

Bilaga 3 Sammanställning av risk för bias i inkluderade systematiska översikter om vitaminer och mineraler

Study	Risk of bias						Overall	Judgement
	D1	D2	D3	D4	D5	D6		
Nault et al 2024	+	+	+	+	+	+	+	Low
Carboo et al 2024	+	X	○	○	○	○	X	High
Hemilä et al 2023	+	X	○	○	○	○	X	High
Anitua et al 2022	+	X	○	○	○	○	X	High
Shokri-Mashhadi et al 2021	+	X	○	○	○	○	X	High
Hunter et al 2021	+	+	+	+	+	+	+	Low
Abioye et al 2021	+	X	○	○	○	○	X	High
Wang et al 2020	+	X	○	○	○	○	X	High
Ran et al 2020	+	X	○	○	○	○	X	High
Martineau et al 2019	+	+	X	○	○	○	X	High
Martineau et al 2017	+	+	X	○	○	○	X	High
Malesker et al 2017	+	X	○	○	○	○	X	High
Hemila et al 2017	+	X	○	○	○	○	X	High
Hemila 2017	+	X	○	○	○	○	X	High
Manikamet al 2016	+	+	+	+	+	X	-	Unclear
Hemila 2016	+	X	○	○	○	○	X	High
Hemila 2015	X	○	○	○	○	○	X	High
Hemila 2013	+	+	X	○	○	○	X	High
Science 2012	+	+	+	+	+	X	-	Unclear
Hemila 2011	+	X	○	○	○	○	X	High
Heimer et al 2009	+	X	○	○	○	○	X	High
D'Cruze et al 2009	+	X	○	○	○	○	X	High
Jackson et al 2000	+	X	○	○	○	○	X	High
Hemila 1999	+	X	○	○	○	○	X	High
Jackson et al 1997	+	X	○	○	○	○	X	High
Hemila 1997	+	X	○	○	○	○	X	High
Hemila 1994	+	X	○	○	○	○	X	High

The risk of bias of included systematic reviews is appraised using an assessment tool based on AMSTAR revised by SBU. The assessment tool is comprised of six steps based on the items in AMSTAR. Systematic reviews that did not meet the requirements in steps one to three were not assessed further. A systematic review is of moderate risk of bias if it fulfills all the requirements up to step four. For low risk of bias, steps five and six must also be fulfilled.