

Online Supplementary Material

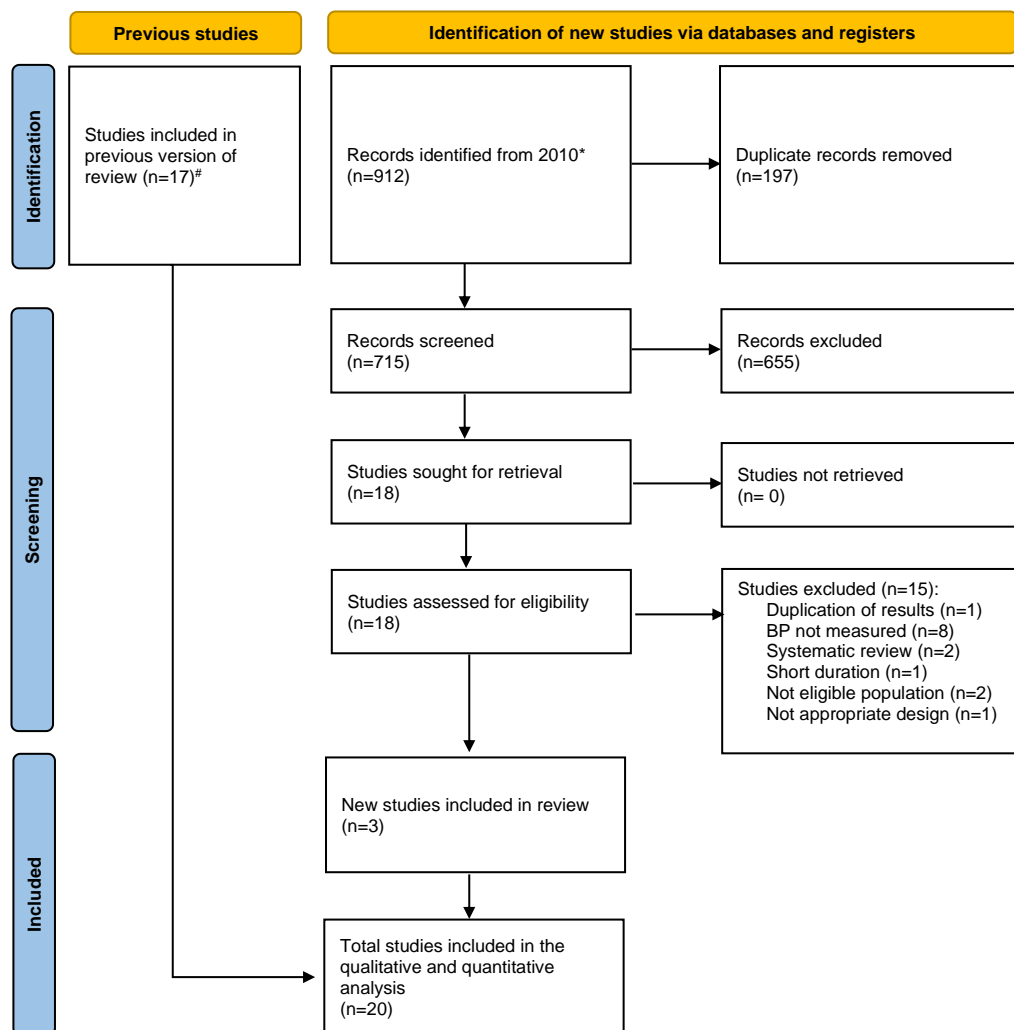


Fig. S1. PRISMA flow chart of study selection process. BP, blood pressure.

[#]These studies were retrieved from a previous systematic review conducted by Juraschek et al., 2012 (Juraschek et al., 2012).

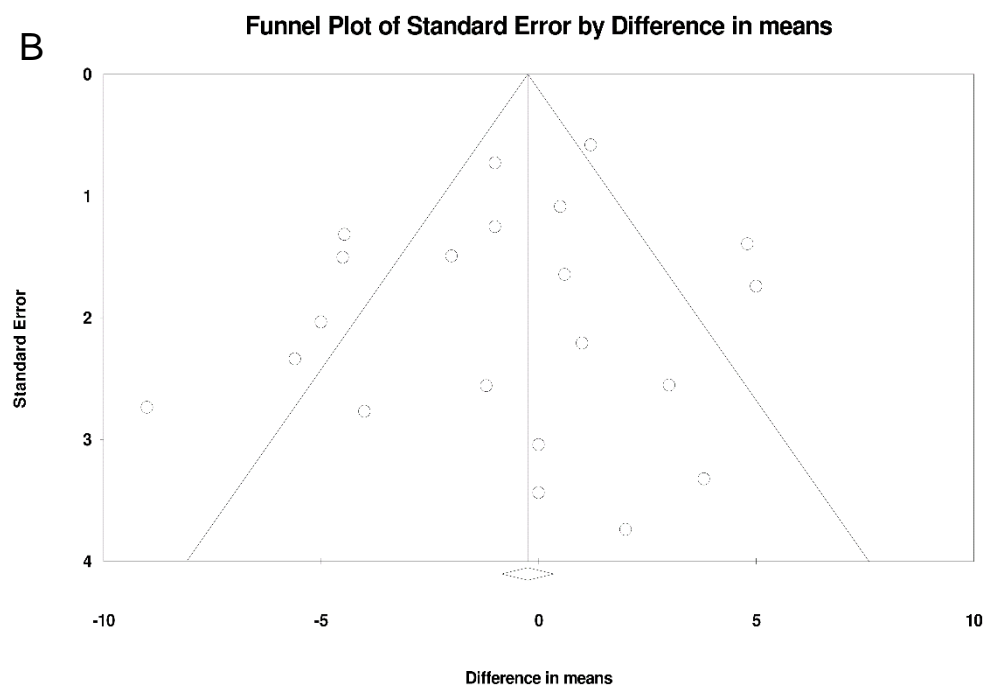
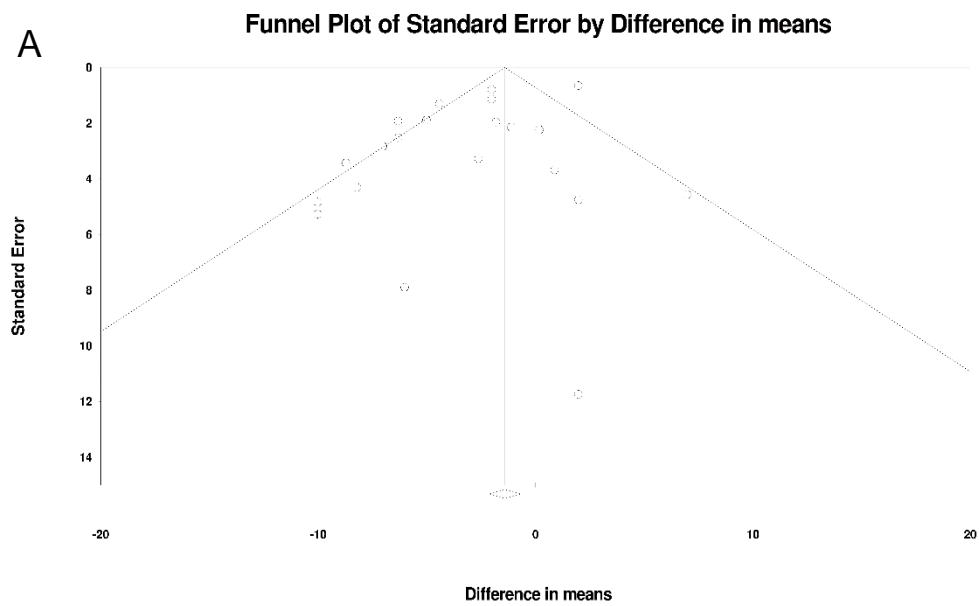


Fig. S2. Funnel plots of Systolic (A) and diastolic (B) blood pressure.

Table S1: Eight-item Modified Jadad Score assessment for methodological quality of studies

Study	Was the research described as randomised?	Was the approach of randomisation appropriate?	Was the research described as blinding? ^a	Was the approach of blinding appropriate?	Were withdrawals and dropouts presented?	Was there a presentation of the inclusion/exclusion criteria?	Was the method used to assess adverse effects described?	Was the approach of statistical analysis described?	Total
<i>Mason et al, 2018</i>	1	1	1	1	1	1	1	1	8
<i>El-Aal et al, 2018</i>	1	1	0.5	0	0	1	0	1	4.5
<i>Shateri et al, 2016</i>	1	1	1	1	0	1	0	1	6
<i>Mahajan et al, 2007</i>	1	1	0	0	0	1	0	1	4
<i>Nightingale et al, 2007</i>	1	1	1	0	0	1	1	1	6
<i>Hutchins et al, 2005</i>	1	1	1	1	1	1	1	1	8
<i>Ward et al, 2005</i>	1	1	1	1	1	1	1	1	8
<i>Magen et al, 2004</i>	1	0	0.5	1	1	1	1	1	6.5
<i>Nightingale et al, 2003</i>	1	1	0	0	0	1	0	1	4
<i>Block et al, 2002^b</i>	-	-	-	-	-	-	-	-	-
<i>Brody et al, 2002</i>	1	1	1	1	1	1	1	1	8
<i>Darko et al, 2002</i>	1	1	1	0	0	1	0	1	5
<i>Mullan et al, 2002</i>	1	1	1	1	1	1	0	1	7
<i>Singh et al, 2002</i>	1	1	1	0	0	1	0	1	5
<i>Duffy et al, 2001</i>	1	1	1	0	1	1	0	1	6
<i>Fotherby et al, 2000</i>	1	1	1	0	0	1	0	1	5
<i>Gokce et al, 1999</i>	1	1	1	0	1	1	1	1	7
<i>Ghosh et al, 1994</i>	1	1	1	1	1	1	1	1	8
<i>Osilesi et al, 1991</i>	1	1	0	0	0	1	0	1	4
<i>Keith et al, 1982</i>	1	1	1	1	0	1	0	1	6

^a0.5 point assigned to single-blinded, 1 point assigned to double-blinded.

^bFull text for Block et al. 2002 study was unable to be sourced, therefore no Jadad Score was calculated.

References

JURASCHEK, S. P., GUALLAR, E., APPEL, L. J. & MILLER, E. R., 3RD 2012. Effects of vitamin C supplementation on blood pressure: a meta-analysis of randomized controlled trials. *Am J Clin Nutr*, 95, 1079-88.