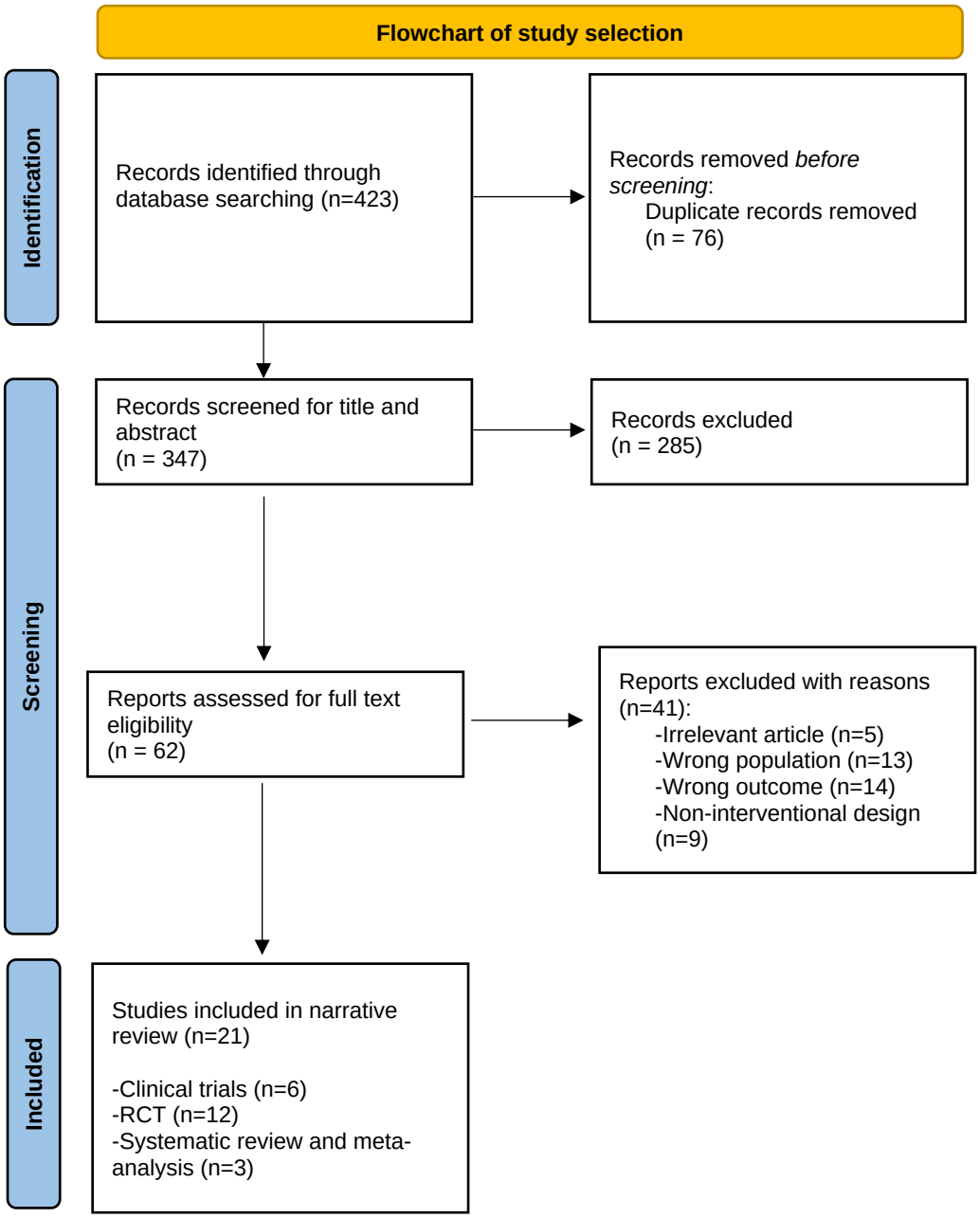

Flowchart of study selection
Identification
Records identified through database searching (n=423)
Records removed *before screening*:
Duplicate records removed (n = 76)
Screening
Records screened for title and abstract (n = 347)
Records excluded (n = 285)
Reports assessed for full text eligibility (n = 62)
Reports excluded with reasons (n=41):
-Irrelevant article (n=5)
-Wrong population (n=13)
-Wrong outcome (n=14)
-Non-interventional design (n=9)
Included
Studies included in narrative review (n=21)
-Clinical trials (n=6)
-RCT (n=12)
-Systematic review and meta-analysis (n=3)