intervention stated	Outcome(s) stated	Target population stated	Inclusion/Exclusion criteria	Demographic Information	Representative population	Randomisation	Methods clearly stated	Protocol described	Setting described	Researchers blinded	Subjects blinded	Number of withdrawals	Reasons for withdrawal stated	Based on valid methods	Measurements consistent	Discussion of findings	Biases/limitations discussed	Affiliations disclosed	Conflicts of interest disclosed
Andersson et al. [39]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	x	✓	NS	NS	✓	✓	✓	x	NS	x
Ataide-Silva et al. [29]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	✓	✓
Bailey et al. [68]	✓	✓	✓	✓	✓	✓	✓	✓x	✓	✓	✓	✓	NS	NS	NS	✓	✓	✓	NS	x
Bastos-Silva et al. [69]	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	✓	✓	NS	NS	✓	✓	✓	✓	NS	✓
Bavaresco Gambassi et al. [30]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	NS	✓	✓	x	NS	✓
Bazzucchi et al. [2]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	✓	x
Beelen et al. [40]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	NS	x
Black et al. [70]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	x	✓	✓	NS	NS	✓x	✓	✓	x	NS	✓
Carter et al. [28]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓	NS	✓	NS	NS	✓	✓	✓	x	NS	x
Chambers et al. [19]	✓	✓	✓	x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	✓	NS	x
Cherif et al. [41]	✓	✓	✓	x	✓	✓	✓	✓	✓	✓	x	✓	NS	NS	✓	✓	✓	✓	NS	✓
Chong et al. [42]	✓	✓	✓	x	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	NS	✓	✓	x	✓	✓
Clarke et al. [71]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	x	✓	✓	NS	NS	✓	✓	✓	x	NS	x
Clarke et al. [72]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓x	NS	NS	NS	NS	✓	✓	✓	✓	NS	✓
Clarke et al. [73]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	x	✓	✓	NS	NS	✓	✓	✓	✓	NS	x
Cramer et al. [74]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	✓	NS	✓
de Oliveira et al. [75]	✓	✓	✓x	✓	✓	✓	✓	✓x	✓x	✓x	✓	✓	NS	NS	✓x	✓	✓	x	✓x	x
Decimoni et al. [38]	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	NS	✓
Deighton et al. [76]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	✓	NS	✓
Dorling, Earnest [43]	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	NS	NS	✓	✓	✓	✓	NS	✓
Dunkin, Phillips [44]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	x	x	✓	NS	NS	✓	✓	✓	✓	✓	✓
Durkin et al. [77]	✓	✓	✓	✓	✓	✓	NS	✓	✓	✓	x	✓	NS	NS	✓	✓	✓	✓	NS	✓
Fares, Kayser [31]	✓	✓	✓	✓	x	✓	✓	✓	✓	✓	NS	✓	NS	NS	✓	✓	✓	x	NS	✓
Gam et al. [45]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	NS	✓	NS	NS	✓	✓	✓	x	NS	x

Green et al. [78]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	x	✓	✓	NS	NS	✓	✓	✓	✓	NS	✓x
Jeffers et al. [46]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	NS	✓
Jensen et al. [79]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	NS	✓
Lane et al. [32]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	✓	x
Phillips et al. [80]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	x	✓	x
Přibyslavská et al. [81]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓x	✓	✓	✓	NS	NS	✓	✓	✓	✓	NS	x
Rollo et al. [82]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	✓	✓	✓	✓	✓	✓
Rossato et al. [83]	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓x	✓	✓	✓	NS	NS	✓	✓	✓	✓	✓	✓
Simpson et al. [84]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓	✓	✓	✓	NS	NS	NS	✓	✓	✓	✓	✓
Sinclair et al. [85]	✓	✓	✓	✓x	✓	✓	NS	✓	✓	✓x	NS	✓	✓	NS	NS	✓	✓	✓	✓	NS	x
Whitham, McKinney [86]	✓	✓	✓	✓x	✓	✓	✓	✓	✓	✓x	✓	✓	✓	NS	NS	✓	✓	✓	x	NS	x

✓ yes (item adequately addressed); x no (item not adequately addressed); ✓x partially (item partially addressed); NS not stated

*Quality Assessment based on a modified version of the Quality Criteria Checklist: Primary Research [63]

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