

References of the previous
version (included or excluded)
References lists of all retained
studies

CENTRAL = 1047
EMBASE = 525
MEDLINE = 1257
Duplicates removed = 1606

179 studies excluded
Reasons for exclusion

Not a RCT = 23
Cross-over trial = 1
No outcome of interest
measured = 41
Different intervention = 95
Different study population = 18
Retracted article = 1

307 articles retrieved

128 retained in the review

94 studies retained in the
meta-analysis