Identification

2083 records identified through database searching

Screening

82 additional records identified through other sources

264 records after duplicates removed

Eligibility

253 records screened

11 records excluded

Included

238 of full-text articles assessed for eligibility

55 studies included in qualitative synthesis:
- Randomized trials (n=22)
- Meta-analyses (n=2)
- Prospective cohort (n=12)
- In vitro mechanism studies (n=19)

183 full-text articles excluded: Cross-sectional or ecologic studies (n=42)
No original data (narrative reviews) (n=36)
Non-randomized intervention (n=29)
More than one simultaneous intervention (e.g. “acid” and calcium) (n=18)
Data collection < 24 hours (n=13)
Children (n=13)
Subjects had medical conditions (n=11)
No numerical results (n=7)
Subjects in weight loss (n=4)
Nutrition intakes not within guidelines (n=1)
Only animals (n=3)
Other (n=6)

15 studies included in quantitative synthesis (meta-analyses)
- Phosphate effects (n=3)
- Bone turnover markers (n=12)