Records identified through database searching (n = 516)

Additional records identified through other sources (n = 6)

Records after duplicates removed (n = 469)

Records screened (n = 469)

Records excluded (n = 358)

Full-text articles assessed for eligibility (n = 111)

Studies included (n = 20)

Studies excluded (N = 91)
- No hard outcome or subclinical CVD marker (56)
- No comparison group to MHO (18)
- Case reports, not written in English, review articles, letters (17)