Records identified through database searches (n = 1489)

## Identification

## n

Records excluded:

Animal or cell experiments (n = 81); reviews, comments, protocols, consensus, or guidelines (n = 75); meeting or conference abstracts (n = 52); not investigating the studied intervention (n = 478); not an RCT (n = 723)

Records after duplicates removed (n = 1414)

## Screening

Records screened

(n = 1414)

d

**Eligibility**

Full-text articles were excluded for the following reasons:

not a related topic (n = 44); comparison was not placebo (n = 5); not a full report (n = 7)

Full-text articles assessed for eligibility (n = 62)

## Include

6 studies included in the study

**Supplementary Figure S1.** Article selection process