

Supplementary File 2: Data Extraction & Appraisal

1. Study Assessment:

Study characteristics	Patient Characteristics	Risk of bias	Main results/ outcomes
First Author	Age	Recruitment method	Point estimates/ measures of variability
Journal/source	Gender	Randomisation method, allocation concealment, blinding	Frequency counts
Study design and setting	Race	Outcome assessment bias	<i>p</i> -values
Country and year of publication	Adiposity/anthropometry	Attrition	Intention-to-treat analysis
Primary (clinical) outcome	Underlying disease/s; condition/s; co-morbidities; medication use	Reporting bias	Number analysed for each outcome (<i>n</i>)
Follow-up duration	Sub-groups	Confounding	Inflammatory markers measured
Dosage and type of intervention	Inclusion/exclusion criteria		Baseline and follow-up 25OHD levels

2. Continuous Data Extraction:

Group	Sample Size (<i>n</i>)	Mean	SD or 95% CI
Intervention	##	##	##
Control	##	##	##

SD: standard deviation; CI: confidence interval