Records identified through database searching (n = 369)

Records screened (n = 127)

Records excluded (n = 242)

Full-text articles assessed for eligibility (n = 65)

Full-text articles excluded, with reasons (n = 41)

Studies included in qualitative synthesis (n = 39)

Studies with no clinical data (n = 3)

Studies included in quantitative synthesis (meta-analysis) (n = 17)

Additional records identified through review of references (n = 15)