199 Potentially relevant articles identified

38 Duplicates

161 Potentially relevant articles screened

129 Excluded
- 75 Review, editorial or protocol
- 38 Did not study fenugreek as an independent exposure or blood glucose parameters as outcome measures
- 12 Cross-sectional study, survey
- 2 Patents (1 human study, 1 animal)
- 2 Non human studies (animal/cell line)

32 full text articles assessed for eligibility

23 Excluded
- 10 Acute studies (<7 days)
- 6 Combination preparation of fenugreek with other herbs
- 4 Inappropriate /no control group
- 2 Unrelated study outcomes
- 1 Short review

9 articles reporting 10 trials included in meta-analysis
- 4 Parallel trials
- 6 Crossover trials