Total number of potential studies identified (excluding duplicates) from databases: 78

Not relevant using title and abstract: 60

Full paper retrieved for more detailed evaluation: 18

Did not satisfy the inclusion criteria or duplicate publication of data: 11

Studies included in final review: 7 RCTS

Unable to use in meta-analysis:
- Symptom scores: 2 (no measure)
- Serum IgE: 5 (no measure)

Studies included in meta-analysis:
- Symptom scores: 5
- Serum IgE: 2