




Figure 1 A flow diagram demonstrating the process of inclusion and elimination of studies. 13 studies were deemed to be eligible for inclusion in this review.

	Sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Atkinson 2016	+	+	-	+	+	+	+
Byrne 2018	+	+	-	+	+	?	+
Hwang 2013	?	?	-	?	?	+	-
Marwah 2012	?	?	-	+	-	?	+
Ngowe 2010	-	?	-	?	+	+	?
Shum 2016	+	+	-	?	+	+	+
Topcu 2016	+	+	-	?	+	+	+
Van den Heijkant 2015	+	+	-	+	+	+	+
Vergara-Fernandez 2016	+	?	-	+	-	?	-
Yang 2016	+	+	-	?	+	+	+

A

Key

-  Low risk of bias
-  High risk of bias
-  Unclear

B

	Sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Dulskas 2015	?	+	-	-	+	+	+
Muller 2012	+	+	-	-	+	+	+
Piric 2015	?	?	-	?	+	+	?

Key




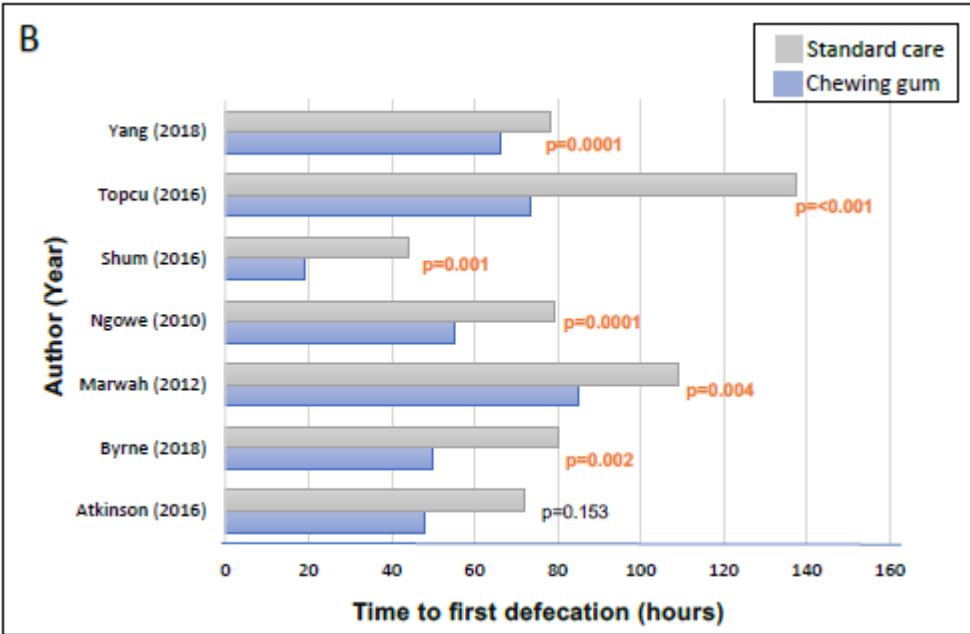
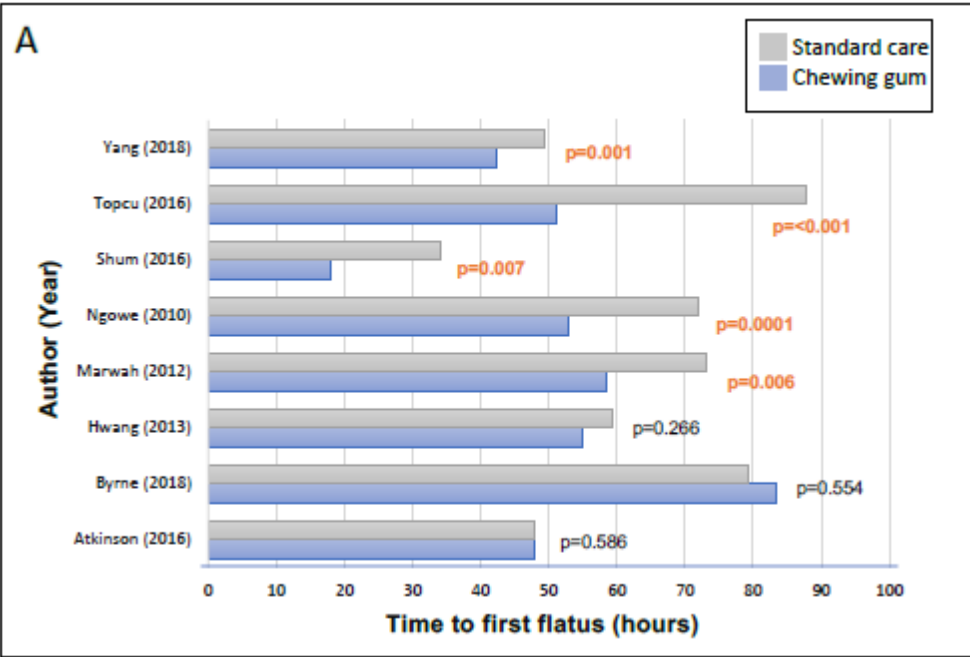
-  Low risk of bias
-  High risk of bias
-  Unclear

Figure 2 Assessments for the risk of bias using the CRBT. Risk of bias is indicated by traffic lights. Overall, the studies were of poor to medium quality. A) Risk of bias summary for CG studies. B) Risk of bias summary for coffee studies



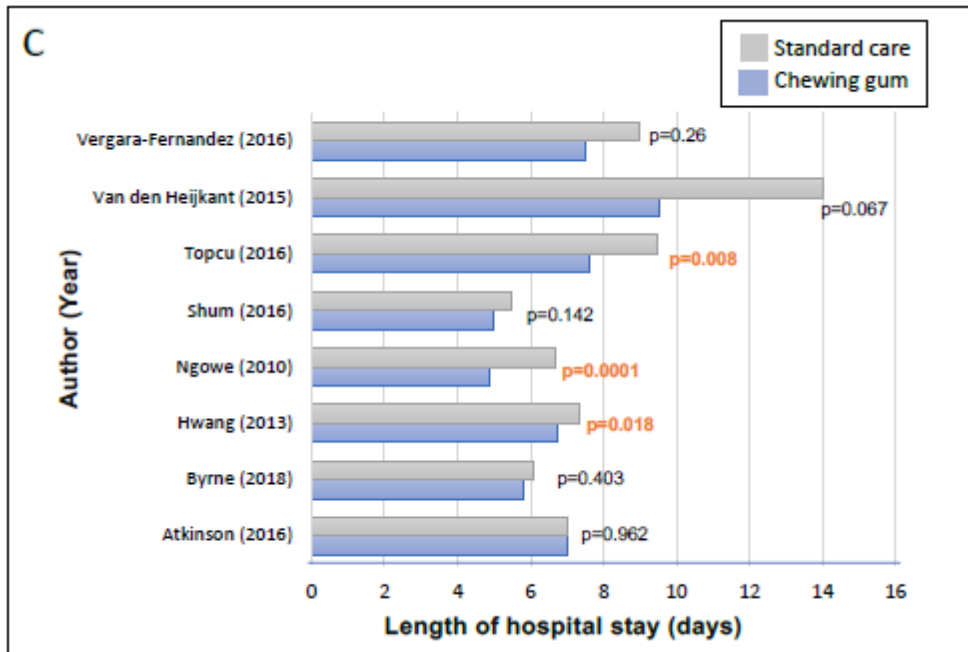
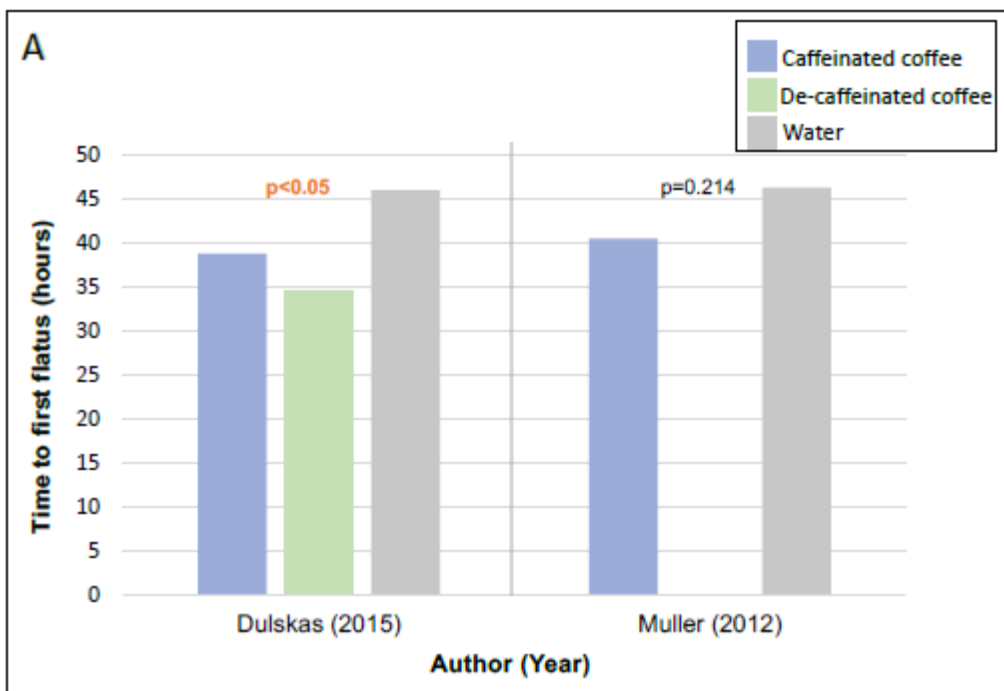


Figure 3 Primary outcomes for CG. A) TTFF for CG studies. B) TTFD for CG studies. C) LHS for CG studies. Significant findings for each study are highlighted.



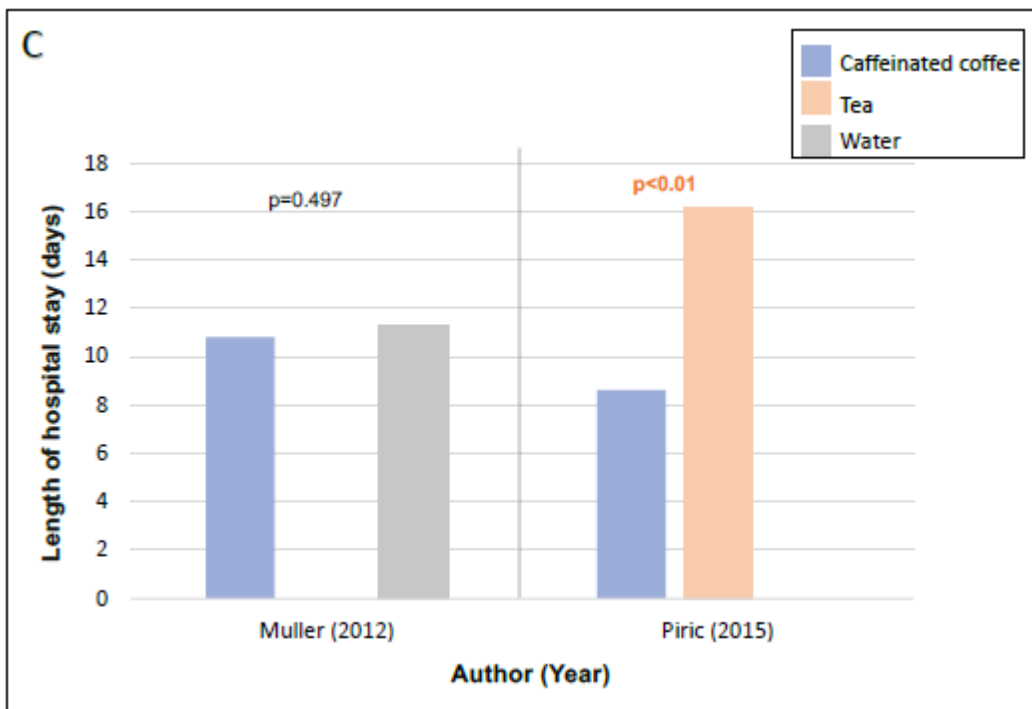
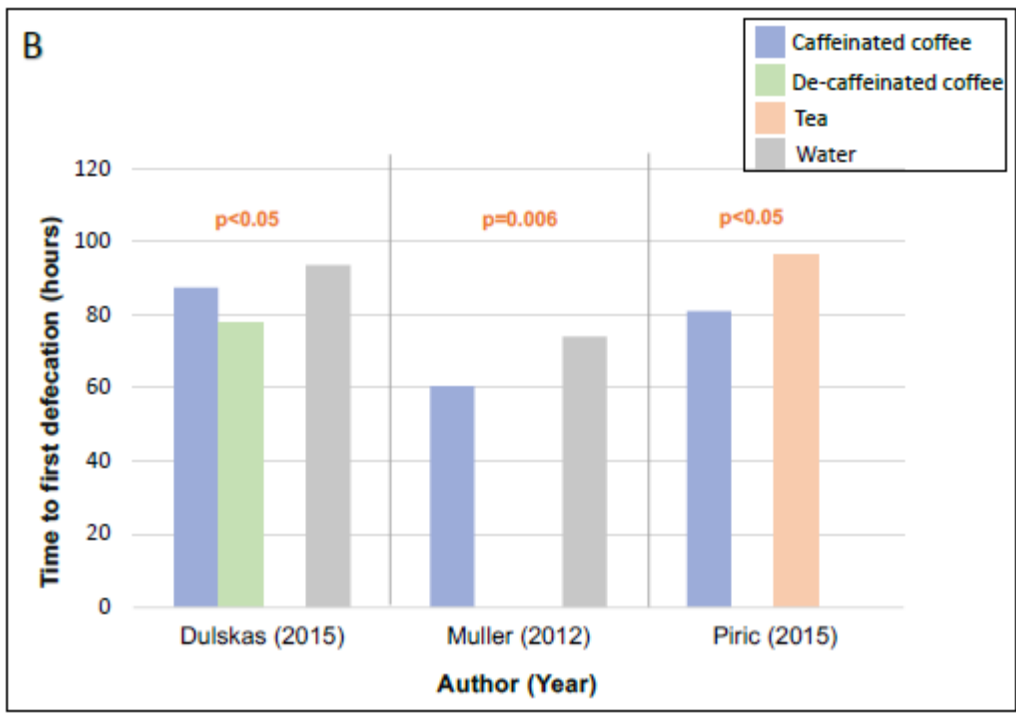


Figure 4 Primary outcomes for coffee. A) TTFF for coffee studies. B) TTFD for coffee studies. C) LHS for coffee studies. Significant findings for each study are highlighted.