

Records identified through
database searching
(n = 66)

Additional records identified
through bibliography searches
(n = 14)

Records after one duplicate removed
(n = 79)

Records screened
n = 79
(Pre-clinical studies n = 33
Clinical studies n = 46)

Pre-clinical studies excluded (total 7) for the following reasons; investigation of effects in male animals (n=4) and study commenced with isolated herbal chemicals (n=3).
Clinical studies excluded (total 7) for the following reasons; investigated isolated herbal chemicals (n = 3), including male subjects (n=4).

Full-text articles assessed for
eligibility
(Preclinical studies n=26
Clinical studies n= 39)

Pre-clinical full-text studies excluded (total 8) for the following reasons; no clinical evidence (n=6), investigation of isolated herbal chemicals (n=2).
Clinical full-text studies excluded (total 24) for the following reasons; outcomes other than oligo/amenorrhoea, hyperandrogenism or PCOS (n= 13); no pre-clinical evidence (n= 11).

Studies included in
qualitative synthesis
Pre-clinical studies n = 18
Clinical studies n=15