

Potentially relevant records identified through database searching (n=4958)  
and through other sources (n=0)

Duplicated records (n=1292)

Potentially relevant records identified and screened for retrieval (n=3666)

Citations excluded (n=3175)  
Not relevant (n=3114)  
No translator (n=58)  
Not retrievable (n=3)

Articles retrieved for detailed evaluation (n=491)

Articles excluded (n=440)  
No relevant control group (n=114)  
No original research (n=77)  
Intervention (n=79)  
No relevant study design (n=58)  
Population (n=46)  
Sample size (n=44)  
No usable data (n=7)  
No relevant outcome (n=13)  
Not published (n=1)  
Multiple publication (n=1)

Primary articles included in the systematic review (n=51)  
Trials included in the systematic review (n=53)  
≥1 week weight management, blood glucose and lipids trials (n=13)  
2-hour response trials (n=40)