

Total number of potential studies identified (excluding duplicates) from databases

78

Not relevant using title and abstract 60

Full paper retrieved for more detailed evaluation

18

Did not satisfy the inclusion criteria or duplicate publication of data 11

Studies included in final review

7 RCTS

Studies included in meta-analysis

Symptom scores 5

Serum IgE 2

Unable to use in meta-analysis

Symptom scores 2 (no measure)
Serum IgE 5 (no measure)

```
graph TD; A["Total number of potential studies identified (excluding duplicates) from databases  
78"] --> B["Full paper retrieved for more detailed evaluation  
18"]; A --> C["Not relevant using title and abstract 60"]; B --> D["Studies included in final review  
7 RCTS"]; B --> E["Did not satisfy the inclusion criteria or duplicate publication of data 11"]; D --> F["Studies included in meta-analysis  
Symptom scores 5  
Serum IgE 2"]; D --> G["Unable to use in meta-analysis  
Symptom scores 2 (no measure)  
Serum IgE 5 (no measure)"]; F --> G;
```