Supplemental Table 2 GRADE evidence profile

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| **Certainty assessment** | **Sample** | **Effect** | **Certainty** | **Importance** |
| **Studies** | **Study design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **CT** | **Con** | **SMD(95% CI)** |
| **Circulating irisin level** |
| 9 | Randomized Controlled Trials | Seriousa | Not serious | Not serious | Seriousb | none | 153 | 111 | 0.56 (0.33 to 0.80) | ⨁⨁◯◯Low | CRITICAL |