

Table 6. Grades of Recommendations*

Grade of Recommendation	Clarity of Risk/Benefit	Methodologic Strength of Supporting Evidence	Strength of Recommendation
1A	Clear	Randomized trials; consistent results; no methodologic flaws	Strong
1B	Clear	Randomized trials; inconsistent results and/or methodologic flaws†	Strong
1C	Clear	Observation studies	Intermediate
2A	Unclear	Randomized trials; consistent results; no methodologic flaws	Intermediate
2B	Unclear	Randomized trials; inconsistent results and/or methodologic flaws	Weak
2C	Unclear	Observation studies	Very weak

*Adapted from Guyatt et al.¹¹⁷

†Flaws include randomized clinical trials with lack of blinding, subjective outcomes, and/or large loss to follow-up.