3667 records identified through database searching
2879 AMED, Biosis Previews, Embase, Medline/Premedline
70 Cochrane Library
339 NLM-Gateway
379 Dissonline

1970 records identified through private databases

5637 records after removal of duplicates and records obviously not matching criteria (title & abstract screened)

Animal experiments: 224 full text articles assessed for eligibility

Clinical studies: 400 full text articles assessed for eligibility

324 records excluded (eligibility criteria not met, applied dosage too low, preparations other than VAE/ML or obsolete, unclear information on dosage and results, merely specific toxicological tests, data already included in other publications, unpublished, and other reasons)

Animal experiments: 42 records included, describing 48 experiments/experimental settings

Clinical studies: 76 records included, describing 69 clinical studies

25 comparative studies (22 RCTs)
44 single arm studies

38 animal experiments assessing immune outcomes
17 animal experiments assessing ADRs

57 clinical studies assessing immune outcomes
61 clinical studies assessing ADRs