

**A** Per protocol

	Outcomes	Randomisation process	Deviations from the intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Mavros-2014	CRP	+	+	+	+	+	+
Ranasinghe-2020	CRP	+	+	+	+	+	+
Dadras-2019	IL-6 TNF- $\alpha$ CRP	+	+	+	+	+	+
Kadoglou-2012	CRP	!	+	+	+	+	!
Swift-2012	CRP	+	+	+	+	+	+
Kadoglou-2013	CRP	!	+	+	+	+	!

**B** Intention-to-treat

	Outcomes	Randomisation process	Deviations from the intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Rech, 2019	TNF- $\alpha$ IL-10 CRP IL-6	+	+	+	+	+	+
Miller, 2017	TNF- $\alpha$ IL-10 IL-6	+	+	+	+	+	+
Jorge, 2011	TNF- $\alpha$ CRP IL-6	+	+	+	+	+	+
Brooks, 2006	CRP	+	+	+	+	+	+
Gordon, 2006	TNF- $\alpha$	+	+	+	+	+	+
Sabouri, 2021	TNF- $\alpha$ CRP IL-6	+	+	+	+	+	!
Hsieh, 2016	CRP	+	!	+	+	+	!

**Supplementary Fig. 1.** Quality assessment of randomized controlled trials according to RoB2. (A) Per protocol. (B) Intention-to-treat. CRP, C-reactive protein; IL-6, interleukin-6; TNF- $\alpha$ , tumor necrosis factor alpha; IL-10, interleukin-10.