Titles and abstracts identified through searches:  
\( n = 181 \)

Titles and abstracts excluded:  
\( n = 146 \)

Abstract-only:  
\( n = 1 \)

Unable to retrieve full text:  
\( n = 1 \)

Full-text articles retrieved:  
\( n = 33 \)

Full text articles excluded:  
\( n = 17 \)
  - not a primary study  \( n = 2 \)
  - wrong study design  \( n = 7 \)
  - wrong outcome measure  \( n = 4 \)
  - not enough information for rating quality  \( n = 2 \)
  - repeat publication  \( n = 2 \)

Background:  
\( n = 10 \)

Articles included in review:  
\( n = 6 \)
  - 3 RCTs
  - 1 cross-over RCT
  - 2 safety