

Supplementary Table 2. Quality assessment of randomized controlled studies

Study	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall bias
Jaswal et al. (2008) [1]	Some concerns	Low risk	Low risk	Low risk	Low risk	Some concerns
Salaheldin et al. (2012) [2]	Some concerns	Low risk	Low risk	Low risk	Low risk	Some concerns