

Table S1. Excluded articles with reason for exclusion.

<i>Reason for exclusion</i>	<i>Excluded articles</i>
Methodology not compatible with the subject of the study	831
Expert opinions	36
Editorial articles	51
Replies to authors or editor	38
Interviews	9
Commentaries	49
Books, conference abstracts or thesis	86
Summaries	14
Survey articles	9
Retrospective clinical trials	427
Narrative reviews	32
Systematic reviews	12
Meta-analyses	11
Animal studies	22
In-vitro or in-silico studies	45
Studies on molecular biology, histology or genetics	36
Absence of control group	346
Same sample of an already included study	37
Different outcomes evaluated	597
Total	2688

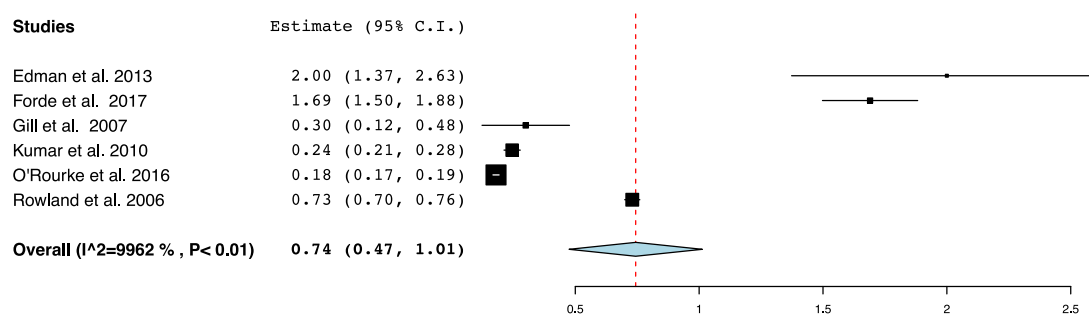


Figure S1. Sensitivity analysis.