	D1	D2	D3	D4	D5	Overall
BEST-II[20]	+	+	+	+	+	+
BP-TARGET[26]	+	+	+	+	+	+
ENCHANTED2/MT[27]	+	+	+	+	+	+
OPTIMAL-BP[28]	+	+	+	+	+	+

D1: Bias arising from the randomization process
D2: Bias due to deviations from intended intervention
D3: Bias due to missing outcome data
D4: Bias in measurement of the outcome
D5: Bias in selection of reported results

✗ High
− Some concerns
+ Low

Supplementary Figure 1. The risk of bias summary in included studies.
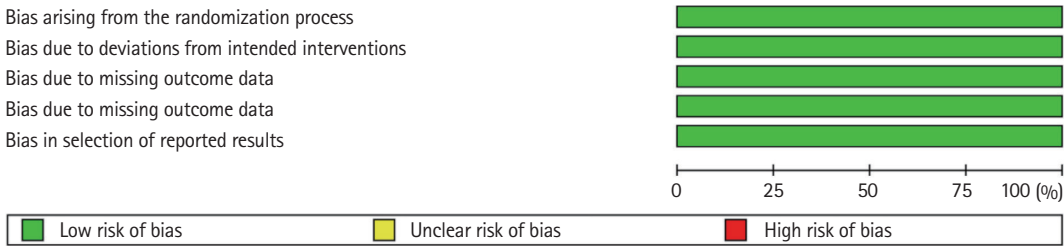
Supplementary Figure 2. The risk of bias graph in included studies.