**Table S3 Study Quality Assessment using the Heyland Methodological Quality Score.** MQS = Heyland Methodological Score

The Heyland MQS assigns a score of 0 or 1 or from 0 to 2 over 9 categories of quality related to study design, sampling procedures, and interventions for a total of 13 points. Trials that scored ≥ 8 were considered to be of higher quality.

† Randomization was scored 2 points for being randomized with the methods described, 1 point for being randomized without the methods described, or 0 points for not being randomized. Blinding was scored 1 point for being double-blind or 0 points for “other.” Analysis was scored 2 points for being intention-to-treat; all other types of analyses scored 0 points.

‡ Sample selection was scored 1 point for being consecutive eligible or 0 points for being preselected or indeterminate. Sample comparability was scored 1 point for being comparable or 0 points for not being comparable at baseline. Follow-up was scored 1 point for being 100% or 0 points for < 100%.

§ Treatment protocol was scored 1 point for being reproducibly described or 0 points for being poorly described. Co-interventions were scored 2 points for being described and equal, 1 point for being described but unequal or indeterminate, or 0 points for not being described. Treatment crossovers (where participants were switched from the control treatment to the experimental treatment) were scored 2 points for being < 10%, 1 point for being > 10%, and 0 points for not being described.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Design† | | |  | Sample‡ | | |  | Intervention§ | | | **MQS**  **(n/13)** |
| **Reference (study, year)a** | Randomization  (n/2) | Blinding  (n/1) | Analysis  (n/2) |  | Selection  (n/1) | Randomization  (n/2) | Blinding  (n/1) |  | Analysis  (n/2) | Selection  (n/1) | Randomization  (n/2) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Hypercholesterolemic Trials*** |  |  |  |  |  |  |  |  |  |  |  |  |
| Amundsen et al, 2003 ([27](#_ENREF_27)) | 1 | 0 | 0 |  | 1 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Anderson et al, 1991 ([28](#_ENREF_28)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
| Berg et al, 2003 ([29](#_ENREF_29)) | 1 | 0 | 2 |  | 0 | 0 | 1 |  | 1 | 2 | 0 | **7** |
| Biorklund et al, 2005 ([30](#_ENREF_30)) | 2 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **7** |
| Biorklund et al, 2008 ([31](#_ENREF_31)) | 1 | 0 | 2 |  | 1 | 0 | 1 |  | 1 | 2 | 0 | **8** |
| Braaten et al, 1994 ([32](#_ENREF_32)) | 1 | 0 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **5** |
| Bremer et al, 1991 ([33](#_ENREF_33)) | 1 | 1 | 2 |  | 0 | 1 | 1 |  | 1 | 0 | 0 | **7** |
| Charlton et al, 2012 ([34](#_ENREF_34)) | 2 | 0 | 2 |  | 1 | 0 | 1 |  | 1 | 2 | 0 | **9** |
| Davidson et al, 1991 ([35](#_ENREF_35)) | 1 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Demark-Wahnefried et al, 1990 ([36](#_ENREF_36)) | 2 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Johnston et al, 1998 ([37](#_ENREF_37)) | 1 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Karmally et al, 2005 ([38](#_ENREF_38)) | 2 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 0 | 0 | **3** |
| Kerkchoffs et al, 2003 ([39](#_ENREF_39)) | 2 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Kestin et al, 1990 ([40](#_ENREF_40)) | 1 | 0 | 0 |  | 1 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Leadbetter et al, 1991 ([41](#_ENREF_41)) | 1 | 0 | 2 |  | 0 | 1 | 1 |  | 1 | 2 | 0 | **8** |
| Lepre and Crane, 1992 ([42](#_ENREF_42)) | 1 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Liatis et al, 2009 ([43](#_ENREF_43)) | 2 | 1 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **7** |
| Lovegrove et al, 2000 ([44](#_ENREF_44)) | 2 | 1 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **7** |
| Maki et al, 2003 ([45](#_ENREF_45)) | 1 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Maki et al, 2010 ([46](#_ENREF_46)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
| Martensson et al, 2005 ([47](#_ENREF_47)) | 2 | 1 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Momenizadeh et al, 2014 ([48](#_ENREF_48)) | 2 | 0 | 2 |  | 0 | 0 | 1 |  | 0 | 2 | 0 | **7** |
| Noakes et al, 1996 ([49](#_ENREF_49)) | 1 | 0 | 0 |  | 1 | 1 | 0 |  | 0 | 0 | 0 | **3** |
| Onning et al, 1999 ([50](#_ENREF_50)) | 1 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Panahi, 2006 ([12](#_ENREF_12)) | 2 | 1 | 2 |  | 1 | 0 | 1 |  | 1 | 2 | 0 | **10** |
| Queenan et al, 2007 ([51](#_ENREF_51)) | 2 | 1 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **7** |
| Reyna-Villasmil et al, 2007 ([23](#_ENREF_23)) | 1 | 0 | 2 |  | 0 | 0 | 1 |  | 0 | 2 | 0 | **6** |
| Reynolds et al, 2000 ([52](#_ENREF_52)) | 2 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **7** |
| Romero et al, 1998 ([53](#_ENREF_53)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
| Stewart et al, 1992 ([54](#_ENREF_54)) | 1 | 0 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **5** |
| Theuwissen and Mensink, 2007 ([55](#_ENREF_55)) | 1 | 1 | 0 |  | 1 | 1 | 0 |  | 1 | 2 | 0 | **7** |
| Thongoun et al, 2013 ([56](#_ENREF_56)) | 1 | 0 | 2 |  | 0 | 1 | 1 |  | 1 | 2 | 0 | **8** |
| Turnbull and Leeds, 1987 ([57](#_ENREF_57)) | 1 | 0 | 2 |  | 1 | 1 | 1 |  | 1 | 2 | 0 | **9** |
| Uusitupa et al, 1992 ([58](#_ENREF_58)) | 1 | 1 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Van Horn et al, 1991 ([59](#_ENREF_59)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
| Van Horn et al, 2001 ([60](#_ENREF_60)) | 2 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Whyte et al, 1992 ([61](#_ENREF_61)) | 1 | 0 | 0 |  | 1 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Wolever et al, 2010 ([62](#_ENREF_62)) | 2 | 1 | 2 |  | 1 | 0 | 1 |  | 1 | 2 | 0 | **10** |
| Zhang et al, 2012 ([63](#_ENREF_63)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Unclassified Trials*** |  |  |  |  |  |  |  |  |  |  |  |  |
| Beck et al, 2010 ([64](#_ENREF_64)) | 2 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Chen et al, 2006 ([65](#_ENREF_65)) | 2 | 1 | 2 |  | 1 | 0 | 1 |  | 1 | 2 | 0 | **10** |
| Cugnet-Anceau et al, 2010 ([66](#_ENREF_66)) | 1 | 1 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Davy et al, 2002 ([67](#_ENREF_67)) | 1 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Gerhardt and Gallo, 1998 ([68](#_ENREF_68)) | 1 | 1 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Gold and Davidson, 1988 ([69](#_ENREF_69)) | 1 | 1 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Ibrugger et al, 2013 ([70](#_ENREF_70)) | 2 | 0 | 0 |  | 1 | 1 | 0 |  | 1 | 2 | 0 | **7** |
| Kabir et al, 2002 ([71](#_ENREF_71)) | 1 | 0 | 2 |  | 0 | 1 | 1 |  | 1 | 2 | 0 | **8** |
| Ma et al, 2013 ([72](#_ENREF_72)) | 2 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| McGeoch et al, 2013 ([73](#_ENREF_73)) | 1 | 0 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **5** |
| Naumann et al, 2006 ([74](#_ENREF_74)) | 1 | 1 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **6** |
| Pick et al, 1996 ([75](#_ENREF_75)) | 1 | 0 | 2 |  | 0 | 1 | 1 |  | 0 | 0 | 0 | **5** |
| Pins et al, 2002 ([76](#_ENREF_76)) | 1 | 0 | 2 |  | 0 | 0 | 1 |  | 0 | 2 | 0 | **6** |
| Poulter et al, 1994 ([77](#_ENREF_77)) | 1 | 0 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **5** |
| Robitaille et al, 2005 ([78](#_ENREF_78)) | 1 | 0 | 0 |  | 1 | 0 | 0 |  | 1 | 2 | 0 | **5** |
| Romero et al, 1998 ([53](#_ENREF_53)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 2 | 0 | **4** |
| Saltzman et al, 2001 ([79](#_ENREF_79)) | 2 | 0 | 2 |  | 0 | 0 | 1 |  | 1 | 2 | 0 | **8** |
| Swain et al, 1990 ([80](#_ENREF_80)) | 1 | 1 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **6** |
| Van Horn et al, 1988 ([81](#_ENREF_81)) | 1 | 0 | 0 |  | 0 | 0 | 0 |  | 1 | 0 | 0 | **2** |
| Zhang et al, 1992 ([82](#_ENREF_82)) | 1 | 0 | 0 |  | 0 | 1 | 0 |  | 1 | 2 | 0 | **5** |