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 |