

**Supplementary Table S4. Oxford Centre for Evidence-based Medicine – Levels of Evidence (9)**

1a	Systematic review (with homogeneity) of randomised controlled trials (RCT)
1b	Individual RCT (with narrow Confidence Interval)
1c	All or none
2a	Systematic review (with homogeneity) of cohort studies
2b	Individual cohort study (including low quality RCT; e.g., <80% follow-up)
2c	“Outcomes” Research; Ecological studies
3a	Systematic review (with homogeneity) of case-control studies
3b	Individual Case-Control Study
4	Case-series (and poor quality cohort and case-control studies)
5	Expert opinion without explicit critical appraisal, or based on physiology, bench research or “first principles”