Supplementary Table I. Studies included in the meta-analysis

Author	Year	Country	Study type	Participant	Adjustment	Result (OR/HR)	Cases/controls	NOS score
Robertson	2007	Denmark	case-control	61,479	Age, gender, place of residence (matched), H2 blocker, aspirin/NSAIDs, statins/diabetics, history of cholecystectomy and alcoholism	OR:1.11 (0.97-1.27)	5,589/55,890	7
Yang	2007	United Kingdom	case-control	48,724	period, duration of follow-up, and general practice site (matched), age, gender, alcohol, smoking, body mass index, H2 blocker, aspirin/NSAIDs	OR:1.10 (0.7-1.9)	4432/44,292	8
Van Soest	2008	Netherland	case-control	8,384	Age, gender, period, follow-up duration (matched), comorbidity	OR:0.85 (0.63-1.16)	778/7,606	7
Chubak	2009	USA	case-control	968	Age, gender, period, follow-up duration (matched), comorbidity	OR:1.7 (0.8-4)	488/480	7
Hwang	2017	Korea	cohort	451, 284	Age, gender, body mass index, smoking, alcohol consumption, physical activity, type 2 diabetes, statin, aspirin, metformin, socioeconomic status, Charlson comorbidity index	HR:0.967 (0.885-1.056)	NA	9
Siersema	2006	USA	case-control	536	Age, body mass index, aspirin/NSAIDs, alcohol, smoking	OR:0.99 (0.66-1.48)	268/268	5
Lai	2013	China	case-control	19,945	Age, diabetes mellitus, colorectal adenomas, inflammatory bowel diseases, alcoholism and baseline medication	OR:2.54 (2.31-2.79)	3,989/15,956	5
Lee	2020	USA	case-control	178,717	body mass index, family history of colorectal cancer, alcohol use, smoking, Crohn's disease, ulcerative colitis, and colonoscopy use	OR:1.05 (0.99-1.12)	18,595/160,122	8
Lei	2020	China	cohort	90,764	Age, gender, comorbidities, and baseline medication	HR:2.03 (1.56-2.63)	45,382/45,382	9
Babic	2020	USA	cohort	208,915	Adjusted for age, body mass index, physical activity , family history of colorectal cancer, alcohol intake,smoking, history of lower endoscopy and and baseline medication	HR:0.89 (0.71-1.12)	NA	9