Supplementary File 1: CONSORT checklist

CONSORT checklist of information to include when reporting randomised crossover trials			
Section/Topic	**Item number**	**Description**	**Page**
Title	1a	Identification as a randomised crossover trial in the title	1
Abstract	1b	Mention of the crossover design	1
Introduction			
Background	2a	Scientific background and explanation of rationale	1-2
Objectives	2b	Objectives	2
Background			
Trial design	3a	Description of the design features including allocation ratio, the number and duration of steps, duration of washout period, and consideration of carryover effect	2-3
Change from protocol	3b	Not performed	Not applicable
Participants	4a	Eligibility criteria for participants	2-3
Settings and location	4b	Settings and locations where the data were collected	2-3
Interventions	5	Interventions	2-3
Outcomes	6a	Definition of prespecified primary outcome measures	2
Changes to outcomes	6b	Not performed	Not applicable
Sample size	7a	Information on sample size	2
Interim analyses and stopping guidelines	7b	Not performed	Not applicable
Randomization			
Sequence generation	8a	Method used to generate the random allocation sequence	2
Sequence generation	8b	Type of randomization	2
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence	2
Implementation	10	Who managed the allocation, enrolled participants, and assigned participants to the sequence of interventions	2
Blinding	11a	Blinding details	2
Similarity of interventions	11b	If relevant, description of the similarity of interventions	2
Statistical methods	12a	Statistical methods used to compare groups	3
Additional analyses	12b	Not performed	Not applicable
Results			
Participant flow	13a	Diagram	Figure 1
Losses and exclusions	13b	Number of participants excluded at each stage, with reasons	2-3
Recruitment	14a	Single-day trial	2-3
Trial end	14b	Single-day trial	2-3
Baseline data	15	A table showing baseline demographics	Table 1
Numbers analyzed	16	Number of participants included in each analysis	2-3
Outcomes and estimation	17a	Results for each outcome	2-3
Binary outcomes	17b	Not performed	Not applicable
Ancillary analyses	18	Not performed	Not applicable
Harms	19	Not applicable	Not applicable
Discussion			
Limitations	20	Trial limitations	5
Generalisability	21	Generalisability and external validity	5
Interpretation	22	Interpretation consistent with results	3-5
Other information			
Registration	23	Not registered	Not applicable
Protocol	24	Not registered	Not applicable
Funding	25	None	5