

Identification

Records identified by:
all searches combined (n = 38,984)
(including search for systematic review and meta-analysis
(n = 1,579) + updated search (n = 1,104))

Screening

Reference
list
checking
(n = 31)

Records screened by title after
removing duplicates
(n = 33,224)

Duplicates removed
(n = 5,791)

Records excluded at
title screening
(n = 21,046)

Records screened by title/abstract
(n = 12,178)

Records excluded at initial
screening
(n = 10,105)
Language of excluded studies:
• English & German (n = 7,212)
• Chinese (n = 563)
• Russian (n = 490)
• French (n = 554)
• Italian (n = 242)
• Japanese (n = 241)
• Other (n = 803)

Full-text articles assessed for
eligibility
(n = 2,048)
English records (n = 1,980)
German records (n = 68)

Full text not
available
n = 25

Full-text articles excluded, with
reason (n = 1,879)
No dietary supplement/not a
relevant dietary supplement (n = 746)
No relevant population (n = 603)
Irrelevant study design (reviews
or no independent control) (n = 469)
Systematic review not meeting
criteria for inclusion (n = 39)
Not a relevant language (English
systematic review or English/
German primary study) (n = 22)

Total included (all English records)
(n = 169)

Eligibility

Included Studies

Studies included in the synthesis of
evidence
(n = 80 (70 primary studies))

Studies included in
quantitative synthesis
(meta-analysis)
(n = 22)

Excluded from synthesis of evidence, with reason (n = 89):
• CVD drugs taken by less than 80% of population (n = 72)
• No outcome of interest (n = 6)
• Systematic review -not current (n = 1) (In two records)
• CVD drug not marketed in US (n = 4)
• Dose of supplement not stated (n = 1)
• Data could not be obtained (n = 1)
• Higher level of evidence from RCTs was available—
observational studies (n = 1)
• Other (n = 2)