



	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Bias arising from period and carry-over effects (specific to crossover)	Overall
	<u>D1</u>	<u>D2</u>	<u>D3</u>	<u>D4</u>	<u>D5</u>	<u>D6</u>	
Van Schaik,2022	+	+	+	+	+	-	+
Joseph,2020	+	+	+	+	+	-	+
Lee,2017	+	+	+	+	+	-	+
Nagasukeerthi, 2017	+	+	+	+	+	-	+
Nirengi, 2016	+	+	+	+	+	-	+
Yuan,2015	+	+	+	+	+	-	+
Cha,2013	+	+	+	+	+	-	+
Nieman,2012	+	+	+	+	+	+	+
Inoue(a) ,2007	+	+	+	+	+	?	?
Inoue(b) ,2007	+	+	+	+	+	?	?
Kawabata,2006	+	+	+	+	+	-	+
Ahuja(a),2006	+	?	+	+	+	+	?
Ahuja(b),2006	+	?	+	+	+	+	?
Chatsantiprapa,2014	+	?	+	+	+	+	?
Schwarz,2013	+	+	+	+	+	+	+
Bloomer,2010	+	+	+	+	+	?	?

**Supplementary Table 3:** Cochrane risk-of-bias tool for randomized trials version 2 (RoB 2) for each study included in the systematic review assessing the effects of Capsaicin, Capsinoids, and Pepper-Based Interventions on Blood Pressure and Heart Rate: A meta-analysis of randomized controlled trials.