Clinical trials screened (n = 45)

Prospective, randomized, controlled trials included in meta-analysis (n = 22)

Trials Excluded

No placebo control (n = 5)
Retrospective (n = 10)
Prospective, not randomized (n = 3)

CIN not defined (n = 3)
Discrepant outcome data (n = 1)
Confounded design (n = 1)