**Figures for main paper**

**Figure 1: PRISMA Flow Diagram**

Studies included in qualitative synthesis
N = 31 studies

(30 reports)

Potential relevant studies included
N = 75

Abstracts excluded
N = 138

Abstracts assessed for eligibility
N = 211

Records excluded
N = 1484

Records screened
N = 1695

Records after duplicates removed
N = 1695

Additional records identified through other sources
N = 4

Identification

Eligibility

Included

Screening

Records identified through database searching
N = 1814

1 study from experts

Exclusions after full text review N = 44

* Conference papers=40
* SCIT=1
* Uncontrolled study=1
* Case-control study=1
* Immunological outcomes=1

**Figure 2(a): Risk ratios (RR) of desensitization following oral immunotherapy (OIT) or sublingual immunotherapy (SLIT) v. controls (random-effects model)**



**Heterogeneity: τ2 = 0.617; χ2 = 62.845, df = 26 (P<0.0001); I2 =59%;**

**Test for overall effect: Z = -7.582 (P<0.0001)**

**Figure 2(b): Sensitivity analysis RR of desensitization after OIT or SLIT (only randomized controlled trials)**



**Heterogeneity: τ2 = 0.498; χ2 = 47.608, df = 20 (P<0.0001); I2 = 58%;**

**Test for overall effect: Z = -6.318 (P<0.0001)**

**Figure 2c: Sensitivity analysis RR of desensitization after OIT or SLIT (only LRB and URB studies) (random-effects model)**



**Heterogeneity: τ2 = 0.262; χ2 = 23.078, df = 16 (P<0.112); I2 = 31%;**

**Test for overall effect: Z = -7.406 (P<0.0001)**

**Figure 3: Risk ratios (RR) of desensitization as assessed by double-blind placebo-controlled food challenge in OIT v. controls (random-effects model)**



**Heterogeneity: τ2 = 0.735; χ2 = 56.047, df = 21 (P<0.0001); I2 = 62%;**

**Test for overall effect: Z = -6.967 (P<0.0001)**

**Figure 4: Risk ratios (RR) of desensitization as assessed by double-blind placebo-controlled food challenge in SLIT v. controls (random-effects model)**

**Heterogeneity: τ2 = 0.413; χ2 = 6.799, df = 4 (P<0.147); I2 = 41%;**

**Test for overall effect: Z = -2.914 (P<0.004)**

**Figure 5:** **Funnel plot showing: Log risk ratios potential publication bias**



**Figure 6: Risk ratios (RR) of sustained unresponsiveness as assessed by double-blind placebo-controlled food challenge in OIT v. controls (random-effects model)**



**Heterogeneity: τ2 = 1.043; χ2 = 7.044, df = 3 (P<0.071); I2 = 57%;**

**Test for overall effect: Z = -1.788 (P<0.074)**

**Figure 7: Funnel plot showing: Log risk ratios potential publication bias**



**Figure 8. Safety data – absence of systemic reactions during OIT or SLIT for food allergy. RR, risk ratio (random-effects model)**



**Heterogeneity: τ2 = 0.0001; χ2 = 4.87, df = 6 (P<0.56); I2 = 0%;**

**Test for overall effect: Z = 1.86 (P<0.06)**

**Figure 9: Safety data – absence of local reactions during OIT or EPIT for food allergy. RR, risk ratio (random-effects model)**



**Heterogeneity: τ2 = 0.182; χ2 = 48.412, df = 8 (P<0.0001); I2 = 83%;**

**Test for overall effect: Z = 4.253 (P<0.0001)**