**Supplementary material 4.** Assessment of the quality of the body of evidence for each outcome of the current systematic review.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcomes** | **Studies** | **Design/Number of studies** | **Study limitations** | **Inconsistency** | **Directness** | **Imprecision** | **Other considerations** | **Quality** | **Importance** |
| High-sensitivity C-reactive protein | 7 | Randomized Clinical Trials(7) | Serious(1) | No important inconsistency | Direct | No important imprecision | None | +++, Moderate | Important |
| Adiponectin | 5 | Randomized Clinical Trials(5) | No important limitations | Serious(2) | Direct | No important imprecision | None | +++, Moderate | Important |
| Visfatin | 2 | Randomized Clinical Trials(2) | No important limitations | No important inconsistency | Direct | No important imprecision | None | +++, Moderate | Important |
| Nitric Oxide | 4 | Randomized Clinical Trials(4) | Serious(1) | Serious(2) | Direct | No important imprecision | None | ++, Low | Important |
| Glutathione | 3 | Randomized Clinical Trials(3) | No important limitations | Serious(2) | Direct | No important imprecision | None | +++, Moderate | Important |
| Malondialdehyde | 3 | Randomized Clinical Trials(3) | No important limitations | Serious(2) | Direct | No important imprecision | None | +++, Moderate | Important |
| Total Antioxidant Capacity | 3 | Randomized Clinical Trials(3) | No important limitations | Serious(2) | Direct | No important imprecision | None | +++, Moderate | Important |

(1) One study did not report the randomization process.

(2) Great variability of effect estimates.