

**Supplementary Table 2:** Reasons for Exclusion of Studies Following Full-Text Screening

Reason for exclusion	Article(citations)
Review Articles	(1-5)
Didn't have a control group	(6-8)
Included no data of interest	(9-52)

1. Elmas C, Gezer C. Capsaicin and Its Effects on Body Weight. *Journal of the American Nutrition Association*. 2022;41(8):831–9.
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15. de Freitas MC, Cholewa JM, Freire RV, Carmo BA, Bottan J, Bratfich M, et al. Acute capsaicin supplementation improves resistance training performance in trained men. *Journal of Strength and Conditioning Research*. 2018;32(8):2227–32.
16. de Freitas MC, Cholewa JM, Gonçalves Panissa VL, Toloi GG, Netto HC, de Freitas CZ, et al. Acute Capsaicin Supplementation Improved Resistance Exercise Performance Performed after a High-Intensity Intermittent Running in Resistance-Trained Men. *Journal of Strength and Conditioning Research*. 2022;36(1):130–4.
17. de Moura e Silva VEL, Cholewa JM, Jäger R, Zanchi NE, de Freitas MC, de Moura RC, et al. Chronic capsiate supplementation increases fat-free mass and upper body strength but not the inflammatory response to resistance exercise in young untrained men: a randomized, placebo-controlled and double-blind study. *Journal of the International Society of Sports Nutrition*. 2021;18(1).
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