	D1	D2	D3	D4	D5	Overall
BEST-II <sup>20</sup>	+	+	+	+	+	+
BP-TARGET <sup>26</sup>	+	+	+	+	+	+
ENCHANTED2/MT <sup>27</sup>	+	+	+	+	+	+
OPTIMAL-BP <sup>28</sup>	+	+	+	+	+	+
, .,						
D1: Bias arising from the randomization process D2: Bias due to deviations from intended intervention High						High
D3: Bias due to missing outcome data						Some concerns
D4: Bias in measurement of the outcome D5: Bias in selection of reported results						Low

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

Bias arising from the randomization process	
Bias due to deviations from intended interventions	
Bias due to missing outcome data	
Bias due to missing outcome data	
Bias in selection of reported results	
	H
	0 25 50 75 100 (%)
Low risk of bias Unclear risk of bias	High risk of bias

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

JoS