Records identified through database searching (Medline n = 56, EMBASE n = 138)

Additional records identified through other sources (Cochrane review: n = 15, www.clinicaltrials.gov: n = 7, Conference abstracts: n = 58)

Records after duplicates removed (n = 210)

Records screened (n = 210)

Records excluded based on the titles/abstracts (n = 171)

Full-text articles assessed for eligibility (n = 39)

Full-text articles excluded, Case reports (n = 4), Pediatric studies (n = 2), Review article (n = 16), Non-English (n = 1), No RCT (n = 5)

Studies included in qualitative synthesis (n = 11)

Studies included in quantitative synthesis (meta-analysis) (n = 11)