Records identified through database searching (n = 161863)

Additional records identified through other sources (n = 100)

Records after removal paper before year 2000 and after removal of duplicates and patent (n = 22579)

Records screened (n = 22579)

Records excluded (n = 22000)

Full-text articles assessed for eligibility (n = 558)

Studies included in qualitative synthesis (n = 258)

Studies included in quantitative synthesis (meta-analysis) (n = 0)

Full-text articles excluded, with reasons: avoid studies conducted by single authors, studies with unclear abstracts, unclear material and methods, weak results. Avoid as much as possible review article. Preference for in vitro and vivo studies. (n = 300)


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