153 potentially relevant publications retrieved for abstracts assessment

115 studies excluded because
- review article or title or abstract of primary study not related to clinical effects of garlic on BP (n=112)
- in languages other than English or German (n=3)

38 potentially relevant studies retrieved for detailed assessment of full articles

13 studies excluded because
- no effect of garlic on BP reported

25 studies included in systematic review

14 studies excluded from meta-analysis because:
- 6 had no control/true placebo group
- 6 reported no or incomplete mean SBP, DBP or SD
- 2 used combination of potentially hypotensive agents

11 RCTs included in meta-analysis
- 10 with data on SBP
- 11 with data on DBP