

References obtained through literature search (n = 1045)
PubMed (n = 520)
Embase (n = 311)
Medline in-process (n = 52)
Cochrane library (n = 147)
Clinicaltrials.gov (n = 15)

Articles excluded (n = 921)
Not OA (n = 118)
Length of trial (n = 217)
Not a treatment of interest (n = 332)
Not an outcome of interest (n = 85)
Not an RCT (n = 166)
Animal study (n = 3)

Articles further reviewed (n = 124)

Articles excluded (n = 72)
Not OA (n = 8)
Length of trial (n = 13)
Not a treatment of interest (n = 21)
Not an outcome of interest (n = 19)
Not an RCT (n = 6)
Duplicate study (n = 5)

Articles selected for inclusion (n = 52)

Articles excluded (n = 20)
Did not contain sufficient information for analysis after author contacted up to 3 times (n = 19)
Full publication not available (n = 1)

Articles included in final analysis (n = 32*)