

Author	Bias arising from randomisation procedure	Bias due to deviation from intended intervention	Bias due to missing outcome data	Bias in measurement of the outcome	Bias selection of the reported result	Overall Bias
(i) Studies in population with cancer patients						
Magdy et al. (2018), Egypt	Low risk	Some concerns	Low risk	Some concern	Low risk	Low risk
Kitagawa et al. (2020), Japan	Low risk	Some concerns	Low risk	Some concern	Low risk	Low risk
(ii) Studies in population with cardiovascular disease patients						
Lombardi et al. (2014), Italy	Low risk	Some concerns	Low risk	Some concerns	Low risk	Low risk
Yoshikawa et al. (2019), Japan	Low risk	Some concerns	Low risk	Some concerns	Low risk	Low risk
(iii) Studies in population with diabetes mellitus patients						

Table S2
Quality assessment using the Revised Cochrane Risk of Bias Tool for Randomized control trail.

Federici et al. (2015), Italy	Low risk	Some concerns	Low risk	Low risk	Low risk	Low risk
Houjehani et al. (2017), Iran	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Karkabounas et al. (2018), Greece	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Siriwattanasit et al. (2021), Thailand	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
(iv) Studies in population with neurodegenerative disorder patients						
Chengappa et al. (2012), USA	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Budzen et al. (2014) Poland	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Hisatsune et al. (2016) Japan	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Katakura et al. (2017) Japan	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Ghajar et al. (2018) Iran	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk
Masuoka et al. (2019) Japan	Low risk	Low risk	Low risk	Some concerns	Low risk	Low risk