



Supplementary Figure 1. Publication bias funnel plots of the studied variables. **A**, OHRQoL; **B**, plaque index; **C**, gingival bleeding index; **D**, plaque index; **E**, gingival index; **F**, probing depth; **G**, biofilm mass; **H**, high concentration of *Streptococcus mutans*; **I**, high concentration of *Lactobacillus*. Std diff, standard difference.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other Biases
<i>Abbate et al. 2015</i>	Green	Green	Red	Yellow	Green	Yellow	White
<i>Albhaisi et al. 2020</i>	Green	Green	Red	Green	Green	Yellow	White
<i>Chhibber et al. 2018</i>	Green	Green	Red	Green	Green	Yellow	White
<i>Gujar et al. 2019</i>	Green	Yellow	Red	Yellow	Yellow	Yellow	White
<i>Levrini et al. 2013</i>	Green	Yellow	Red	Yellow	Green	Yellow	White
<i>Levrini et al. 2015</i>	Green	Red	Red	Yellow	Red	Yellow	White

Supplementary Figure 2. Risk of bias of the included RCTs according to the Cochrane RoB-1 tool. Low risk (green), unclear (yellow), and high risk (red).

	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of the outcome	Bias in selection of the reported result	Global risk of bias
<i>Alajmi 2020</i>	Orange	Orange	Green	Green	Green	Yellow	Orange	Orange
<i>AlSeraidi 2021</i>	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Yellow
<i>Antonio-Zancajo 2020</i>	Yellow	Yellow	Green	Green	Green	Yellow	Green	Yellow
<i>Azaripour 2015</i>	Orange	Orange	Green	Green	Green	Yellow	Green	Orange
<i>Baseer 2021</i>	Yellow	Yellow	Green	Green	Green	Yellow	Green	Yellow
<i>Buschang 2019</i>	Orange	Orange	Green	Green	Green	Green	Green	Orange
<i>Dallel 2020</i>	Yellow	Green	Green	Green	Green	Yellow	Green	Yellow
<i>Flores-Mir 2018</i>	Yellow	Yellow	Green	Green	Yellow	Green	Yellow	Yellow
<i>Gao 2021</i>	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Yellow
<i>Gujar 2020</i>	Green	Green	Green	Green	Green	Green	Green	Green
<i>Han 2015</i>	Orange	Orange	Green	Green	Green	Green	Green	Orange
<i>Karkhanechi 2013</i>	Yellow	Green	Green	Green	Yellow	Yellow	Green	Yellow
<i>Lombardo 2021</i>	Green	Yellow	Green	Green	Yellow	Green	Yellow	Yellow
<i>Madariaga 2020</i>	White	White	Green	Green	Green	Yellow	Yellow	Yellow
<i>Miethke and Vogt 2005</i>	Orange	White	Green	Green	Green	Yellow	Green	Orange
<i>Miller 2007</i>	Green	Yellow	Green	Green	Green	Yellow	Yellow	Yellow
<i>Mulla Issa 2020</i>	Orange	Orange	Green	Green	Green	Yellow	Green	Orange
<i>Mummolo 2020₁</i>	Orange	Green	Green	Green	Green	Green	Green	Orange
<i>Mummolo 2020₂</i>	Orange	Green	Green	Green	Green	Green	Green	Orange
<i>Shalish 2012</i>	Yellow	Yellow	Green	Green	Green	Yellow	Green	Yellow
<i>Sharma 2021</i>	Yellow	Yellow	Green	Green	Green	Yellow	Green	Yellow
<i>Sifakakis 2018</i>	Yellow	Green	Green	Green	Green	Green	Green	Yellow
<i>Srinath 2016</i>	Yellow	Green	Green	Green	Green	Yellow	Yellow	Yellow
<i>Wang 2019</i>	Green	Yellow	Green	Green	Green	Green	Green	Yellow
<i>Zamora-Martínez 2021</i>	Green	Yellow	Green	Green	Green	Yellow	Yellow	Yellow

Supplementary Figure 3. Risk of bias of the included non-randomized and observational studies according to the Cochrane ROBINS-I tool. Risk color coding: low (green), moderate (yellow), serious (orange), critical (red), and no information (white).