Figure 1. STUDY FLOWCHART

N=1356 from Medline, EMBASE, Cochrane Central Register of Controlled Trials, and existing Cochrane reviews

N=1048 excluded titles and abstracts:
1) Not RCT (n=467)
2) Not healthy humans (n=247)
3) Not vaccinated against influenza A or B (n=172)
4) Not compared to placebo (n=148)
5) Not lab confirmed influenza (n=14)

N=308 potentially relevant full-text articles

N=273 excluded full-text articles:
1) Not lab confirmed influenza (n=108)
2) Not compared to placebo (n=82)
3) Not RCT (n=68)
4) Not healthy humans (n=11)
5) Not vaccinated against influenza A or B (n=3)
6) Not English (n=1)

N=34 included papers plus 1 companion reports