Figure 1. Records Included and Excluded at Each Stage of Literature Review

- Records identified through database searching (n=2,868)
- Additional records identified through other sources (n=62)

- Records after duplicates removed (n=2,879)
- Records excluded (n=2,827) primarily for not involving dietary supplements or military personnel
- Records screened (n=52)
- Full-text articles excluded, (n=19) primarily for not specifying dietary supplement or not separating military and other personnel

- Studies/articles assessed for eligibility (n=37)
- Unique studies (of 37) included in qualitative synthesis (n=33)

- Studies included in quantitative synthesis (meta-analysis) (n=14)