

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kok Pim Kua.	Complementary and alternative medicine for the treatment of bronchiolitis in infants: A systematic review.	2017	PloS One	12 (2)	e0172289.	Exclude	3. Intervention out of scope (TCM [not WHM])
Kwon, C.-Y. et al.	Herbal medicine for post-stroke anxiety: A systematic review and meta-analysis of randomized controlled trials.	2019	Complementary Therapies in Clinical Practice	35	237-252	Exclude	3. Intervention out of scope (TCM [not WHM])
Shan, C.-S. et al.	Herbal Medicine Formulas for Parkinson's Disease: A Systematic Review and Meta-Analysis of Randomized Double-Blind Placebo-Controlled Clinical Trials.	2018	Frontiers In Aging Neuroscience	10	349	Exclude	3. Intervention out of scope (TCM [not WHM])
Soleimani, Vahid, Amirhossein Sahebkar, and Hossein Hosseinzadeh.	Turmeric (Curcuma longa) and its major constituent (curcumin) as nontoxic and safe substances.	2018	Phytotherapy Research	32 (6)	985-995	Exclude	6. Outcome out of scope
Moini Jazani, A. et al.	Herbal Medicine for Oligomenorrhea and Amenorrhea: A Systematic Review of Ancient and Conventional Medicine.	2018	BioMed Research International	N/A	1-22	Exclude	7b. Publication out of scope (not an intervention study examining effectiveness) Authors provide inventory of studies/herbs but does not seek to evaluate effectiveness of herb in treating disorders.

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

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Rafieian-Kopaei, Mahmoud, and Mino Movahedi	Systematic review of premenstrual, postmenstrual and infertility disorders of Vitex agnus castus.	2017	Electronic Physician	9 (1)	3685	Exclude	7b. Publication out of scope (not an intervention study examining effectiveness) Authors provide inventory of studies/herbs but does not seek to evaluate effectiveness of herb in treating disorders.
Maleki, I., & Hekmatdoost, A.	Ginger in gastrointestinal disorders: A systematic review of clinical trials.	2019	Food Science & Nutrition	7 (1)	96-108	Exclude	8a. Non-systematic review (no methodology presented)
Grundmann O, Yoon SL.	Complementary and alternative medicines in irritable bowel syndrome: An integrative view.	2014	World J Gastroenterol.	20 (2)	346-362	Exclude	8a. Non-systematic review (only 1 database searched)
Kocaadam, Betül, and Nevin Şanlier.	Curcumin, an active component of turmeric (<i>Curcuma longa</i>), and its effects on health.	2017	Critical reviews in food science and nutrition	57 (13)	2889-2895	Exclude	8a. Non-systematic review, guideline, HTA
McEwen BJ.	The influence of herbal medicine on platelet function and coagulation: a narrative review.	2015	Seminars in thrombosis and hemostasis.	41 (03)	300-314	Exclude	8a. Non-systematic review, guideline, HTA
Rana, S. V., et al.	Garlic in health and disease.	2011	Nutrition research reviews	24 (1)	60-71	Exclude	8a. Non-systematic review, guideline, HTA
Saeed, Muhammad, et al.	Green tea (<i>Camellia sinensis</i>) and L-theanine: Medicinal values and beneficial applications in humans—A comprehensive review.	2017	Biomedicine & Pharmacotherapy	95	1260-1275	Exclude	8a. Non-systematic review, guideline, HTA
Abdali, Khadijeh, Marjan Khajehei, and Hamid Reza Tabatabaee.	Effect of St John's wort on severity, frequency, and duration of hot flashes in premenopausal, perimenopausal and postmenopausal women: a randomized, double-blind, placebo-controlled study.	2010	Menopause	17 (2)	326-331	Exclude	8c. Study design out of scope (RCT)

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Abdnezhad, Roghayeh, et al.	Salvia officinalis reduces the severity of the premenstrual syndrome.	2019	Complementary medicine research	26 (1)	39-46	Exclude	8c. Study design out of scope (RCT)
Abedi, Parvin, et al.	Effect of fennel vaginal cream on sexual function in postmenopausal women: A double blind randomized controlled trial.	2018	Journal of medicine and life	11 (1)	24	Exclude	8c. Study design out of scope (RCT)
Adab, Zohreh, et al.	Effect of turmeric on glycemic status, lipid profile, hs-CRP, and total antioxidant capacity in hyperlipidemic type 2 diabetes mellitus patients.	2019	Phytotherapy Research	33 (4)	1173-1181	Exclude	8c. Study design out of scope (RCT)
Adib-Hajbaghery, Mohsen, and Seyedeh Nesa Mousavi.	The effects of chamomile extract on sleep quality among elderly people: A clinical trial.	2017	Complementary therapies in medicine	35	109-114	Exclude	8c. Study design out of scope (RCT)
Adibian, Mahsa, et al.	The effects of curcumin supplementation on high-sensitivity C-reactive protein, serum adiponectin, and lipid profile in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial.	2019	Phytotherapy Research	33 (5)	1374-1383	Exclude	8c. Study design out of scope (RCT)
Afshar, Kambiz, et al.	Reducing antibiotic use for uncomplicated urinary tract infection in general practice by treatment with uva-ursi (REGATTA)-a double-blind, randomized, controlled comparative effectiveness trial.	2018	BMC complementary and alternative medicine	18 (1)	1-Aug	Exclude	8c. Study design out of scope (RCT)
Ahmadi, Motahareh, et al.	Effect of valerian in preventing neuropsychiatric adverse effects of efavirenz in HIV-positive patients: a pilot randomized, placebo-controlled clinical trial.	2017	Annals of Pharmacotherapy	51 (6)	457-464	Exclude	8c. Study design out of scope (RCT)
Akhondzadeh S, Naghavi H, Vazirian M, Shayeganpour A, Rashidi H, Khani M.	Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam.	2001	J Clin Pharm Ther	26 (5)	363-367	Exclude	8c. Study design out of scope (RCT)

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Akhondzadeh S, Fallah-Pour H, Afkham K, Amir-Hosseini Farahnaz Khalighi-Cigaroudi J.	Comparison of Crocus sativus L. and imipramine in the treatment of mild to moderate depression: A pilot double-blind randomized trial.	2004	BMC Complementary and Alternative Medicine	4 (1)	1	Exclude	8c. Study design out of scope (RCT)
Akhondzadeh, Shahin, et al.	Saffron in the treatment of patients with mild to moderate Alzheimer's disease: a 16-week, randomized and placebo-controlled trial.	2010	Journal of clinical pharmacy and therapeutics	35 (5)	581-588	Exclude	8c. Study design out of scope (RCT)
Alam, Sarwar, et al.	Efficacy of aloe vera gel as an adjuvant treatment of oral submucous fibrosis.	2013	Oral surgery, oral medicine, oral pathology and oral radiology	116 (6)	717-724	Exclude	8c. Study design out of scope (RCT)
Alijaniha, Fatemeh, et al.	Heart palpitation relief with Melissa officinalis leaf extract: double blind, randomized, placebo controlled trial of efficacy and safety.	2015	Journal of ethnopharmacology	164	378-384	Exclude	8c. Study design out of scope (RCT)
Alkazzaz, Ali M., Ahmed R. Abu-Raghif, and Qayssar J. Fadheel.	A Comparative Study of the Effect of Sodium Alendronate plus Thyme and Sodium Alendronate alone in Treatment of Postmenopausal Women with Osteoporosis.	2015	Age	60 (1.7)	57-95	Exclude	8c. Study design out of scope (RCT)
Alolofi, Hesham, Manal El-Sayed, and Sherine Taha.	Clinical and radiographical evaluation of propolis and thymus vulgaris extracts compared with formocresol pulpotomy in human primary molars.	2016	BDJ open	2 (1)	1-6.	Exclude	8c. Study design out of scope (RCT)
Alves, M. Ferreira, et al.	Green tea extract outperforms metformin in lipid profile and glycaemic control in overweight women: A double-blind, placebo-controlled, randomized trial.	2017	Clinical nutrition ESPEN	22	1-Jun	Exclude	8c. Study design out of scope (RCT)
Amato, Arnaldo, et al.	Half doses of PEG-ES and senna vs. high-dose senna for bowel cleansing before colonoscopy: a randomized, investigator-blinded trial.	2010	American Journal of Gastroenterology	105 (3)	675-681	Exclude	8c. Study design out of scope (RCT)
Amsterdam, Jay D., et al.	Chamomile (Matricaria recutita) may have antidepressant activity in anxious depressed humans-an exploratory study.	2012	Alternative therapies in health and medicine	18 (5)	44	Exclude	8c. Study design out of scope (RCT)

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Andersson, U., et al.	Effects of rose hip intake on risk markers of type 2 diabetes and cardiovascular disease: a randomized, double-blind, cross-over investigation in obese persons.	2012	European journal of clinical nutrition	66 (5)	585-590	Exclude	8c. Study design out of scope (RCT)
Andriole, Gerald L., et al.	The effect of increasing doses of saw palmetto fruit extract on serum prostate specific antigen: analysis of the CAMUS randomized trial.	2013	The Journal of urology	189 (2)	486-492	Exclude	8c. Study design out of scope (RCT)
Ansari, Mehdi, et al.	Fenugreek dermal patch, a new natural topical antinociceptive medication for relieving the postherniotomy pain, a double-blind placebo controlled trial.	2019	Journal of Complementary and Integrative Medicine	16 (3)	N/A	Exclude	8c. Study design out of scope (RCT)
Anuradha, Ardra, Bharati Patil, and Venkataswamy Reddy Asha.	Evaluation of efficacy of aloe vera in the treatment of oral submucous fibrosis—a clinical study.	2017	Journal of Oral Pathology & Medicine	46 (1)	50-55	Exclude	8c. Study design out of scope (RCT)
Ardakani, Maria Tavakoli, et al.	Evaluating the effect of Matricaria recutita and Mentha piperita herbal mouthwash on management of oral mucositis in patients undergoing hematopoietic stem cell transplantation: A randomized, double blind, placebo controlled clinical trial.	2016	Complementary therapies in medicine	29	29-34	Exclude	8c. Study design out of scope (RCT)
Arentz, Susan, et al.	Combined lifestyle and herbal medicine in overweight women with polycystic ovary syndrome (PCOS): A randomized controlled trial.	2017	Phytotherapy research	31 (9)	1330-1340	Exclude	8c. Study design out of scope (RCT)
Arjmandi, Bahram H., et al.	A combination of Scutellaria baicalensis and Acacia catechu extracts for short-term symptomatic relief of joint discomfort associated with osteoarthritis of the knee.	2014	Journal of medicinal food	17 (6)	707-713	Exclude	8c. Study design out of scope (RCT)

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Asadi, Akbar, et al.	Efficacy of Melissa officinalis L.(lemon balm) extract on glycemic control and cardiovascular risk factors in individuals with type 2 diabetes: A randomized, double-blind, clinical trial.	2019	Phytotherapy research	33 (3)	651-659	Exclude	8c. Study design out of scope (RCT)
Asadi, Akbar, et al.	Safety and efficacy of Melissa officinalis (lemon balm) on ApoA-I, Apo B, lipid ratio and ICAM-1 in type 2 diabetes patients: A randomized, double-blinded clinical trial.	2018	Complementary therapies in medicine	40	83-88	Exclude	8c. Study design out of scope (RCT)
Asadi, Sara, et al.	Nano curcumin supplementation reduced the severity of diabetic sensorimotor polyneuropathy in patients with type 2 diabetes mellitus: A randomized double-blind placebo-controlled clinical trial.	2019	Complementary therapies in medicine	43	253-260	Exclude	8c. Study design out of scope (RCT)
Asadollahi, Mostafa, et al.	Protective properties of the aqueous extract of saffron (Crocus sativus L.) in ischemic stroke, randomized clinical trial.	2019	Journal of ethnopharmacology	238	111833	Exclude	8c. Study design out of scope (RCT)
Asher, Gary N., et al.	Effect of hawthorn standardized extract on flow mediated dilation in prehypertensive and mildly hypertensive adults: a randomized, controlled cross-over trial.	2012	BMC complementary and alternative medicine	12 (1)	26	Exclude	8c. Study design out of scope (RCT)
Askari, Faezeh, Bahram Rashidkhani, and Azita Hekmatdoost.	Cinnamon may have therapeutic benefits on lipid profile, liver enzymes, insulin resistance, and high-sensitivity C-reactive protein in nonalcoholic fatty liver disease patients.	2014	Nutrition research	34 (2)	143-148	Exclude	8c. Study design out of scope (RCT)
Aslanargun, Pinar, et al.	Passiflora incarnata Linneaus as an anxiolytic before spinal anesthesia.	2012	Journal of anesthesia	26 (1)	39-44	Exclude	8c. Study design out of scope (RCT)
Avins, Andrew L., et al.	Safety and toxicity of saw palmetto in the CAMUS trial.	2013	The Journal of urology	189 (4)	1415-1420	Exclude	8c. Study design out of scope (RCT)
Ayatollahi, Hossein, et al.	Effect of Crocus sativus L.(saffron) on coagulation and anticoagulation systems in healthy volunteers.	2014	Phytotherapy research	28 (4)	539-543	Exclude	8c. Study design out of scope (RCT)

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Ayoobi, Fatemeh, et al.	Achillea millefolium is beneficial as an add-on therapy in patients with multiple sclerosis: A randomized placebo-controlled clinical trial.	2019	Phytomedicine	52	89-97	Exclude	8c. Study design out of scope (RCT)
Aziz, Tavga Ahmed, et al.	The efficacy and safety of Ginkgo biloba extract as an adjuvant in type 2 diabetes mellitus patients ineffectively managed with metformin: a double-blind, randomized, placebo-controlled trial.	2018	Drug design, development and therapy	12	735	Exclude	8c. Study design out of scope (RCT)
Bakhshi, Mahin, et al.	Comparison of therapeutic effect of aqueous extract of garlic and nystatin mouthwash in denture stomatitis.	2012	Gerodontology	29 (2)	e680-e684	Exclude	8c. Study design out of scope (RCT)
Balamash, Khadijah, et al.	Effect of Kyolic® aged garlic extract on glycaemia, lipidaemia and oxidative stress in patients with type 2 diabetes mellitus.	2012	Journal of Diabetes Research and Clinical Metabolism	1 (1)	18	Exclude	8c. Study design out of scope (RCT)
Barna, Milos, et al.	Wound healing effects of a Symphytum herb extract cream (Symphytum x uplandicum NYMAN): results of a randomized, controlled double-blind study.	2007	Wiener medizinische Wochenschrift (1946)	157 (21-22)	569-574	Exclude	8c. Study design out of scope (RCT)
Barrett, Bruce, et al.	Placebo effects and the common cold: a randomized controlled trial.	2011	The Annals of Family Medicine	9 (4)	312-322	Exclude	8c. Study design out of scope (RCT)
Barrett, Bruce, et al.	Echinacea for treating the common cold: a randomized trial.	2010	Annals of internal medicine	153 (12)	769-777	Exclude	8c. Study design out of scope (RCT)
Barry, Michael J., et al.	Effect of increasing doses of saw palmetto extract on lower urinary tract symptoms: a randomized trial.	2011	JAMA	306 (12)	1344-1351	Exclude	8c. Study design out of scope (RCT)
Barton, Debra L., et al.	The use of Ginkgo biloba for the prevention of chemotherapy-related cognitive dysfunction in women receiving adjuvant treatment for breast cancer, N00C9.	2013	Supportive Care in Cancer	21 (4)	1185-1192	Exclude	8c. Study design out of scope (RCT)
Barton, Debra L., et al.	The use of valeriana officinalis (valerian) in improving sleep in patients who are undergoing treatment for cancer: a phase III randomized, placebo-controlled, double-blind study: NCCTG Trial, N01C5.	2011	The journal of supportive oncology	9 (1)	24	Exclude	8c. Study design out of scope (RCT)

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Basu, Arpita, et al.	Green tea minimally affects biomarkers of inflammation in obese subjects with metabolic syndrome.	2011	Nutrition	27 (2)	206-213	Exclude	8c. Study design out of scope (RCT)
Bebenek, Michael, et al.	Effect of exercise and Cimicifuga racemosa (CR BNO 1055) on bone mineral density, 10-year coronary heart disease risk, and menopausal complaints: the randomized controlled Training and Cimicifuga racemosa Erlangen (TRACE) study.	2010	Menopause	17 (4)	791-800	Exclude	8c. Study design out of scope (RCT)
Beck, Stefanie M., et al.	Effects of Ginkgo biloba extract EGb 761® on cognitive control functions, mental activity of the prefrontal cortex and stress reactivity in elderly adults with subjective memory impairment—a randomized double-blind placebo-controlled trial.	2016	Human Psychopharmacology: Clinical and Experimental	31 (3)	227-242	Exclude	8c. Study design out of scope (RCT)
Benson, Sarah, et al.	An acute, double-blind, placebo-controlled cross-over study of 320 mg and 640 mg doses of Bacopa monnieri (CDRI 08) on multitasking stress reactivity and mood.	2014	Phytotherapy research	28 (4)	551-559	Exclude	8c. Study design out of scope (RCT)
Bermejo, L. M., et al.	Impact of cooked functional meat enriched with omega-3 fatty acids and rosemary extract on inflammatory and oxidative status; A randomised, double-blind, crossover study.	2014	Nutricion hospitalaria	30 (5)	1084-1091	Exclude	8c. Study design out of scope (RCT)
Bertoglio, J. C., et al.	Andrographis paniculata decreases fatigue in patients with relapsing-remitting multiple sclerosis: a 12-month double-blind placebo-controlled pilot study.	2016	BMC neurology	16 (1)	77	Exclude	8c. Study design out of scope (RCT)
Biggs, Mary L., et al.	Ginkgo biloba and risk of cancer: secondary analysis of the Ginkgo Evaluation of Memory (GEM) Study.	2010	Pharmacoepidemiology and drug safety	19 (7)	694-698	Exclude	8c. Study design out of scope (RCT)
Billinsky, Jennifer, et al.	No evidence of hypoglycemia or hypotension in older adults during 6 months of flax lignan supplementation in a randomized controlled trial: a safety evaluation.	2013	Pharmaceutical biology	51 (6)	778-782	Exclude	8c. Study design out of scope (RCT)

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Bøhn, Siv K., et al.	Effects of black tea on body composition and metabolic outcomes related to cardiovascular disease risk: A randomized controlled trial.	2014	Food & function	5 (7)	1613-1620	Exclude	8c. Study design out of scope (RCT)
Bonassi, Stefano, et al.	Clinical and genomic safety of treatment with Ginkgo biloba L. leaf extract (IDN 5933/Ginkgoselect® Plus) in elderly: a randomised placebo-controlled clinical trial [GiBiEx].	2018	BMC complementary and alternative medicine	18 (1)	22	Exclude	8c. Study design out of scope (RCT)
Bonyadi, Mohammad Hossein Jabbarpoor, Shahin Yazdani, and Saeed Saadat.	The ocular hypotensive effect of saffron extract in primary open angle glaucoma: a pilot study.	2014	BMC complementary and alternative medicine	14 (1)	1-Jun	Exclude	8c. Study design out of scope (RCT)
Borzoei, Azam, Maryam Rafraf, and Mohammad Asghari-Jafarabadi.	Cinnamon improves metabolic factors without detectable effects on adiponectin in women with polycystic ovary syndrome.	2018	Asia Pacific journal of clinical nutrition	27 (3)	556	Exclude	8c. Study design out of scope (RCT)
Brahe, Lena K., et al.	Dietary modulation of the gut microbiota—a randomised controlled trial in obese postmenopausal women.	2015	British Journal of Nutrition	114 (3)	406-417	Exclude	8c. Study design out of scope (RCT)
Braz, Alessandra S., et al.	Effects of Panax ginseng extract in patients with fibromyalgia: a 12-week, randomized, double-blind, placebo-controlled trial.	2013	Revista Brasileira de Psiquiatria	35 (1)	21-28	Exclude	8c. Study design out of scope (RCT)
Bredie, Sebastian JH, and Miek C. Jong.	No significant effect of ginkgo biloba special extract EGb 761 in the treatment of primary Raynaud phenomenon: a randomized controlled trial.	2012	Journal of cardiovascular pharmacology	59 (3)	215-221	Exclude	8c. Study design out of scope (RCT)
Broadhead, Geoffrey K, et al.	Saffron therapy for the treatment of mild/moderate age-related macular degeneration: a randomised clinical trial.	2019	Graefe's Archive for Clinical and Experimental Ophthalmology	257 (1)	31-40	Exclude	8c. Study design out of scope (RCT)
Brock, Christine, et al.	American skullcap (Scutellaria lateriflora): A randomised, double-blind placebo-controlled crossover study of its effects on mood in healthy volunteers.	2014	Phytotherapy research	28 (5)	692-698	Exclude	8c. Study design out of scope (RCT)

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Burns, Alistair, et al.	A double-blind placebo-controlled randomized trial of Melissa officinalis oil and donepezil for the treatment of agitation in Alzheimer's disease.	2011	Dementia and geriatric cognitive disorders	31 (2)	158-164	Exclude	8c. Study design out of scope (RCT)
Burusapat, Chairat, et al.	Topical Aloe vera gel for accelerated wound healing of split-thickness skin graft donor sites: a double-blind, randomized, controlled trial and systematic review.	2018	Plastic and reconstructive surgery	142 (1)	217-226	Exclude	8c. Study design out of scope (RCT)
Burusapat, Chairat, et al.	Topical Aloe vera gel for accelerated wound healing of split-thickness skin graft donor sites: a double-blind, randomized, controlled trial and systematic review.	2018	Plastic and reconstructive surgery	142 (1)	217-226	Exclude	8c. Study design out of scope (RCT)
Cabrera-Jaime, Sandra, et al.	Efficacy of Plantago major, chlorhexidine 0.12% and sodium bicarbonate 5% solution in the treatment of oral mucositis in cancer patients with solid tumour: A feasibility randomised triple-blind phase III clinical trial.	2018	European Journal of Oncology Nursing	32	40-47	Exclude	8c. Study design out of scope (RCT)
Caligiuri, Stephanie PB, Brian Penner, and Grant N. Pierce.	The HYPERFlax trial for determining the anti-HYPERTensive effects of dietary flaxseed in newly diagnosed stage 1 hypertensive patients: study protocol for a randomized, double-blinded, controlled clinical trial.	2014	Trials	15 (1)	232	Exclude	8c. Study design out of scope (RCT)
Caligiuri, Stephanie PB, et al.	Dietary flaxseed reduces central aortic blood pressure without cardiac involvement but through changes in plasma oxylipins.	2016	Hypertension	68 4)	1031-1038	Exclude	8c. Study design out of scope (RCT)
Calvo-Castro, Laura A., et al.	The Oral Bioavailability of 8-Prenylnaringenin from Hops (<i>Humulus Lupulus</i> L.) in Healthy Women and Men is Significantly Higher than that of its Positional Isomer 6-Prenylnaringenin in a Randomized Crossover Trial.	2018	Molecular nutrition & food research	62 (7)	1700838	Exclude	8c. Study design out of scope (RCT)
Canning, Sarah, et al.	The efficacy of Hypericum perforatum (St John's Wort) for the treatment of premenstrual syndrome.	2010	CNS drugs	24 (3)	207-225	Exclude	8c. Study design out of scope (RCT)

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Cassano, N., et al.	Adjuvant role of a new emollient cream in patients with palmar and/or plantar psoriasis: a pilot randomized open-label study.	2010	Giornale italiano di dermatologia e venereologia: organo ufficiale, Societa italiana di dermatologia e sifilografia	145 (6)	789-792	Exclude	8c. Study design out of scope (RCT)
Cha, Tae Woong, et al.	Blood pressure-lowering effect of Korean red ginseng associated with decreased circulating Lp-PLA 2 activity and lysophosphatidylcholines and increased dihydrobiopterin level in prehypertensive subjects.	2016	Hypertension Research	39 (6)	449-456	Exclude	8c. Study design out of scope (RCT)
Chainani-Wu, Nita, et al.	High-dose curcuminoids are efficacious in the reduction in symptoms and signs of oral lichen planus.	2012	Journal of the American Academy of Dermatology	66 (5)	752-760	Exclude	8c. Study design out of scope (RCT)
Chandran B, Goel A.	A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis.	2012	Phytother Res	26	1719-1725	Exclude	8c. Study design out of scope (RCT)
Chang, Shao-Min, and Chung-Hey Chen.	Effects of an intervention with drinking chamomile tea on sleep quality and depression in sleep disturbed postnatal women: a randomized controlled trial.	2016	Journal of advanced nursing (72 (2)	306-315	Exclude	8c. Study design out of scope (RCT)
Charousaei, Firuzeh, Azam Dabirian, and Faraz Mojab.	Using chamomile solution or a 1% topical hydrocortisone ointment in the management of peristomal skin lesions in colostomy patients: results of a controlled clinical study.	2011	Ostomy-Wound Management	57 (5)	28	Exclude	8c. Study design out of scope (RCT)
Chava, Vijay Kumar, and Bhargavi Devi Vedula.	Thermo-reversible green tea catechin gel for local application in chronic periodontitis: a 4-week clinical trial.	2013	Journal of periodontology	84 (9)	1290-1296	Exclude	8c. Study design out of scope (RCT)
Chen, Hong-bin, et al.	Randomized controlled trial of 3 days fasting and oral senna, combined with mannitol and simethicone, before capsule endoscopy.	2017	Medicine	96 (43)	N/A	Exclude	8c. Study design out of scope (RCT)

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Chen, I-Ju, et al.	Therapeutic effect of high-dose green tea extract on weight reduction: A randomized, double-blind, placebo-controlled clinical trial.	2016	Clinical Nutrition	35 (3)	592-599	Exclude	8c. Study design out of scope (RCT)
Chen, Jiming, et al.	Efficacy and safety of remifemin on peri-menopausal symptoms induced by post-operative GnRH-a therapy for endometriosis: a randomized study versus tibolone.	2014	Medical science monitor: international medical journal of experimental and clinical research	20	1950	Exclude	8c. Study design out of scope (RCT)
Chen, Justin A., et al.	Association between patient beliefs regarding assigned treatment and clinical response: reanalysis of data from the Hypericum Depression Trial Study Group.	2011	The Journal of clinical psychiatry	72 (12)	1669-1676	Exclude	8c. Study design out of scope (RCT)
Cheng, Qian, et al.	Effects of Ginkgo biloba extract on periodontal pathogens and its clinical efficacy as adjuvant treatment.	2014	Chinese journal of integrative medicine	20 (10)	729-736	Exclude	8c. Study design out of scope (RCT)
Chevassus, Hugues, et al.	A fenugreek seed extract selectively reduces spontaneous fat intake in overweight subjects.	2010	European journal of clinical pharmacology	66 (5)	449-455	Exclude	8c. Study design out of scope (RCT)
Chiaretti, Massimo, et al.	Comparison of Flavonoids and Centella asiatica for the treatment of chronic anal fissure. A randomized clinical trial.	2018	Annali italiani di chirurgia	89	330-336	Exclude	8c. Study design out of scope (RCT)
Chilelli, Nino Cristiano, et al.	Curcumin and boswellia serrata modulate the glyco-oxidative status and lipo-oxidation in master athletes.	2016	Nutrients	8 (11)	745	Exclude	8c. Study design out of scope (RCT)
Chiu, Hui-Fang, et al.	Improvement of liver function in humans using a mixture of schisandra fruit extract and sesamin.	2013	Phytotherapy research	27 (3)	368-373	Exclude	8c. Study design out of scope (RCT)
Cho, Young Hye, et al.	Effect of Korean red ginseng on insulin sensitivity in non-diabetic healthy overweight and obese adults.	2013	Asia Pacific journal of clinical nutrition	22 (3)	365	Exclude	8c. Study design out of scope (RCT)
Cho, Young-Jin, Hyeog-Jin Son, and Kyung-Soo Kim.	A 14-week randomized, placebo-controlled, double-blind clinical trial to evaluate the efficacy and safety of ginseng polysaccharide (Y-75).	2014	Journal of translational medicine	12 (1)	283	Exclude	8c. Study design out of scope (RCT)
Choi, Ho-Chun, et al.	Metabolic effects of aloe vera gel complex in obese prediabetes and early non-treated diabetic patients: Randomized controlled trial.	2013	Nutrition	29 (9)	1110-1114	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Choi, Seung-Hwa, Keum-Jin Yang, and Dong-Soo Lee.	Effects of complementary combination therapy of Korean red ginseng and antiviral agents in chronic hepatitis B.	2016	The Journal of Alternative and Complementary Medicine	22 (12)	964-969	Exclude	8c. Study design out of scope (RCT)
Choi, Y. D., et al.	Effects of Korean ginseng berry extract on sexual function in men with erectile dysfunction: a multicenter, placebo-controlled, double-blind clinical study.	2013	International journal of impotence research	25 (2)	45-50	Exclude	8c. Study design out of scope (RCT)
Chrubasik S, Eisenberg E, Balan E, Weinberger T, Luzzati R, Conradt C.	Treatment of low back pain exacerbations with willow bark extract: A randomized double-blind study.	2000	American Journal of Medicine	109 (1)	Sep-14	Exclude	8c. Study design out of scope (RCT)
Clewell, Amy, et al.	Efficacy and tolerability assessment of a topical formulation containing copper sulfate and hypericum perforatum on patients with herpes skin lesions: a comparative, randomized controlled trial.	2012	Journal of drugs in dermatology	11 (2)	209-215	Exclude	8c. Study design out of scope (RCT)
Cockerell, K. M., et al.	Effects of linseeds on the symptoms of irritable bowel syndrome: a pilot randomised controlled trial.	2012	Journal of Human Nutrition and Dietetics	25 (5)	435-443	Exclude	8c. Study design out of scope (RCT)
Colli, Márcia Constantino, et al.	Evaluation of the efficacy of flaxseed meal and flaxseed extract in reducing menopausal symptoms.	2012	Journal of medicinal food	15 (9)	840-845	Exclude	8c. Study design out of scope (RCT)
Cornu, Catherine, et al.	A dietary supplement to improve the quality of sleep: a randomized placebo controlled trial.	2010	BMC complementary and alternative medicine	10 (1)	29	Exclude	8c. Study design out of scope (RCT)
Coulson, Samantha, et al.	A phase II randomised double-blind placebo-controlled clinical trial investigating the efficacy and safety of ProstateEZE Max: a herbal medicine preparation for the management of symptoms of benign prostatic hypertrophy.	2013	Complementary therapies in medicine	21.3	172-179	Exclude	8c. Study design out of scope (RCT)
Cwientzek, Ute, Bertram Ottillinger, and Petr Arenberger.	Acute bronchitis therapy with ivy leaves extracts in a two-arm study. A double-blind, randomised study vs. another ivy leaves extract.	2011	Phytomedicine	18 (13)	1105-1109	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
da Silva, Willian, et al.	Effect of green tea extract supplementation on exercise-induced delayed onset muscle soreness and muscular damage.	2018	Physiology & behavior	194	77-82	Exclude	8c. Study design out of scope (RCT)
Dantas, Liliane-Pocone, et al.	Effects of passiflora incarnata and midazolam for control of anxiety in patients undergoing dental extraction.	2017	Medicina oral, patologia oral y cirugia bucal	22 (1)	e95	Exclude	8c. Study design out of scope (RCT)
Dardano, Angela, et al.	The effect of Ginkgo biloba extract on genotoxic damage in patients with differentiated thyroid carcinoma receiving thyroid remnant ablation with iodine-131.	2012	Thyroid	22 (3)	318-324	Exclude	8c. Study design out of scope (RCT)
de Bock, M, Derraik, JGB, Brennan, CM, Biggs, JB, Morgan, PE, Hodgkinson, SC, Hofman, PL and Cutfield, WS	Olive (Olea europaea L.) leaf polyphenols improve insulin sensitivity in middle-aged overweight men: a randomized, placebo-controlled, crossover trial	2013	PloS one	8(3)	e57622	Exclude	8c. Study design out of scope (RCT)
De Rosa, Nicoletta, et al.	Effect of Immunomodulatory Supplements Based on Echinacea Angustifolia and Echinacea Purpurea on the Posttreatment Relapse Incidence of Genital Condylomatosis: A Prospective Randomized Study.	2019	BioMed research international 2019	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Dehkordi, Z. Raisi, M. Rafieian-Kopaei, and F. S. Hosseini-Baharanchi.	A double-blind controlled crossover study to investigate the efficacy of salix extract on primary dysmenorrhea.	2019	Complementary therapies in medicine	44	102-109	Exclude	8c. Study design out of scope (RCT)
Del Giorno, C. E. C. Í. L. I. A., et al.	Effects of Trifolium pratense on the climacteric and sexual symptoms in postmenopausal women.	2010	Rev Assoc Med Bras	56 (5)	558-562	Exclude	8c. Study design out of scope (RCT)
Derosa, Giuseppe, et al.	Berberis aristata/Silybum marianum fixed combination (Berberol®) effects on lipid profile in dyslipidemic patients intolerant to statins at high dosages: A randomized, placebo-controlled, clinical trial.	2015	Phytomedicine	22 (2)	231-237	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Devaraj, Sridevi, et al.	Effects of Aloe vera supplementation in subjects with prediabetes/metabolic syndrome.	2013	Metabolic syndrome and related disorders	11 (1)	35-40	Exclude	8c. Study design out of scope (RCT)
Doosti, Afsaneh, et al.	Comparison of the effects of N-acetyl-cysteine and ginseng in prevention of noise induced hearing loss in male textile workers.	2014	Noise and Health	16 (71)	223	Exclude	8c. Study design out of scope (RCT)
Dos Reis, Paula Elaine Diniz, et al.	Chamomile infusion cryotherapy to prevent oral mucositis induced by chemotherapy: a pilot study.	2016	Supportive Care in Cancer	24 (10)	4393-4398	Exclude	8c. Study design out of scope (RCT)
Dostal, Allison M., et al.	The safety of green tea extract supplementation in postmenopausal women at risk for breast cancer: results of the Minnesota Green Tea Trial.	2015	Food and chemical toxicology	83	26-35	Exclude	8c. Study design out of scope (RCT)
Dostal, Allison M., et al.	Long-term supplementation of green tea extract does not modify adiposity or bone mineral density in a randomized trial of overweight and obese postmenopausal women.	2016	The Journal of nutrition	146 (2)	256-264	Exclude	8c. Study design out of scope (RCT)
Doustfatemeh, Sareh, et al.	The Effect of Black Tea (<i>Camellia sinensis</i> (L) Kuntze) on Pediatrics With Acute Nonbacterial Diarrhea: A Randomized Controlled Trial.	2017	Journal of evidence-based complementary & alternative medicine	22 (1)	114-119	Exclude	8c. Study design out of scope (RCT)
Downey, Luke A., et al.	An acute, double-blind, placebo-controlled crossover study of 320 mg and 640 mg doses of a special extract of <i>Bacopa monnieri</i> (CDRI 08) on sustained cognitive performance.	2013	Phytotherapy Research	27 (9)	1407-1413	Exclude	8c. Study design out of scope (RCT)
Eatemadnia, Alieh, et al.	The effect of <i>Hypericum perforatum</i> on postmenopausal symptoms and depression: A randomized controlled trial.	2019	Complementary therapies in medicine	45	109-113	Exclude	8c. Study design out of scope (RCT)
Ebrahimpour-Koujan, Soraiya, et al.	Lower glycemic indices and lipid profile among type 2 diabetes mellitus patients who received novel dose of <i>Silybum marianum</i> (L.) Gaertn.(silymarin) extract supplement: A Triple-blinded randomized controlled clinical trial.	2018	Phytomedicine	44	39-44	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Edel, Andrea L., et al.	Dietary flaxseed independently lowers circulating cholesterol and lowers it beyond the effects of cholesterol-lowering medications alone in patients with peripheral artery disease.	2015	The Journal of nutrition	145 (4)	749-757	Exclude	8c. Study design out of scope (RCT)
Edel, Andrea L., et al.	The effect of flaxseed dose on circulating concentrations of alpha-linolenic acid and secoisolariciresinol diglucoside derived enterolignans in young, healthy adults.	2016	European journal of nutrition	55 (2)	651-663	Exclude	8c. Study design out of scope (RCT)
Effati-Daryani, Fatemeh, et al.	Effect of Lavender cream with or without footbath on sleep quality and fatigue in pregnancy and postpartum: a randomized controlled trial.	2018	Women & health	58 (10)	1179-1191	Exclude	8c. Study design out of scope (RCT)
Elyasi, Sepideh, et al.	Topical silymarin administration for prevention of capecitabine-induced hand-foot syndrome: A randomized, double-blinded, placebo-controlled clinical trial.	2017	Phytotherapy Research	31 (9)	1323-1329	Exclude	8c. Study design out of scope (RCT)
Elyasi, Sepideh, et al.	Effect of oral silymarin administration on prevention of radiotherapy induced mucositis: A randomized, double-blinded, placebo-controlled clinical trial.	2016	Phytotherapy Research	30 (11)	1879-1885	Exclude	8c. Study design out of scope (RCT)
Ergül, Bilal, et al.	Efficacy and safety of gum chewing in adjunct to high-dose senna for bowel cleansing before colonoscopy: A single-blind randomized controlled trial.	2014	Saudi journal of gastroenterology: official journal of the Saudi Gastroenterology Association	20 (6)	356	Exclude	8c. Study design out of scope (RCT)
Erkkola, R., et al.	A randomized, double-blind, placebo-controlled, cross-over pilot study on the use of a standardized hop extract to alleviate menopausal discomforts.	2010	Phytomedicine	17 (6)	389-396	Exclude	8c. Study design out of scope (RCT)
Eshaghian, Razieh, et al.	The effect of frankincense (<i>Boswellia serrata</i> , oleoresin) and ginger (<i>Zingiber officinale</i> , rhizoma) on heavy menstrual bleeding: A randomized, placebo-controlled, clinical trial.	2019	Complementary therapies in medicine	42	42-47	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Eshghi, Fariborz, et al.	Effects of Aloe vera cream on posthemorrhoidectomy pain and wound healing: results of a randomized, blind, placebo-control study.	2010	The Journal of Alternative and Complementary Medicine	16 (6)	647-650	Exclude	8c. Study design out of scope (RCT)
Eshghpour, Majid, et al.	Effectiveness of green tea mouthwash in postoperative pain control following surgical removal of impacted third molars: double blind randomized clinical trial.	2013	DARU Journal of Pharmaceutical Sciences	21 (1)	59	Exclude	8c. Study design out of scope (RCT)
Etemadifar, Masoud, et al.	Ginseng in the treatment of fatigue in multiple sclerosis: a randomized, placebo-controlled, double-blind pilot study.	2013	International Journal of Neuroscience	123 (7)	480-486	Exclude	8c. Study design out of scope (RCT)
Fadai, F., et al.	Saffron aqueous extract prevents metabolic syndrome in patients with schizophrenia on olanzapine treatment: a randomized triple blind placebo controlled study.	2014	Pharmacopsychiatry	47.04 (05)	156-161	Exclude	8c. Study design out of scope (RCT)
Falsini, Benedetto, et al.	Influence of saffron supplementation on retinal flicker sensitivity in early age-related macular degeneration.	2010	Investigative ophthalmology & visual science	51 (12)	6118-6124	Exclude	8c. Study design out of scope (RCT)
Fan, Lan, et al.	The pregnane X receptor agonist St John's Wort has no effects on the pharmacokinetics and pharmacodynamics of repaglinide.	2011	Clinical pharmacokinetics	50 (9)	605-611	Exclude	8c. Study design out of scope (RCT)
Fang, Yujiang, et al.	Escin improves sperm quality in male patients with varicocele-associated infertility.	2010	Phytomedicine	17 (3-4)	192-196	Exclude	8c. Study design out of scope (RCT)
Farokhnia, Mehdi, et al.	Comparing the efficacy and safety of Crocus sativus L. with memantine in patients with moderate to severe Alzheimer's disease: a double-blind randomized clinical trial.	2014	Human Psychopharmacology: Clinical and Experimental	29 (4)	351-359	Exclude	8c. Study design out of scope (RCT)
Farshbaf-Khalili, Azizeh, Mahin Kamalifard, and Mahsa Namadian.	Comparison of the effect of lavender and bitter orange on anxiety in postmenopausal women: A triple-blind, randomized, controlled clinical trial.	2018	Complementary therapies in clinical practice	31	132-138	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Fernandes, Renata C., et al.	Acute epigallocatechin 3 gallate (egcg) supplementation delays gastric emptying in healthy women: A randomized, double-blind, placebo-controlled crossover study.	2018	Nutrients	10 (8)	1122	Exclude	8c. Study design out of scope (RCT)
Ferrara, T., G. De Vincentiis, and F. Di Pierro.	Functional study on Boswellia phytosome as complementary intervention in asthmatic patients.	2015	Eur Rev Med Pharmacol Sci	19 (19)	3757-3762	Exclude	8c. Study design out of scope (RCT)
Fintelmann, Volker, et al.	Efficacy and safety of a combination herbal medicinal product containing Tropaeoli majoris herba and Armoraciae rusticanae radix for the prophylactic treatment of patients with respiratory tract diseases: a randomised, prospective, double-blind, placebo-controlled phase III trial.	2012	Current medical research and opinion	28 (11)	1799-1807	Exclude	8c. Study design out of scope (RCT)
Forte, Raimondo, et al.	Long-term follow-up of oral administration of flavonoids, Centella asiatica and Melilotus, for diabetic cystoid macular edema without macular thickening.	2013	Journal of ocular pharmacology and therapeutics	29 (8)	733-737	Exclude	8c. Study design out of scope (RCT)
Fouladi, Rohollah F.	Aqueous extract of dried fruit of Berberis vulgaris L. in acne vulgaris, a clinical trial.	2012	Journal of dietary supplements	9 (4)	253-261	Exclude	8c. Study design out of scope (RCT)
Fried, Michael W., et al.	Effect of silymarin (milk thistle) on liver disease in patients with chronic hepatitis C unsuccessfully treated with interferon therapy: a randomized controlled trial.	2012	Jama	308 (3)	274-282	Exclude	8c. Study design out of scope (RCT)
Fukumitsu, Satoshi, et al.	Flaxseed lignan lowers blood cholesterol and decreases liver disease risk factors in moderately hypercholesterolemic men.	2010	Nutrition Research	30 (7)	441-446	Exclude	8c. Study design out of scope (RCT)
Fung, Foon Yin, et al.	A randomized, double-blind, placebo-controlled study on the anti-haemostatic effects of Curcuma longa, Angelica sinensis and Panax ginseng.	2017	Phytomedicine	32	88-96	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Gargari, Bahram Pourghassem, et al.	Effects of Silybum marianum (L.) Gaertn.(silymarin) extract supplementation on antioxidant status and hs-CRP in patients with type 2 diabetes mellitus: a randomized, triple-blind, placebo-controlled clinical trial.	2015	Phytomedicine	22 (2)	290-296	Exclude	8c. Study design out of scope (RCT)
Gavrilova, S. I., et al.	Efficacy and safety of Ginkgo biloba extract EGb 761® in mild cognitive impairment with neuropsychiatric symptoms: a randomized, placebo-controlled, double-blind, multi-center trial.	2014	International journal of geriatric psychiatry	29 (10)	1087-1095	Exclude	8c. Study design out of scope (RCT)
Ghaffari, Aida, et al.	Turmeric and chicory seed have beneficial effects on obesity markers and lipid profile in non-alcoholic fatty liver disease (NAFLD).	2019	International Journal for Vitamin and Nutrition Research	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Ghajar, Alireza, et al.	Crocus sativus L. versus citalopram in the treatment of major depressive disorder with anxious distress: a double-blind, controlled clinical trial.	2017	Pharmacopsychiatry	50 (04)	152-160	Exclude	8c. Study design out of scope (RCT)
Ghalayani, Parichehr, et al.	Comparison of triamcinolone acetonide mucoadhesive film with licorice mucoadhesive film on radiotherapy-induced oral mucositis: A randomized double-blinded clinical trial.	2017	Asia-Pacific Journal of Clinical Oncology	13 (2)	e48-e56	Exclude	8c. Study design out of scope (RCT)
Ghanbari-Homayi, Solmaz, Mojgan Mirghafourvand, and Mohammadali Torbati.	The efficacy of Lemon balm (Melissa officinalis L.) only and combined Lemon balm–Nepeta menthoides on the menstrual bleeding in students with premenstrual syndrome: a randomized controlled trial.	2015	N/A	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Ghazanfarpour, Masumeh, et al.	Effect of Foeniculum vulgare (fennel) on symptoms of depression and anxiety in postmenopausal women: a double-blind randomised controlled trial.	2018	Journal of Obstetrics and Gynaecology	38 (1)	121-126	Exclude	8c. Study design out of scope (RCT)
Ghazanfarpour, Masumeh, et al.	Hypericum perforatum for the treatment of premenstrual syndrome.	2011	International journal of gynaecology and obstetrics	113 (1)	84-85	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Ghods, Zahra, and Maryam Asltoghiri.	The effect of fennel on pain quality, symptoms, and menstrual duration in primary dysmenorrhea.	2014	Journal of pediatric and adolescent gynecology	27 (5)	283-286	Exclude	8c. Study design out of scope (RCT)
Ghorbani, Zahra, et al.	The effect of ginseng on sexual dysfunction in menopausal women: A double-blind, randomized, controlled trial.	2019	Complementary therapies in medicine	45	57-64	Exclude	8c. Study design out of scope (RCT)
Giannetti, Bruno Massimo, et al.	Efficacy and safety of comfrey root extract ointment in the treatment of acute upper or lower back pain: results of a double-blind, randomised, placebo controlled, multicentre trial.	2010	British journal of sports medicine	44 (9)	637-641	Exclude	8c. Study design out of scope (RCT)
Girandola, R., Srivastava, S., & Loullis, C.	A clinical trial comparing Lanconone® with ibuprofen for rapid relief in acute joint pain.	2016	Trials	17 (1)	189	Exclude	8c. Study design out of scope (RCT)
Giuseppe, Derosa, et al.	Effects of a combination of berberis aristata, silybum marianum and monacolin on lipid profile in subjects at low cardiovascular risk; a double-blind, randomized, placebo-controlled trial.	2017	International journal of molecular sciences	18 (2)	343	Exclude	8c. Study design out of scope (RCT)
Goes, Paula, et al.	Clinical efficacy of a 1% Matricaria chamomile L. mouthwash and 0.12% chlorhexidine for gingivitis control in patients undergoing orthodontic treatment with fixed appliances.	2016	Journal of oral science	58 (4)	569-574	Exclude	8c. Study design out of scope (RCT)
Gout, Bernard, Cédric Bourges, and Séverine Paineau-Dubreuil.	Satiereal, a Crocus sativus L extract, reduces snacking and increases satiety in a randomized placebo-controlled study of mildly overweight, healthy women.	2010	Nutrition Research	30 (5)	305-313	Exclude	8c. Study design out of scope (RCT)
Gracious, Barbara L., et al.	Randomized, placebo-controlled trial of flax oil in pediatric bipolar disorder.	2010	Bipolar disorders	12 (2)	142-154	Exclude	8c. Study design out of scope (RCT)
Grant, Jon E., Sarah A. Redden, and Samuel R. Chamberlain.	Milk thistle treatment for children and adults with trichotillomania: A double-blind, placebo-controlled, crossover negative study.	2019	Journal of clinical psychopharmacology	39 (2)	129-134	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Gravas, Stavros, et al.	The effect of hexanic extract of <i>Serenoa repens</i> on prostatic inflammation: results from a randomized biopsy study.	2019	World journal of urology	37 (3)	539-544	Exclude	8c. Study design out of scope (RCT)
Grube, Barbara, et al.	A natural fiber complex reduces body weight in the overweight and obese: A double-blind, randomized, placebo-controlled study.	2013	Obesity	21 (1)	58-64	Exclude	8c. Study design out of scope (RCT)
Gruenwald, Joerg, et al.	Effects of aged garlic extract on arterial elasticity in a placebo-controlled clinical trial using EndoPAT™ technology.	2020	Experimental and Therapeutic Medicine	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Gschwind, Yves J., et al.	Ginkgo biloba special extract LI 1370 improves dual-task walking in patients with MCI: a randomised, double-blind, placebo-controlled exploratory study.	2017	Aging clinical and experimental research	29 (4)	609-619	Exclude	8c. Study design out of scope (RCT)
Guo, Honghui, et al.	Effects of bayberry juice on inflammatory and apoptotic markers in young adults with features of non-alcoholic fatty liver disease.	2014	Nutrition	30 (2)	198-203	Exclude	8c. Study design out of scope (RCT)
Guo, Xinxing, et al.	Effect of Ginkgo biloba on visual field and contrast sensitivity in Chinese patients with normal tension glaucoma: a randomized, crossover clinical trial.	2014	Investigative ophthalmology & visual science	55 (1)	110-116	Exclude	8c. Study design out of scope (RCT)
Gupta, Diyva, Sanjay Agrawal, and Jagdish P. Sharma.	Effect of preoperative licorice lozenges on incidence of postextubation cough and sore throat in smokers undergoing general anesthesia and endotracheal intubation.	2013	Middle East J Anaesthesiol	22 (2)	173-178	Exclude	8c. Study design out of scope (RCT)
Ha, Min-Seong, et al.	Effects of aquarobic exercise and burdock intake on serum blood lipids and vascular elasticity in Korean elderly women.	2018	Experimental gerontology	101	63-68	Exclude	8c. Study design out of scope (RCT)
Hadi, Amir, et al.	The effect of green tea and sour tea (<i>Hibiscus sabdariffa</i> L.) supplementation on oxidative stress and muscle damage in athletes.	2017	Journal of dietary supplements	14 (3)	346-357	Exclude	8c. Study design out of scope (RCT)
Hajhashemi, Maryam, et al.	The effect of <i>Achillea millefolium</i> and <i>Hypericum perforatum</i> ointments on episiotomy wound healing in primiparous women.	2018	The Journal of Maternal-Fetal & Neonatal Medicine	31 (1)	63-69	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hajheydari, Zohreh, et al.	Effect of Aloe vera topical gel combined with tretinoin in treatment of mild and moderate acne vulgaris: a randomized, double-blind, prospective trial.	2014	Journal of dermatological treatment	25 (2)	123-129	Exclude	8c. Study design out of scope (RCT)
Haj-Husein, I., S. Tukan, and F. Alkazaleh.	The effect of marjoram (<i>Origanum majorana</i>) tea on the hormonal profile of women with polycystic ovary syndrome: a randomised controlled pilot study.	2016	Journal of human nutrition and dietetics	29 (1)	105-111	Exclude	8c. Study design out of scope (RCT)
Hajiaghamohammadi, Ali Akbar, Amir Ziaee, and Rasoul Samimi.	The efficacy of licorice root extract in decreasing transaminase activities in non-alcoholic fatty liver disease: A randomized controlled clinical trial.	2012	Phytotherapy Research	26 (9)	1381-1384	Exclude	8c. Study design out of scope (RCT)
Hajiaghamohammadi, Ali Akbar, et al.	To evaluate of the effect of adding licorice to the standard treatment regimen of <i>Helicobacter pylori</i> .	2016	The Brazilian Journal of Infectious Diseases	20 (6)	534-538	Exclude	8c. Study design out of scope (RCT)
Hajimonfarednejad, Mahdie, et al.	Insulin resistance improvement by cinnamon powder in polycystic ovary syndrome: A randomized double-blind placebo controlled clinical trial.	2018	Phytotherapy Research	32 (2)	276-283	Exclude	8c. Study design out of scope (RCT)
Han, Seon-Sook, et al.	Clonazepam quiets tinnitus: a randomised crossover study with <i>Ginkgo biloba</i> .	2012	J Neurol Neurosurg Psychiatry	83 (8)	821-827	Exclude	8c. Study design out of scope (RCT)
Hancke, Juan L., et al.	A double-blind, randomized, placebo-controlled study to assess the efficacy of <i>Andrographis paniculata</i> standardized extract (ParActin®) on pain reduction in subjects with knee osteoarthritis.	2019	Phytotherapy Research	33 (5)	1469-1479	Exclude	8c. Study design out of scope (RCT)
Haroyan, Armine, et al.	Efficacy and safety of curcumin and its combination with boswellic acid in osteoarthritis: a comparative, randomized, double-blind, placebo-controlled study.	2018	BMC complementary and alternative medicine	18 (1)	7	Exclude	8c. Study design out of scope (RCT)
Harrold, J. A., et al.	Acute effects of a herb extract formulation and inulin fibre on appetite, energy intake and food choice.	2013	Appetite	62	84-90	Exclude	8c. Study design out of scope (RCT)
Hasanzadeh, Elmira, et al.	A double-blind placebo controlled trial of ginkgo biloba added to risperidone in patients with autistic disorders.	2012	Child Psychiatry & Human Development	43 (5)	674-682	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hashempur, Mohammad Hashem, et al.	Green tea (<i>Camellia sinensis</i>) for patients with knee osteoarthritis: A randomized open-label active-controlled clinical trial.	2018	Clinical Nutrition	37 (1)	85-90	Exclude	8c. Study design out of scope (RCT)
Hashempur, Mohammad Hashem, et al.	Effect of <i>Linum usitatissimum</i> L.(linseed) oil on mild and moderate carpal tunnel syndrome: a randomized, double-blind, placebo-controlled clinical trial.	2014	DARU Journal of Pharmaceutical Sciences	22 (1)	43	Exclude	8c. Study design out of scope (RCT)
Hawke, Roy L., et al.	Silymarin ascending multiple oral dosing phase I study in noncirrhotic patients with chronic hepatitis C.	2010	The Journal of Clinical Pharmacology	50 (4)	434-449	Exclude	8c. Study design out of scope (RCT)
Hawrelak, Jason A., and Stephen P. Myers.	Effects of two natural medicine formulations on irritable bowel syndrome symptoms: a pilot study.	2010	The Journal of Alternative and Complementary Medicine	16 (10)	1065-1071	Exclude	8c. Study design out of scope (RCT)
Haybar, Habib, et al.	The effects of <i>Melissa officinalis</i> supplementation on depression, anxiety, stress, and sleep disorder in patients with chronic stable angina.	2018	Clinical nutrition ESPEN	26	47-52	Exclude	8c. Study design out of scope (RCT)
Hegazy, Sahar K., Mohamed El-Bedewy, and Akira Yagi.	Antifibrotic effect of aloe vera in viral infection-induced hepatic periportal fibrosis.	2012	World Journal of Gastroenterology: WJG	18 (17)	2026	Exclude	8c. Study design out of scope (RCT)
Hekmatpou, Davood, et al.	The effect of Aloe Vera gel on prevention of pressure ulcers in patients hospitalized in the orthopedic wards: a randomized triple-blind clinical trial.	2018	BMC complementary and alternative medicine	18 (1)	1-Nov	Exclude	8c. Study design out of scope (RCT)
Heo, Jae-Hyeok, et al.	Heat-processed ginseng enhances the cognitive function in patients with moderately severe Alzheimer's disease.	2012	Nutritional neuroscience	15 (6)	278-282	Exclude	8c. Study design out of scope (RCT)
Herrschaft, Horst, et al.	Ginkgo biloba extract EGb 761® in dementia with neuropsychiatric features: a randomised, placebo-controlled trial to confirm the efficacy and safety of a daily dose of 240 mg.	2012	Journal of Psychiatric Research	46 (6)	716-723	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hidese, Shinsuke, et al.	Effects of chronic l-theanine administration in patients with major depressive disorder: an open-label study.	2017	Acta neuropsychiatrica	29 (2)	72-79	Exclude	8c. Study design out of scope (RCT)
Ho, Cyrus K., et al.	Effects of single dose and regular intake of green tea (<i>Camellia sinensis</i>) on DNA damage, DNA repair, and heme oxygenase-1 expression in a randomized controlled human supplementation study.	2014	Molecular nutrition & food research	58 (6)	1379-1383	Exclude	8c. Study design out of scope (RCT)
Hodgson, Adrian B., et al.	Metabolic response to green tea extract during rest and moderate-intensity exercise.	2013	The Journal of nutritional biochemistry	24 (1)	325-334	Exclude	8c. Study design out of scope (RCT)
Holtmeier, Wolfgang, et al.	Randomized, placebo-controlled, double-blind trial of <i>Boswellia serrata</i> in maintaining remission of Crohn's disease: good safety profile but lack of efficacy.	2011	Inflammatory bowel diseases	17 (2)	573-582	Exclude	8c. Study design out of scope (RCT)
Honarmand, Azim, et al.	The efficacy of different doses of liquorice gargling for attenuating postoperative sore throat and cough after tracheal intubation.	2016	European Journal of Anaesthesiology (EJA)	33 (8)	595-596	Exclude	8c. Study design out of scope (RCT)
Hong, Ji Man, et al.	Ticlopidine with Ginkgo Biloba extract: a feasible combination for patients with acute cerebral ischemia.	2013	Thrombosis research	131 (4)	e147-e153	Exclude	8c. Study design out of scope (RCT)
Hoopfer, Donna, et al.	Three-arm randomized phase III trial: quality aloe and placebo cream versus powder as skin treatment during breast cancer radiation therapy.	2015	Clinical breast cancer	15 (3)	181-190	Exclude	8c. Study design out of scope (RCT)
Hosseini, J., Mardi Mamaghani, A., Hosseinifar, H., Sadighi Gilani, M., Dadkhah, F., & Sepidarkish, M.	The influence of ginger (<i>Zingiber officinale</i>) on human sperm quality and DNA fragmentation: A double-blind randomized clinical trial.	2016	International Journal of Reproductive Biomedicine (Yazd, Iran)	14 (8)	533-540	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hosseini, Seyed Ahmad, Marzie Zilaee, and Maryam Haddadzadeh Shoushtari.	An evaluation of the effect of saffron supplementation on the antibody titer to heat-shock protein (HSP) 70, hsCRP and spirometry test in patients with mild and moderate persistent allergic asthma: a triple-blind, randomized placebo-controlled trial.	2018	Respiratory medicine	145	28-34	Exclude	8c. Study design out of scope (RCT)
Huang, Lin-Huang, et al.	Effects of green tea extract on overweight and obese women with high levels of low density-lipoprotein-cholesterol (LDL-C): a randomised, double-blind, and cross-over placebo-controlled clinical trial.	2018	BMC complementary and alternative medicine	18 (1)	294	Exclude	8c. Study design out of scope (RCT)
Huang, Y. X., et al.	Clinical study of combined treatment of remifemin and paroxetine for perimenopausal depression.	2013	Zhonghua yi xue za zhi	93 (8)	600-602	Exclude	8c. Study design out of scope (RCT)
Hunt, Sheena, S. Stebbings, and D. McNamara.	An open-label six-month extension study to investigate the safety and efficacy of an extract of Artemisia annua for managing pain, stiffness and functional limitation associated with osteoarthritis of the hip and knee.	2016	NZ Med J	129 (1444)	97-102	Exclude	8c. Study design out of scope (RCT)
Hursel, Rick, et al.	The role of catechol-O-methyl transferase Val (108/158) Met polymorphism (rs4680) in the effect of green tea on resting energy expenditure and fat oxidation: a pilot study.	2014	PLoS One	9 (9)	N/A	Exclude	8c. Study design out of scope (RCT)
Huseini, Hasan Fallah, et al.	Anti-hyperglycemic and anti-hypercholesterolemic effects of Aloe vera leaf gel in hyperlipidemic type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial.	2012	Planta medica	78 (04)	311-316	Exclude	8c. Study design out of scope (RCT)
Hutchins, Andrea M., et al.	Daily flaxseed consumption improves glycemic control in obese men and women with pre-diabetes: a randomized study.	2013	Nutrition research	33 (5)	367-375	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hwang, Eunson, et al.	Efficacy and safety of enzyme-modified Panax ginseng for anti-wrinkle therapy in healthy skin: a single-center, randomized, double-blind, placebo-controlled study.	2015	Rejuvenation research	18 (5)	449-457	Exclude	8c. Study design out of scope (RCT)
Ihl, R., et al.	Efficacy and tolerability of a once daily formulation of Ginkgo biloba extract EGb 761® in Alzheimer's disease and vascular dementia: results from a randomised controlled trial.	2012	Pharmacopsychiatry	45 (02)	41-46	Exclude	8c. Study design out of scope (RCT)
Ihl, Ralf, et al.	Efficacy and safety of a once-daily formulation of Ginkgo biloba extract EGb 761 in dementia with neuropsychiatric features: a randomized controlled trial.	2011	International journal of geriatric psychiatry	26 (11)	1186-1194	Exclude	8c. Study design out of scope (RCT)
Ipshita, Sahu, et al.	One percent alendronate and aloe vera gel local host modulating agents in chronic periodontitis patients with class II furcation defects: A randomized, controlled clinical trial.	2018	Journal of investigative and clinical dentistry	9 (3)	e12334	Exclude	8c. Study design out of scope (RCT)
Jaafarpour, Molouk, et al.	Comparative effect of cinnamon and Ibuprofen for treatment of primary dysmenorrhea: a randomized double-blind clinical trial.	2015	Journal of clinical and diagnostic research: JCDR	9 (4)	QC04	Exclude	8c. Study design out of scope (RCT)
Jahangirifar, Maryam, Mahboubeh Taebi, and Mahrokh Dolatian.	The effect of Cinnamon on primary dysmenorrhea: a randomized, double-blind clinical trial.	2018	Complementary therapies in clinical practice	33	56-60	Exclude	8c. Study design out of scope (RCT)
Jain, Eesha, Ramesh K. Pandey, and Richa Khanna.	Liquorice root extracts as potent cariostatic agents in pediatric practice.	2013	Journal of Indian Society of Pedodontics and Preventive Dentistry	31 (3)	146	Exclude	8c. Study design out of scope (RCT)
Jain, Sonal Gupta, et al.	Effect of oral cinnamon intervention on metabolic profile and body composition of Asian Indians with metabolic syndrome: a randomized double-blind control trial.	2017	Lipids in health and disease	16 (1)	113	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Jalanka, Jonna, et al.	The effect of psyllium husk on intestinal microbiota in constipated patients and healthy controls.	2019	International journal of molecular sciences	20 (2)	433	Exclude	8c. Study design out of scope (RCT)
Jandaghi, Parisa, et al.	Lemon balm: A promising herbal therapy for patients with borderline hyperlipidemia—A randomized double-blind placebo-controlled clinical trial.	2016	Complementary therapies in medicine	26	136-140	Exclude	8c. Study design out of scope (RCT)
Janssens, Pilou LHR, Rick Hursel, and Margriet S. Westerterp-Plantenga.	Long-term green tea extract supplementation does not affect fat absorption, resting energy expenditure, and body composition in adults.	2015	The Journal of nutrition	145 (5)	864-870	Exclude	8c. Study design out of scope (RCT)
Javid, Ahmad Zare, et al.	The effects of <i>Melissa officinalis</i> (lemon balm) in chronic stable angina on serum biomarkers of oxidative stress, inflammation and lipid profile.	2018	Asia Pacific journal of clinical nutrition	27 (4)	785	Exclude	8c. Study design out of scope (RCT)
Jenabi, Ensiyeh, and Bitá Fereidoony.	Effect of <i>Achillea millefolium</i> on relief of primary dysmenorrhea: a double-blind randomized clinical trial.	2015	Journal of pediatric and adolescent gynecology	28 (5)	402-404	Exclude	8c. Study design out of scope (RCT)
Jenabi, Ensiyeh, et al.	The effect of Valerian on the severity and frequency of hot flashes: A triple-blind randomized clinical trial.	2018	Women & health	58 (3)	297-304	Exclude	8c. Study design out of scope (RCT)
Jiang, K., et al.	Black cohosh improves objective sleep in postmenopausal women with sleep disturbance.	2015	Climacteric	18 (4)	559-567	Exclude	8c. Study design out of scope (RCT)
Jiang, Shu-long, et al.	Adjuvant effects of fermented red ginseng extract on advanced non-small cell lung cancer patients treated with chemotherapy.	2017	Chinese journal of integrative medicine	23 (5)	331-337	Exclude	8c. Study design out of scope (RCT)
Jiang, Xin, et al.	Horsetail mixture on rheumatoid arthritis and its regulation on TNF-alpha and IL-10.	2014	Pak J Pharm Sci	27 (6 Suppl)	2019-2023	Exclude	8c. Study design out of scope (RCT)
Jiménez-Osorio, Angélica Sarai, et al.	The effect of dietary supplementation with curcumin on redox status and Nrf2 activation in patients with nondiabetic or diabetic proteinuric chronic kidney disease: a pilot study.	2016	Journal of Renal Nutrition	26 (4)	237-244	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Jovanovski, Elena, et al.	Effect of Rg3-enriched Korean red ginseng (<i>Panax ginseng</i>) on arterial stiffness and blood pressure in healthy individuals: a randomized controlled trial.	2014	Journal of the American Society of Hypertension	8 (8)	537-541	Exclude	8c. Study design out of scope (RCT)
Jówko, Ewa, et al.	Green tea extract supplementation gives protection against exercise-induced oxidative damage in healthy men.	2011	Nutrition research	31 (11)	813-821	Exclude	8c. Study design out of scope (RCT)
Jung, Dong-Hyuk, et al.	Effects of ginseng on peripheral blood mitochondrial DNA copy number and hormones in men with metabolic syndrome: A randomized clinical and pilot study.	2016	Complementary therapies in medicine	24	40-46	Exclude	8c. Study design out of scope (RCT)
Kamalifard, Mahin, et al.	Comparison of the effect of lavender and bitter orange on sleep quality in postmenopausal women: a triple-blind, randomized, controlled clinical trial.	2018	Women & health	58 (8)	851-865	Exclude	8c. Study design out of scope (RCT)
Kamel, Hany H.	Role of phyto-oestrogens in ovulation induction in women with polycystic ovarian syndrome.	2013	European Journal of Obstetrics & Gynecology and Reproductive Biology	168 (1)	60-63	Exclude	8c. Study design out of scope (RCT)
Kang, Jaehui, et al.	Study on improving blood flow with Korean red ginseng substances using digital infrared thermal imaging and Doppler sonography: randomized, double blind, placebo-controlled clinical trial with parallel design.	2013	J Tradit Chin Med	33 (1)	39-45	Exclude	8c. Study design out of scope (RCT)
Karbasforooshan, Hedyieh, et al.	Topical silymarin administration for prevention of acute radiodermatitis in breast cancer patients: A randomized, double-blind, placebo-controlled clinical trial.	2019	Phytotherapy research	33 (2)	379-386	Exclude	8c. Study design out of scope (RCT)
Kargozar, Rahele, et al.	<i>Urtica dioica</i> in comparison with placebo and acupuncture: a new possibility for menopausal hot flashes: a randomized clinical trial.	2019	Complementary therapies in medicine	44	166-173	Exclude	8c. Study design out of scope (RCT)
Kaschel, R.	Specific memory effects of <i>Ginkgo biloba</i> extract EGb 761 in middle-aged healthy volunteers.	2011	Phytomedicine	18 (14)	1202-1207	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kashamar, A., Naser, E., Almaali, H., & Abbas, I.	Clinical study of three medicinal plants (<i>Foeniculum vulgare</i> , <i>Zea mays</i> and <i>Petroselinum sativum</i>) against urinary tract infection and stones.	2018	Journal of Pharmaceutical Sciences and Research	10 (4)	755-758	Exclude	8c. Study design out of scope (RCT)
Kashani, Ladan, et al.	Efficacy of <i>Crocus sativus</i> (saffron) in treatment of major depressive disorder associated with post-menopausal hot flashes: a double-blind, randomized, placebo-controlled trial.	2018	Archives of gynecology and obstetrics	297 (3)	717-724	Exclude	8c. Study design out of scope (RCT)
Kashani, Ladan, et al.	Comparison of saffron versus fluoxetine in treatment of mild to moderate postpartum depression: a double-blind, randomized clinical trial.	2017	Pharmacopsychiatry	50 (02)	64-68	Exclude	8c. Study design out of scope (RCT)
Kashani, Ladan, et al.	Saffron for treatment of fluoxetine-induced sexual dysfunction in women: randomized double-blind placebo-controlled study.	2013	Human Psychopharmacology: Clinical and Experimental	28 (1)	54-60	Exclude	8c. Study design out of scope (RCT)
Kavurt, Sumru, et al.	The effect of galactagogue herbal tea on oxidant and anti-oxidant status of human milk.	2013	The Journal of Maternal-Fetal & Neonatal Medicine	26 (10)	1048-1051	Exclude	8c. Study design out of scope (RCT)
Ke, Tao, et al.	Effect of acetazolamide and ginkgo biloba on the human pulmonary vascular response to an acute altitude ascent.	2013	High altitude medicine & biology	14 (2)	162-167	Exclude	8c. Study design out of scope (RCT)
Keefe, John R., et al.	An exploratory study of salivary cortisol changes during chamomile extract therapy of moderate to severe generalized anxiety disorder.	2018	Journal of psychiatric research	96	189-195	Exclude	8c. Study design out of scope (RCT)
Keefe, John R., et al.	Short-term open-label chamomile (<i>Matricaria chamomilla</i> L.) therapy of moderate to severe generalized anxiety disorder.	2016	Phytomedicine	23 (14)	1699-1705	Exclude	8c. Study design out of scope (RCT)
Kermani, Tayebe, et al.	Anti-inflammatory effect of <i>Crocus sativus</i> on serum cytokine levels in subjects with metabolic syndrome: a randomized, double-blind, placebo-controlled trial.	2017	Current clinical pharmacology	12 (2)	122-126	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kertia, N., A. H. Asdie, and W. Rochmah.	Ability of curcuminoid compared to diclofenac sodium in reducing the secretion of cyclooxygenase-2 enzyme by synovial fluid's monocytes of patients with osteoarthritis.	2012	Acta Medica Indonesiana	44 (2)	105-113	Exclude	8c. Study design out of scope (RCT)
Khajehdehi, Parviz, et al.	Oral supplementation of turmeric attenuates proteinuria, transforming growth factor- β and interleukin-8 levels in patients with overt type 2 diabetic nephropathy: a randomized, double-blind and placebo-controlled study.	2011	Scandinavian journal of urology and nephrology	45 (5)	365-370	Exclude	8c. Study design out of scope (RCT)
Khajehdehi, Parviz, et al.	Oral supplementation of turmeric decreases proteinuria, hematuria, and systolic blood pressure in patients suffering from relapsing or refractory lupus nephritis: a randomized and placebo-controlled study.	2012	Journal of Renal Nutrition	22 (1)	50-57	Exclude	8c. Study design out of scope (RCT)
Khalatbari Soltani, Saman, et al.	Effects of flaxseed consumption on systemic inflammation and serum lipid profile in hemodialysis patients with lipid abnormalities.	2013	Hemodialysis International	17 (2)	275-281	Exclude	8c. Study design out of scope (RCT)
Khalili, Nahid, et al.	Silymarin, olibanum, and nettle, a mixed herbal formulation in the treatment of type II diabetes: A randomized, double-blind, placebo-controlled, clinical trial.	2017	Journal of evidence-based complementary & alternative medicine	22 (4)	603-608	Exclude	8c. Study design out of scope (RCT)
Kheong, Chan Wah, Nik Raihan Nik Mustapha, and Sanjiv Mahadeva.	A randomized trial of silymarin for the treatment of nonalcoholic steatohepatitis.	2017	Clinical Gastroenterology and Hepatology	15 (12)	1940-1949	Exclude	8c. Study design out of scope (RCT)
Kianbakht, S., and A. Ghazavi.	Immunomodulatory effects of saffron: a randomized double-blind placebo-controlled clinical trial.	2011	Phytotherapy Research	25 (12)	1801-1805	Exclude	8c. Study design out of scope (RCT)
Kianbakht, S., and F. Hashem Dabaghian.	Improved glycemic control and lipid profile in hyperlipidemic type 2 diabetic patients consuming Salvia officinalis L. leaf extract: a randomized placebo. Controlled clinical trial.	2013	Complementary therapies in medicine	21 (5)	441-446	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kianbakht, S., et al.	Antihyperlipidemic Effects of Salvia officinalis L. leaf extract in patients with hyperlipidemia: a randomized double-blind placebo-controlled clinical trial.	2011	Phytotherapy Research	25 (12)	1849-1853	Exclude	8c. Study design out of scope (RCT)
Kianbakht, Saeed, Farahnaz Khalighi-Sigaroodi, and Fataneh Hashem Dabaghian.	Improved glycemic control in patients with advanced type 2 diabetes mellitus taking Urtica dioica leaf extract: a randomized double-blind placebo-controlled clinical trial.	2013	Clin Lab	59 (9-10)	1071-1076	Exclude	8c. Study design out of scope (RCT)
Kierkus, Jaroslaw, et al.	High-versus low-volume polyethylene glycol plus laxative versus sennosides for colonoscopy preparation in children.	2013	Journal of pediatric gastroenterology and nutrition	57 (2)	230-235	Exclude	8c. Study design out of scope (RCT)
Kim, Edward, et al.	American ginseng does not improve fatigue in multiple sclerosis: a single center randomized double-blind placebo-controlled crossover pilot study.	2011	Multiple Sclerosis Journal	17 (12)	1523-1526	Exclude	8c. Study design out of scope (RCT)
Kim, Hee Seung, et al.	Effect of red ginseng on genotoxicity and health-related quality of life after adjuvant chemotherapy in patients with epithelial ovarian cancer: A randomized, double blind, placebo-controlled trial.	2017	Nutrients	9 (7)	772	Exclude	8c. Study design out of scope (RCT)
Kim, Ho-Sook, et al.	The effect of Ginkgo biloba extracts on the pharmacokinetics and pharmacodynamics of cilostazol and its active metabolites in healthy Korean subjects.	2014	British journal of clinical pharmacology	77 (5)	821-830	Exclude	8c. Study design out of scope (RCT)
Kim, Hyeong-Geug, et al.	Antifatigue effects of Panax ginseng CA Meyer: a randomised, double-blind, placebo-controlled trial.	2013	PloS one	13 (1)	58	Exclude	8c. Study design out of scope (RCT)
Kim, Hyeong-Geug, et al.	Antioxidant effects of Panax ginseng CA Meyer in healthy subjects: a randomized, placebo-controlled clinical trial.	2011	Food and Chemical Toxicology	49 (9)	2229-2235	Exclude	8c. Study design out of scope (RCT)
Kim, Ji Young, et al.	Beneficial effects of Korean red ginseng on lymphocyte DNA damage, antioxidant enzyme activity, and LDL oxidation in healthy participants: a randomized, double-blind, placebo-controlled trial.	2012	Nutrition journal	11 (1)	47	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Kim, Sang-Wook, et al.	The effectiveness of fermented turmeric powder in subjects with elevated alanine transaminase levels: a randomised controlled study.	2013	BMC complementary and alternative medicine.	13 (1)	58	Exclude	8c. Study design out of scope (RCT)
Kim, Sun Young, et al.	Effects of red ginseng supplementation on menopausal symptoms and cardiovascular risk factors in postmenopausal women: a double-blind randomized controlled trial.	2012	Menopause	19 (4)	461-466	Exclude	8c. Study design out of scope (RCT)
Kimmatkar N, Thawani V, Hingorani L, Khiyani R.	Efficacy and tolerability of Boswellia Serrata extract in treatment of osteoarthritis of knee - a randomized double blind placebo controlled trial.	2003	Phytomedicine	10	3-7	Exclude	8c. Study design out of scope (RCT)
Kirste, Simon, et al.	Boswellia serrata acts on cerebral edema in patients irradiated for brain tumors: A prospective, randomized, placebo-controlled, double-blind pilot trial.	2011	Cancer	117 (16)	3788-3795.	Exclude	8c. Study design out of scope (RCT)
Kizhakkedath, Reji.	Clinical evaluation of a formulation containing Curcuma longa and Boswellia serrata extracts in the management of knee osteoarthritis.	2013	Molecular medicine reports	8 (5)	1542-1548	Exclude	8c. Study design out of scope (RCT)
Ko, Hae-Jin, et al.	Effects of Korean red ginseng extract on behavior in children with symptoms of inattention and hyperactivity/impulsivity: a double-blind randomized placebo-controlled trial.	2014	Journal of child and adolescent psychopharmacology	24 (9)	501-508	Exclude	8c. Study design out of scope (RCT)
Koçak, İ., Yücepur, C., & Gökler, O.	Is Ginger Effective in Reducing Post-tonsillectomy Morbidity? A Prospective Randomised Clinical Trial.	2018	Clinical and Experimental Otorhinolaryngology	11 (1)	65-70	Exclude	8c. Study design out of scope (RCT)
Kocher, Alexa, et al.	Highly bioavailable micellar curcuminoids accumulate in blood, are safe and do not reduce blood lipids and inflammation markers in moderately hyperlipidemic individuals.	2016	Molecular nutrition & food research	60 (7)	1555-1563	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Koo, Ja-Won, et al.	The efficacy and safety of systemic injection of Ginkgo biloba extract, EGb761, in idiopathic sudden sensorineural hearing loss: a randomized placebo-controlled clinical trial.	2016	European Archives of Oto-Rhino-Laryngology	273 (9)	2433-2441	Exclude	8c. Study design out of scope (RCT)
Kort, Daniel H., and Roger A. Lobo.	Preliminary evidence that cinnamon improves menstrual cyclicity in women with polycystic ovary syndrome: a randomized controlled trial.	2014	American journal of obstetrics and gynecology	211 (5)	487-e1	Exclude	8c. Study design out of scope (RCT)
Kristiyani, A., Meliana, Y., Purwoko, R., & Ikawati, Z.	Clinical Trial of Nanoencapsulated Centella asiatica and Zingiber officinale to Improve Cellulite and Subcutaneous Adipolysis.	2018	Journal of Young Pharmacists	10 (3)	344-349	Exclude	8c. Study design out of scope (RCT)
Kumar, Gupta Rajendra, et al.	Preliminary antiplaque efficacy of aloe vera mouthwash on 4 day plaque re-growth model: randomized control trial.	2014	Ethiopian journal of health sciences	24 (2)	139-144	Exclude	8c. Study design out of scope (RCT)
Kyrou, Ioannis, et al.	Effects of a hops (<i>Humulus lupulus</i> L.) dry extract supplement on self-reported depression, anxiety and stress levels in apparently healthy young adults: a randomized, placebo-controlled, double-blind, crossover pilot study.	2017	Hormones	16 (2)	171-180	Exclude	8c. Study design out of scope (RCT)
Lainé, Fabrice, et al.	Curcuma decreases serum hepcidin levels in healthy volunteers: a placebo-controlled, randomized, double-blind, cross-over study.	2017	Fundamental & clinical pharmacology	31 (5)	567-573	Exclude	8c. Study design out of scope (RCT)
Langhorst, J., et al.	Randomised clinical trial: a herbal preparation of myrrh, chamomile and coffee charcoal compared with mesalazine in maintaining remission in ulcerative colitis—a double-blind, double-dummy study.	2013	Alimentary pharmacology & therapeutics	38 (5)	490-500	Exclude	8c. Study design out of scope (RCT)
Laslett, L. L., et al.	Treatment with 4Jointz reduces knee pain over 12 weeks of treatment in patients with clinical knee osteoarthritis: a randomised controlled trial.	2012	Osteoarthritis and cartilage	20 (11)	1209-1216	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Latil, Alain, et al.	Effects of hexanic extract of <i>Serenoa repens</i> (Permixon® 160 mg) on inflammation biomarkers in the treatment of lower urinary tract symptoms related to benign prostatic hyperplasia.	2015	The Prostate	75 (16)	1857-1867	Exclude	8c. Study design out of scope (RCT)
Lau, Wei C., et al.	The effect of St John's Wort on the pharmacodynamic response of clopidogrel in hyporesponsive volunteers and patients: increased platelet inhibition by enhancement of CYP3A4 metabolic activity.	2011	Journal of cardiovascular pharmacology	57 (1)	86-93	Exclude	8c. Study design out of scope (RCT)
Lazavi, Fatemeh, et al.	The barberry juice effects on metabolic factors and oxidative stress in patients with type 2 diabetes: a randomized clinical trial.	2018	Complementary therapies in clinical practice	31	170-174	Exclude	8c. Study design out of scope (RCT)
Lee, Chang-Seop, et al.	Preventive effect of Korean red ginseng for acute respiratory illness: a randomized and double-blind clinical trial.	2012	Journal of Korean medical science	27 (12)	1472-1478	Exclude	8c. Study design out of scope (RCT)
Lee, Jeannette Y., et al.	Treatment assignment guesses by study participants in a double-blind dose escalation clinical trial of saw palmetto.	2014	The Journal of Alternative and Complementary Medicine	20 (1)	48-52	Exclude	8c. Study design out of scope (RCT)
Lee, Jun Kyu, et al.	Effects of Korean red ginseng as an adjuvant to bile acids in medical dissolution therapy for gallstones: a prospective, randomized, controlled, double-blind pilot trial.	2013	Food & function	4 (1)	116-120	Exclude	8c. Study design out of scope (RCT)
Lee, Kwang Jo, Sook Yeon Lee, and Geun Eog Ji.	Diabetes-ameliorating effects of fermented red ginseng and causal effects on hormonal interactions: testing the hypothesis by multiple group path analysis.	2013	Journal of medicinal food	16 (5)	383-395	Exclude	8c. Study design out of scope (RCT)
Lee, Mi-Hyang, et al.	Red ginseng relieves the effects of alcohol consumption and hangover symptoms in healthy men: a randomized crossover study.	2014	Food & function	5 (3)	528-534	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Lee, Nam-Hun, et al.	Safety and tolerability of Panax ginseng root extract: a randomized, placebo-controlled, clinical trial in healthy Korean volunteers.	2012	The Journal of Alternative and Complementary Medicine	18 (11)	1061-1069	Exclude	8c. Study design out of scope (RCT)
Lemos, Joana RN, et al.	Flaxseed oil supplementation decreases C-reactive protein levels in chronic hemodialysis patients.	2012	Nutrition research	32 (12)	921-927	Exclude	8c. Study design out of scope (RCT)
Li, Ning-Yin, et al.	Astragalus membranaceus improving asymptomatic left ventricular diastolic dysfunction in postmenopausal hypertensive women with metabolic syndrome: a prospective, open-labeled, randomized controlled trial.	2018	Chinese medical journal	131 (5)	516	Exclude	8c. Study design out of scope (RCT)
Liang, Michael TC, et al.	Effects of Panax notoginseng (Chinese ginseng) and acute exercise on postprandial glycemia in non-diabetic adults.	2012	Journal of Complementary and Integrative Medicine	8 (1)	N/A	Exclude	8c. Study design out of scope (RCT)
Lin, Hsin-Fu, et al.	Panax ginseng and Salvia miltiorrhiza supplementation during eccentric resistance training in middle-aged and older adults: A double-blind randomized control trial.	2016	Complementary therapies in medicine	29	158-163	Exclude	8c. Study design out of scope (RCT)
Lipovac, Markus, et al.	The effect of red clover isoflavone supplementation over vasomotor and menopausal symptoms in postmenopausal women.	2012	Gynecological Endocrinology	28 (3)	203-207	Exclude	8c. Study design out of scope (RCT)
Lipovac, Markus, et al.	Improvement of postmenopausal depressive and anxiety symptoms after treatment with isoflavones derived from red clover extracts.	2010	Maturitas	65 (3)	258-261	Exclude	8c. Study design out of scope (RCT)
Liu, Chung-Hsiang, et al.	Effects of the traditional Chinese herb Astragalus membranaceus in patients with poststroke fatigue: A double-blind, randomized, controlled preliminary study.	2016	Journal of ethnopharmacology	194	954-962	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
López-Jornet, Pia, Fabio Camacho-Alonso, and Diana Molino-Pagan.	Prospective, randomized, double-blind, clinical evaluation of Aloe vera B arbadensis, applied in combination with a tongue protector to treat burning mouth syndrome.	2013	Journal of oral pathology & medicine	42 (4)	295-301	Exclude	8c. Study design out of scope (RCT)
Lopresti AL, Maes M, Hood SD, Maker GL, Drummond PD.	Curcumin for the treatment of major depression: a randomised, double-blind, placebo controlled study.	2014	J. Affect. Disord	167	368-375	Exclude	8c. Study design out of scope (RCT)
Lopresti, Adrian L, and Peter D. Drummond.	Efficacy of curcumin, and a saffron/curcumin combination for the treatment of major depression: A randomised, double-blind, placebo-controlled study.	2017	Journal of affective disorders	207	188-196	Exclude	8c. Study design out of scope (RCT)
Lopresti, Adrian L, et al.	Affron®, a standardised extract from saffron (<i>Crocus sativus</i> L.) for the treatment of youth anxiety and depressive symptoms: a randomised, double-blind, placebo-controlled study.	2018	Journal of affective disorders	232	349-357	Exclude	8c. Study design out of scope (RCT)
Lovera, Jesus F., et al.	Ginkgo biloba does not improve cognitive function in MS: a randomized placebo-controlled trial.	2012	Neurology	79 (12)	1278-1284	Exclude	8c. Study design out of scope (RCT)
Lu, Ting, et al.	Cinnamon extract improves fasting blood glucose and glycosylated hemoglobin level in Chinese patients with type 2 diabetes.	2012	Nutrition research	32 (6)	408-412	Exclude	8c. Study design out of scope (RCT)
Lundström, E., A. Lindén Hirschberg, and G. Söderqvist.	Digitized assessment of mammographic breast density-effects of continuous combined hormone therapy, tibolone and black cohosh compared to placebo.	2011	Maturitas	70 (4)	361-364	Exclude	8c. Study design out of scope (RCT)
Ma, Linlin, et al.	Evaluating therapeutic effect in symptoms of moderate-to-severe premenstrual syndrome with <i>Vitex agnus castus</i> (BNO 1095) in Chinese women.	2010	Australian and New Zealand Journal of Obstetrics and Gynaecology	50 (2)	189-193	Exclude	8c. Study design out of scope (RCT)
Ma, Linlin, et al.	Treatment of moderate to severe premenstrual syndrome with <i>Vitex agnus castus</i> (BNO 1095) in Chinese women.	2010	Gynecological Endocrinology	26 (8)	612-616	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Macchione, Nicola, et al.	Flower pollen extract in association with vitamins (Deprox 500®) versus Serenoa repens in chronic prostatitis/chronic pelvic pain syndrome: a comparative analysis of two different treatments.	2019	Anti-Inflammatory & Anti-Allergy Agents in Medicinal Chemistry (Formerly Current Medicinal Chemistry-Anti-Inflammatory and Anti-Allergy Agents)	18 (2)	151-161	Exclude	8c. Study design out of scope (RCT)
Madhu, K., K. Chanda, and M. J. Saji.	Safety and efficacy of Curcuma longa extract in the treatment of painful knee osteoarthritis: a randomized placebo-controlled trial.	2013	Inflammopharmacology	21 (2)	129-136	Exclude	8c. Study design out of scope (RCT)
Maeda-Yamamoto, Mari, et al.	A randomized, placebo-controlled study on the safety and efficacy of daily ingestion of green tea (Camellia sinensis L.) cv."Yabukita" and "Sunrouge" on eyestrain and blood pressure in healthy adults.	2018	Nutrients	10 (5)	569	Exclude	8c. Study design out of scope (RCT)
Maghsoumi-Norouzabadi, Leila, et al.	Effects of Arctium lappa L.(Burdock) root tea on inflammatory status and oxidative stress in patients with knee osteoarthritis.	2016	International journal of rheumatic diseases	19 (3)	255-261	Exclude	8c. Study design out of scope (RCT)
Mahmoud, Fadia, et al.	Effect of black tea consumption on intracellular cytokines, regulatory T cells and metabolic biomarkers in type 2 diabetes patients.	2016	Phytotherapy research	30 (3)	454-462	Exclude	8c. Study design out of scope (RCT)
Mahyari, Saman, et al.	Evaluation of the efficacy of a polyherbal mouthwash containing Zingiber officinale, Rosmarinus officinalis and Calendula officinalis extracts in patients with gingivitis: A randomized double-blind placebo-controlled trial.	2016	Complementary therapies in clinical practice	22	93-98	Exclude	8c. Study design out of scope (RCT)
Mainini, G., et al.	Nonhormonal management of postmenopausal women: effects of a red clover based isoflavones supplementation on climacteric syndrome and cardiovascular risk serum profile.	2013	Clinical and experimental obstetrics & gynecology	40 (3)	337-341	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Majeed, Muhammed, et al.	A pilot, randomized, double-blind, placebo-controlled trial to assess the safety and efficacy of a novel <i>Boswellia serrata</i> extract in the management of osteoarthritis of the knee.	2019	Phytotherapy Research	33 (5)	1457-1468	Exclude	8c. Study design out of scope (RCT)
Malekzadeh, Mona, et al.	The Efficacy of Licorice Root (<i>Glycyrrhiza glabra</i>) and Yarrow (<i>Achillea millefolium</i>) in Preventing Radiation Dermatitis in Patients with Breast Cancer: A Randomized, Double-Blinded, Placebo-Controlled Clinical Trial.	2016	Asian Pacific Journal of Cancer Care	1 (1)	9-Sep	Exclude	8c. Study design out of scope (RCT)
Man, Sui Cheung, et al.	Peony-glycyrrhiza decoction for antipsychotic-related hyperprolactinemia in women with schizophrenia: a randomized controlled trial.	2016	Journal of clinical psychopharmacology	36 (6)	572-579	Exclude	8c. Study design out of scope (RCT)
Manarin, Gabriel, et al.	Curcuma longa L. ameliorates asthma control in children and adolescents: A randomized, double-blind, controlled trial.	2019	Journal of ethnopharmacology	238	111882	Exclude	8c. Study design out of scope (RCT)
Mannel, Marcus, et al.	St. John's wort extract LI160 for the treatment of depression with atypical features—a double-blind, randomized, and placebo-controlled trial.	2010	Journal of psychiatric research	44 (12)	760-767	Exclude	8c. Study design out of scope (RCT)
Mansour, Ghada, et al.	Clinical efficacy of new aloe vera-and myrrh-based oral mucoadhesive gels in the management of minor recurrent aphthous stomatitis: a randomized, double-blind, vehicle-controlled study.	2014	Journal of oral pathology & medicine	43 (6)	405-409	Exclude	8c. Study design out of scope (RCT)
Mansourian, Arash, et al.	Comparison of aloe vera mouthwash with triamcinolone acetonide 0.1% on oral lichen planus: a randomized double-blinded clinical trial.	2011	The American journal of the medical sciences	342 (6)	447-451	Exclude	8c. Study design out of scope (RCT)
Mao, Jun J., et al.	Long-term chamomile (<i>Matricaria chamomilla</i> L.) treatment for generalized anxiety disorder: A randomized clinical trial.	2016	Phytomedicine	23 (14)	1735-1742	Exclude	8c. Study design out of scope (RCT)
Marciniak, Christina M., et al.	Lubiprostone vs Senna in postoperative orthopedic surgery patients with opioid-induced constipation: a double-blind, active-comparator trial.	2014	World Journal of Gastroenterology: WJG	20 (43)	16323	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Martin, Tyler D., et al.	Six weeks of oral Echinacea purpurea supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above-average aerobic fitness.	2019	Applied Physiology, Nutrition, and Metabolism	44 (7)	791-795	Exclude	8c. Study design out of scope (RCT)
Martinelli, M., et al.	Efficacy of a standardized extract of Matricariae chamomilla L., Melissa officinalis L. and tyndallized Lactobacillus acidophilus (HA 122) in infantile colic: An open randomized controlled trial.	2017	Neurogastroenterology & Motility	29 (12)	e13145	Exclude	8c. Study design out of scope (RCT)
Matsumoto, Keiji, et al.	Effects of green tea catechins and theanine on preventing influenza infection among healthcare workers: a randomized controlled trial.	2011	BMC complementary and alternative medicine	11 (1)	1-Jul	Exclude	8c. Study design out of scope (RCT)
Mazidi, Mohsen, et al.	A double-blind, randomized and placebo-controlled trial of Saffron (Crocus sativus L.) in the treatment of anxiety and depression.	2016	Journal of Complementary and Integrative Medicine	13 (2)	195-199	Exclude	8c. Study design out of scope (RCT)
McCann, Susan E., et al.	A pilot study comparing the effect of flaxseed, aromatase inhibitor, and the combination on breast tumor biomarkers.	2014	Nutrition and cancer	66 (4)	566-575	Exclude	8c. Study design out of scope (RCT)
McCrea, Cindy E., et al.	Effects of culinary spices and psychological stress on postprandial lipemia and lipase activity: results of a randomized crossover study and in vitro experiments.	2015	Journal of translational medicine	13 (1)	7	Exclude	8c. Study design out of scope (RCT)
Meamarbashi, Abbas, and Ali Rajabi.	Potential ergogenic effects of saffron.	2016	Journal of dietary supplements	13 (5)	522-529	Exclude	8c. Study design out of scope (RCT)
Meamarbashi, Abbas, and Ali Rajabi.	Preventive effects of 10-day supplementation with saffron and indomethacin on the delayed-onset muscle soreness.	2015	Clinical Journal of Sport Medicine	25 (2)	105-112	Exclude	8c. Study design out of scope (RCT)
Menati, Lida, et al.	Evaluation of contextual and demographic factors on licorice effects on reducing hot flashes in postmenopause women.	2014	Health care for women international	35 (1)	87-99	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Mielgo-Ayuso, Juan, et al.	Effects of dietary supplementation with epigallocatechin-3-gallate on weight loss, energy homeostasis, cardiometabolic risk factors and liver function in obese women: randomised, double-blind, placebo-controlled clinical trial.	2014	British Journal of Nutrition	111 (7)	1263-1271	Exclude	8c. Study design out of scope (RCT)
Miller, Rosalind J., et al.	The impact of the catechol-O-methyltransferase genotype on vascular function and blood pressure after acute green tea ingestion.	2012	Molecular nutrition & food research	56 (6)	966-975	Exclude	8c. Study design out of scope (RCT)
Mineo, Ludovico, et al.	Valeriana officinalis Root Extract Modulates Cortical Excitatory Circuits in Humans.	2017	Neuropsychobiology	75 (1)	46-51	Exclude	8c. Study design out of scope (RCT)
Mirabi, Parvaneh, et al.	Effects of valerian on the severity and systemic manifestations of dysmenorrhea.	2011	International Journal of Gynecology & Obstetrics	115 (3)	285-288	Exclude	8c. Study design out of scope (RCT)
Mirghafourvand, Mojgan, et al.	Effects of Vitex agnus and Flaxseed on cyclic mastalgia: A randomized controlled trial.	2016	Complementary therapies in medicine	24	90-95	Exclude	8c. Study design out of scope (RCT)
Moayed, Behjat, et al.	A randomized double-blind, placebo-controlled study of therapeutic effects of silymarin in β -thalassemia major patients receiving desferrioxamine.	2013	European journal of haematology	90 (3)	202-209	Exclude	8c. Study design out of scope (RCT)
Moazen-Zadeh, Ehsan, et al.	Effects of saffron on cognition, anxiety, and depression in patients undergoing coronary artery bypass grafting: a randomized double-blind placebo-controlled trial.	2018	The Journal of Alternative and Complementary Medicine	24 (4)	361-368	Exclude	8c. Study design out of scope (RCT)
Modabbernia, Amirhossein, et al.	Effect of saffron on fluoxetine-induced sexual impairment in men: randomized double-blind placebo-controlled trial.	2012	Psychopharmacology	223 (4)	381-388	Exclude	8c. Study design out of scope (RCT)
Moein, Payam, et al.	The effect of Boswellia Serrata on neurorecovery following diffuse axonal injury.	2013	Brain injury	27 (12)	1454-1460	Exclude	8c. Study design out of scope (RCT)
Mohammadi, Azam, et al.	Effects of cinnamon on perineal pain and healing of episiotomy: a randomized placebo-controlled trial.	2014	Journal of integrative medicine	12 (4)	359-366	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Mohammadi, Elahe, et al.	An investigation of the effects of curcumin on iron overload, hepcidin level, and liver function in β -thalassemia major patients: A double-blind randomized controlled clinical trial.	2018	Phytotherapy Research	32 (9)	1828-1835	Exclude	8c. Study design out of scope (RCT)
Mohammadzadeh, Farnaz, et al.	Comparing the therapeutic effects of garlic tablet and oral metronidazole on bacterial vaginosis: a randomized controlled clinical trial.	2014	Iranian Red Crescent Medical Journal	16 (7)	N/A	Exclude	8c. Study design out of scope (RCT)
Mohammadzadeh-Moghadam, Hossein, et al.	Effects of a topical saffron (<i>Crocus sativus</i> L) gel on erectile dysfunction in diabetics: A randomized, parallel-group, double-blind, placebo-controlled trial.	2015	Journal of evidence-based complementary & alternative medicine	20 (4)	283-286	Exclude	8c. Study design out of scope (RCT)
Mohammed, E., M. E. Grawish, and M. M. Anees.	Short-term effects of <i>Verbena officinalis</i> Linn decoction on patients suffering from chronic generalized gingivitis: Double-blind randomized controlled multicenter clinical trial.	2016	Quintessence Int	47	491-498	Exclude	8c. Study design out of scope (RCT)
Mohebbi-kian, Ensiyeh, Sakineh Mohammad-Alizadeh-Charandabi, and Reza Bekhradi.	Efficacy of fennel and combined oral contraceptive on depot medroxyprogesterone acetate-induced amenorrhea: a randomized placebo-controlled trial.	2014	Contraception	90 (4)	440-446	Exclude	8c. Study design out of scope (RCT)
Molazem, Zahra, et al.	Aloe vera gel and cesarean wound healing; a randomized controlled clinical trial.	2015	Global journal of health science	7 (1)	203	Exclude	8c. Study design out of scope (RCT)
Moore, M., et al.	Uva-ursi extract and ibuprofen as alternative treatments for uncomplicated urinary tract infection in women (ATAFUTI): a factorial randomized trial.	2019	Clinical Microbiology and Infection	25 (8)	973-980	Exclude	8c. Study design out of scope (RCT)
Morales-Bozo, Irene, et al.	Evaluation of the effectiveness of a chamomile (<i>Matricaria chamomilla</i>) and linseed (<i>Linum usitatissimum</i>) saliva substitute in the relief of xerostomia in elders.	2017	Gerodontology	34 (1)	42-48	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Moravej Aleali, Armaghan, et al.	The effect of hydroalcoholic Saffron (<i>Crocus sativus</i> L.) extract on fasting plasma glucose, HbA1c, lipid profile, liver, and renal function tests in patients with type 2 diabetes mellitus: A randomized double-blind clinical trial.	2019	Phytotherapy Research	33 (6)	1648-1657.	Exclude	8c. Study design out of scope (RCT)
Moré, Margret, et al.	A <i>Rosa canina</i> – <i>Urtica dioica</i> – <i>Harpagophytum procumbens</i> /zeyheri Combination Significantly Reduces Gonarthrosis Symptoms in a Randomized, Placebo-Controlled Double-Blind Study.	2017	Planta medica	83 (18)	1384-1391	Exclude	8c. Study design out of scope (RCT)
Morgan, Annette, and John Stevens.	Does <i>Bacopa monnieri</i> improve memory performance in older persons? Results of a randomized, placebo-controlled, double-blind trial.	2010	The journal of alternative and complementary medicine	16 (7)	753-759	Exclude	8c. Study design out of scope (RCT)
Morgia, Giuseppe, et al.	A phase II, randomized, single-blinded, placebo-controlled clinical trial on the efficacy of Curcumina and Calendula suppositories for the treatment of patients with chronic prostatitis/chronic pelvic pain syndrome type III.	2017	Archivio Italiano di Urologia e Andrologia	89 (2)	110-113	Exclude	8c. Study design out of scope (RCT)
Morgia, Giuseppe, et al.	<i>Serenoa repens</i> , lycopene and selenium versus tamsulosin for the treatment of LUTS/BPH. An Italian multicenter double-blinded randomized study between single or combination therapy (PROCOMB trial).	2014	The Prostate	74 (15)	1471-1480	Exclude	8c. Study design out of scope (RCT)
Morgia, Giuseppe, et al.	Effects of <i>Serenoa repens</i> , selenium and lycopene (Profluss®) on chronic inflammation associated with benign prostatic hyperplasia: results of "FLOG"(flogosis and Profluss in prostatic and genital disease), a multicentre italian study.	2013	International braz j urol	39 (2)	214-221	Exclude	8c. Study design out of scope (RCT)
Morshedzadeh, Nava, et al.	Effects of flaxseed and flaxseed oil supplement on serum levels of inflammatory markers, metabolic parameters and severity of disease in patients with ulcerative colitis.	2019	Complementary therapies in medicine	46	36-43	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Mosaffa-Jahromi, Maryam, et al.	Efficacy and safety of enteric coated capsules of anise oil to treat irritable bowel syndrome.	2016	Journal of ethnopharmacology	194	937-946	Exclude	8c. Study design out of scope (RCT)
Mosaffa-Jahromi, Maryam, et al.	Effectiveness of anise oil for treatment of mild to moderate depression in patients with irritable bowel syndrome: A randomized active and placebo-controlled clinical trial.	2017	Journal of evidence-based complementary & alternative medicine	22 (1)	41-46	Exclude	8c. Study design out of scope (RCT)
Moss, Mark, et al.	Acute ingestion of rosemary water: Evidence of cognitive and cerebrovascular effects in healthy adults.	2018	Journal of Psychopharmacology	32 (12)	1319-1329	Exclude	8c. Study design out of scope (RCT)
Mozaffari-Khosravi, H., Naderi, Z., Dehghan, A., Nadjarzadeh, A., & Fallah Huseini, H.	Effect of Ginger Supplementation on Proinflammatory Cytokines in Older Patients with Osteoarthritis: Outcomes of a Randomized Controlled Clinical Trial.	2016	Journal of Nutrition in Gerontology and Geriatrics	35 (3)	209-218	Exclude	8c. Study design out of scope (RCT)
Mucalo, Iva, et al.	Effect of American ginseng (<i>Panax quinquefolius</i> L.) on arterial stiffness in subjects with type-2 diabetes and concomitant hypertension.	2013	Journal of ethnopharmacology	150 (1)	148-153	Exclude	8c. Study design out of scope (RCT)
Munyangi, Jérôme, et al.	Artemisia annua and Artemisia afra tea infusions vs. artesunate-amodiaquine (ASAQ) in treating Plasmodium falciparum malaria in a large scale, double blind, randomized clinical trial.	2019	Phytomedicine	57	49-56	Exclude	8c. Study design out of scope (RCT)
Murray, Margaret, et al.	The impact of a single dose of a polyphenol-rich seaweed extract on postprandial glycaemic control in healthy adults: A randomised cross-over trial.	2018	Nutrients	10 (3)	270	Exclude	8c. Study design out of scope (RCT)
Naderi, Z., Mozaffari-Khosravi, H., Dehghan, A., Nadjarzadeh, A., & Huseini, H.	Effect of ginger powder supplementation on nitric oxide and C-reactive protein in elderly knee osteoarthritis patients: A 12-week double-blind randomized placebo-controlled clinical trial.	2016	Journal of Traditional and Complementary Medicine	6 (3)	199-203	Exclude	8c. Study design out of scope (RCT)
Najafian, Younes, et al.	Efficacy of Aloe vera/ <i>Plantago major</i> gel in Diabetic Foot Ulcer: a randomized double-blind clinical trial.	2019	Current drug discovery technologies	16 (2)	223-231	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Namazi, N., A. Tarighat, and A. Bahrami.	The effect of hydro alcoholic nettle (<i>Urtica dioica</i>) extract on oxidative stress in patients with type 2 diabetes: a randomized double-blind clinical trial.	2012	Pakistan Journal of Biological Sciences	15 (2)	98	Exclude	8c. Study design out of scope (RCT)
Namazi, N., et al.	The effect of hydro alcoholic Nettle (<i>Urtica dioica</i>) extracts on insulin sensitivity and some inflammatory indicators in patients with type 2 diabetes: a randomized double-blind control trial.	2011	Pakistan Journal of Biological Sciences	14 (15)	775	Exclude	8c. Study design out of scope (RCT)
Nasab, Nastaran Majdi, et al.	Efficacy of rivastigmine in comparison to ginkgo for treating Alzheimer's dementia.	2012	Age (Years)	65 (4.63)	65-72	Exclude	8c. Study design out of scope (RCT)
Nathan, J., et al.	Efficacy and Safety of Standardized Extract of <i>Trigonella foenum-graecum</i> L Seeds as an Adjuvant to L-Dopa in the Management of Patients with Parkinson's Disease.	2014	Phytotherapy Research	28 (2)	172-178	Exclude	8c. Study design out of scope (RCT)
Navekar, Roya, et al.	Turmeric supplementation improves serum glucose indices and leptin levels in patients with nonalcoholic fatty liver diseases.	2017	Journal of the American College of Nutrition	36 (4)	261-267	Exclude	8c. Study design out of scope (RCT)
Nayebi, Neda, et al.	The effects of a <i>Melissa officinalis</i> L. based product on metabolic parameters in patients with type 2 diabetes mellitus: A randomized double-blinded controlled clinical trial.	2019	Journal of Complementary and Integrative Medicine	16 (3)	N/A	Exclude	8c. Study design out of scope (RCT)
Nematolahi, Pouya, et al.	Effects of <i>Rosmarinus officinalis</i> L. on memory performance, anxiety, depression, and sleep quality in university students: a randomized clinical trial.	2018	Complementary therapies in clinical practice	30	24-28	Exclude	8c. Study design out of scope (RCT)
Neyestani, Tirang R., et al.	Regular daily intake of black tea improves oxidative stress biomarkers and decreases serum C-reactive protein levels in type 2 diabetic patients.	2010	Annals of Nutrition and Metabolism	57 (1)	40-49	Exclude	8c. Study design out of scope (RCT)
Ngan, Alice, and Russell Conduit.	A double-blind, placebo-controlled investigation of the effects of <i>Passiflora incarnata</i> (Passionflower) herbal tea on subjective sleep quality.	2011	Phytotherapy research	25 (8)	1153-1159	Exclude	8c. Study design out of scope (RCT)
Nieminen, Tuija H., et al.	St John's wort greatly reduces the concentrations of oral oxycodone.	2010	European journal of pain	14 (8)	854-859	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Nikkhah-Bodaghi, M., Maleki, I., Agah, S., & Hekmatdoost, A.	Zingiber officinale and oxidative stress in patients with ulcerative colitis: A randomized, placebo-controlled, clinical trial.	2019	Complementary Therapies in Medicine	43	1-Jun	Exclude	8c. Study design out of scope (RCT)
Noguchi-Shinohara, Moeko, et al.	Pharmacokinetics, safety and tolerability of melissa officinalis extract which contained rosmarinic acid in healthy individuals: a randomized controlled trial.	2015	PloS one	10 (5)	N/A	Exclude	8c. Study design out of scope (RCT)
Nouri, K., K. Walch, A. Weghofer, M. Imhof, C. Egarter and J. Ott	The impact of a standardized oral multinutrient supplementation on embryo quality in in vitro fertilization/intracytoplasmic sperm injection: a prospective randomized trial.	2017	Gynecologic and obstetric investigation	82(1)	41852	Exclude	8c. Study design out of scope (RCT)
Oh, Kyung-Jin, et al.	Effects of Korean red ginseng on sexual arousal in menopausal women: placebo-controlled, double-blind crossover clinical study.	2010	The journal of sexual medicine	7 (4)	1469-1477	Exclude	8c. Study design out of scope (RCT)
Oh, Mi-Ra, et al.	Postprandial glucose-lowering effects of fermented red ginseng in subjects with impaired fasting glucose or type 2 diabetes: a randomized, double-blind, placebo-controlled clinical trial.	2014	BMC complementary and alternative medicine	14 (1)	237	Exclude	8c. Study design out of scope (RCT)
Oskouei, Darioush Savadi, et al.	The effect of Ginkgo biloba on functional outcome of patients with acute ischemic stroke: a double-blind, placebo-controlled, randomized clinical trial.	2013	Journal of Stroke and Cerebrovascular Diseases	22 (8)	e557-e563	Exclude	8c. Study design out of scope (RCT)
Ossoukhova, Anastasia, et al.	Improved working memory performance following administration of a single dose of American ginseng (Panax quinquefolius L.) to healthy middle-age adults.	2015	Human Psychopharmacology: Clinical and Experimental	30 (2)	108-122	Exclude	8c. Study design out of scope (RCT)
Pakfetrat, Maryam, et al.	Role of turmeric in oxidative modulation in end-stage renal disease patients.	2015	Hemodialysis International	19 (1)	124-131	Exclude	8c. Study design out of scope (RCT)
Pakfetrat, Maryam, et al.	Effects of turmeric on uremic pruritus in end stage renal disease patients: a double-blind randomized clinical trial.	2014	Journal of nephrology	27 (2)	203-207	Exclude	8c. Study design out of scope (RCT)
Pakseresht, Siroos, Hatam Boostani, and Mehdi Sayyah.	Extract of valerian root (Valeriana officinalis L.) vs. placebo in treatment of obsessive-compulsive disorder: a randomized double-blind study.	2011	Journal of Complementary and Integrative Medicine	8 (1)	N/A	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Panahi, Y., et al.	Rosemary oil vs minoxidil 2% for the treatment of androgenetic alopecia: a randomized comparative trial.	2015	Skinmed	13 (1)	15-21	Exclude	8c. Study design out of scope (RCT)
Panahi, Y., et al.	Comparative trial of Aloe vera/olive oil combination cream versus phenytoin cream in the treatment of chronic wounds.	2015	Journal of wound care	24 (10)	459-465	Exclude	8c. Study design out of scope (RCT)
Panahi, Y., et al.	Short-term curcuminoid supplementation for chronic pulmonary complications due to sulfur mustard intoxication: positive results of a randomized double-blind placebo-controlled trial.	2015	Drug research	65 (11)	567-573	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	Efficacy and safety of Aloe vera syrup for the treatment of gastroesophageal reflux disease: a pilot randomized positive-controlled trial.	2015	Journal of Traditional Chinese Medicine	35 (6)	632-636	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	A randomized comparative trial on the therapeutic efficacy of topical aloe vera and Calendula officinalis on diaper dermatitis in children.	2012	The Scientific World Journal	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	Curcuminoids modify lipid profile in type 2 diabetes mellitus: a randomized controlled trial.	2017	Complementary therapies in medicine	33	1-May	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	Mitigation of systemic oxidative stress by curcuminoids in osteoarthritis: results of a randomized controlled trial.	2016	Journal of dietary supplements	13 (2)	209-220	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	Adjuvant therapy with bioavailability-boosted curcuminoids suppresses systemic inflammation and improves quality of life in patients with solid tumors: a randomized double-blind placebo-controlled trial.	2014	Phytotherapy Research	28 (10)	1461-1467	Exclude	8c. Study design out of scope (RCT)
Panahi, Yunes, et al.	Efficacy of artichoke leaf extract in non-alcoholic fatty liver disease: A pilot double-blind randomized controlled trial.	2018	Phytotherapy Research	32 (7)	1382-1387	Exclude	8c. Study design out of scope (RCT)
Paocharoen, Veeraya.	The efficacy and side effects of oral Centella asiatica extract for wound healing promotion in diabetic wound patients.	2010	J Med Assoc Thai	93 Suppl (7)	S166-S170	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Paradis, Marie-Eve, Patrick Couture, and Benoît Lamarche.	A randomised crossover placebo-controlled trial investigating the effect of brown seaweed (<i>Ascophyllum nodosum</i> and <i>Fucus vesiculosus</i>) on postchallenge plasma glucose and insulin levels in men and women.	2011	Applied Physiology, Nutrition, and Metabolism	36 (6)	913-919	Exclude	8c. Study design out of scope (RCT)
Park, Hyun Jun, Sangmin Choe, and Nam Cheol Park.	Effects of Korean red ginseng on semen parameters in male infertility patients: a randomized, placebo-controlled, double-blind clinical study.	2016	Chinese journal of integrative medicine	22 (7)	490-495	Exclude	8c. Study design out of scope (RCT)
Park, J. Y., and K. H. Kim.	A randomized, double-blind, placebo-controlled trial of Schisandra chinensis for menopausal symptoms.	2016	Climacteric	19 (6)	574-580	Exclude	8c. Study design out of scope (RCT)
Park, Jong Woon, et al.	Short-term effects of Ginkgo biloba extract on peripapillary retinal blood flow in normal tension glaucoma.	2011	Korean Journal of Ophthalmology	25 (5)	323-328	Exclude	8c. Study design out of scope (RCT)
Park, Kyoung-Sun, et al.	Efficacy and safety of Korean red ginseng for cold hypersensitivity in the hands and feet: a randomized, double-blind, placebo-controlled trial.	2014	Journal of ethnopharmacology	158	25-32	Exclude	8c. Study design out of scope (RCT)
Patel, Minita, et al.	The use of senna with docusate for postoperative constipation after pelvic reconstructive surgery: a randomized, double-blind, placebo-controlled trial.	2010	American journal of obstetrics and gynecology	202 (5)	479-e1	Exclude	8c. Study design out of scope (RCT)
Peltoniemi, Marko A., et al.	St John's wort greatly decreases the plasma concentrations of oral S-ketamine.	2012	Fundamental & clinical pharmacology	26 (6)	743-750	Exclude	8c. Study design out of scope (RCT)
Pender, Danielle N., et al.	Effect of water-soluble cinnamon extract on electrocardiographic parameters: An analysis of the CiNNaMON trial.	2018	Complementary therapies in medicine	41	302-305	Exclude	8c. Study design out of scope (RCT)
Pengelly, Andrew, et al.	Short-term study on the effects of rosemary on cognitive function in an elderly population.	2012	Journal of medicinal food	15 (1)	Oct-17	Exclude	8c. Study design out of scope (RCT)
Perry, N. S. L., et al.	A randomised double-blind placebo-controlled pilot trial of a combined extract of sage, rosemary and melissa, traditional herbal medicines, on the enhancement of memory in normal healthy subjects, including influence of age.	2018	Phytomedicine	39	42-48	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Phetcharat, L., K. Wongsuphasawat, and Kaj Winther.	The effectiveness of a standardized rose hip powder, containing seeds and shells of <i>Rosa canina</i> , on cell longevity, skin wrinkles, moisture, and elasticity.	2015	Clinical interventions in aging	10	1849	Exclude	8c. Study design out of scope (RCT)
Phunikhom, Kutcharin, et al.	Effect of <i>Andrographis paniculata</i> extract on triglyceride levels of the patients with hypertriglyceridemia: a randomized controlled trial.	2015	J Med Assoc Thai	98 (6)	S41-S47	Exclude	8c. Study design out of scope (RCT)
Picon, Paulo D., et al.	Randomized clinical trial of a phytotherapeutic compound containing <i>Pimpinella anisum</i> , <i>Foeniculum vulgare</i> , <i>Sambucus nigra</i> , and <i>Cassia augustifolia</i> for chronic constipation.	2010	BMC Complementary and Alternative Medicine	10 (1)	1-Sep	Exclude	8c. Study design out of scope (RCT)
Pinsornsak, Piya, and Sunyarn Niempoog.	The efficacy of <i>Curcuma Longa</i> L. extract as an adjuvant therapy in primary knee osteoarthritis: a randomized control trial.	2012	J Med Assoc Thai	95 Suppl (1)	S51-58	Exclude	8c. Study design out of scope (RCT)
Pirouzpanah, Saeed, et al.	The effects of <i>Berberis vulgaris</i> consumption on plasma levels of IGF-1, IGF1Ps, PPAR- γ and the expression of angiogenic genes in women with benign breast disease: a randomized controlled clinical trial.	2019	BMC complementary and alternative medicine	19 (1)	324	Exclude	8c. Study design out of scope (RCT)
Popovych, Vasyl, et al.	A randomized, open-label, multicenter, comparative study of therapeutic efficacy, safety and tolerability of BNO 1030 extract, containing marshmallow root, chamomile flowers, horsetail herb, walnut leaves, yarrow herb, oak bark, dandelion herb in the treatment of acute non-bacterial tonsillitis in children aged 6 to 18 years.	2019	American journal of otolaryngology	40 (2)	265-273	Exclude	8c. Study design out of scope (RCT)
Pradeep, A. R., Esha Agarwal, and Savitha B. Naik.	Clinical and microbiologic effects of commercially available dentifrice containing aloe vera: a randomized controlled clinical trial.	2012	Journal of periodontology	83 (6)	797-804	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Pradeep, A. R., et al.	Adjunctive local delivery of Aloe vera gel in patients with type 2 diabetes and chronic periodontitis: a randomized, controlled clinical trial.	2016	Journal of periodontology	87 (3)	268-274	Exclude	8c. Study design out of scope (RCT)
Preethy, A., Dinesh, K., & Remadevi, R.	A comparative clinical trial to assess the add on effect of asvagandha [withania somnifera (L.) Dunal] in motor functions of children with motor developmental disorders.	2016	Global Journal of Research on Medicinal Plants & Indigenous Medicine	5 (5)	158-172	Exclude	8c. Study design out of scope (RCT)
Procházková, Klára, et al.	Ginkgo biloba extract EGb 761® versus pentoxifylline in chronic tinnitus: a randomized, double-blind clinical trial.	2018	International journal of clinical pharmacy	40 (5)	1335-1341	Exclude	8c. Study design out of scope (RCT)
Pruthi, Sandhya, et al.	A phase III, randomized, placebo-controlled, double-blind trial of flaxseed for the treatment of hot flashes: NCCTG N08C7.	2012	Menopause (New York, NY)	19 (1)	48	Exclude	8c. Study design out of scope (RCT)
Pumpa, Kate L., et al.	The effects of Panax notoginseng on delayed onset muscle soreness and muscle damage in well-trained males: a double blind randomised controlled trial.	2013	Complementary Therapies in Medicine	21 (3)	131-140	Exclude	8c. Study design out of scope (RCT)
Qian, Guoqing, et al.	Mitigation of oxidative damage by green tea polyphenols and Tai Chi exercise in postmenopausal women with osteopenia.	2012	PLoS One	7 (10)	N/A	Exclude	8c. Study design out of scope (RCT)
Qiu, H., et al.	General acteoside of Rehmanniae leaves in the treatment of primary chronic glomerulonephritis: a randomized controlled trial.	2013	African Journal of Traditional, Complementary and Alternative Medicines	10 (4)	109-115	Exclude	8c. Study design out of scope (RCT)
Qiu, HongYu, et al.	Treatment of primary chronic glomerulonephritis with Rehmannia glutinosa acteosides in combination with the angiotensin receptor blocker irbesartan: a randomized controlled trial.	2014	Phytotherapy research	28 (1)	132-136	Exclude	8c. Study design out of scope (RCT)
Radafshar, Golpar, et al.	Effects of green tea (Camellia sinensis) mouthwash containing 1% tannin on dental plaque and chronic gingivitis: a double-blinded, randomized, controlled trial.	2017	Journal of investigative and clinical dentistry	8 (1)	e12184	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Rafrat, M., M. Zemestani, and M. Asghari-Jafarabadi.	Effectiveness of chamomile tea on glycemic control and serum lipid profile in patients with type 2 diabetes.	2015	Journal of endocrinological investigation	38 (2)	163-170	Exclude	8c. Study design out of scope (RCT)
Rafrat, Maryam, et al.	Effect of fenugreek seeds on serum metabolic factors and adiponectin levels in type 2 diabetic patients.	2014	Int J Vitam Nutr Res	84 (3-4)	196-205	Exclude	8c. Study design out of scope (RCT)
Rahimikian, Fatemeh, et al.	Effect of Foeniculum vulgare Mill.(fennel) on menopausal symptoms in postmenopausal women: a randomized, triple-blind, placebo-controlled trial.	2017	Menopause	24 (9)	1017-1021	Exclude	8c. Study design out of scope (RCT)
Rahmani, N., et al.	Effects of Aloe vera cream on chronic anal fissure pain, wound healing and hemorrhaging upon defecation: a prospective double blind clinical trial.	2014	Eur Rev Med Pharmacol Sci	18 (7)	1078-1084	Exclude	8c. Study design out of scope (RCT)
Rainey-Smith, Stephanie R., et al.	Curcumin and cognition: a randomised, placebo-controlled, double-blind study of community-dwelling older adults.	2016	British Journal of Nutrition	115 (12)	2106-2113	Exclude	8c. Study design out of scope (RCT)
Rao, Amanda, et al.	Testofen, a specialised Trigonella foenum-graecum seed extract reduces age-related symptoms of androgen decrease, increases testosterone levels and improves sexual function in healthy aging males in a double-blind randomised clinical study.	2016	The Aging Male	19 (2)	134-142	Exclude	8c. Study design out of scope (RCT)
Rapaport, Mark Hyman, et al.	The treatment of minor depression with St. John's Wort or citalopram: failure to show benefit over placebo.	2011	Journal of psychiatric research	45 (7)	931-941	Exclude	8c. Study design out of scope (RCT)
Reddy, K. Rajender, et al.	Rationale, challenges, and participants in a Phase II trial of a botanical product for chronic hepatitis C.	2012	Clinical Trials	9 (1)	102-112	Exclude	8c. Study design out of scope (RCT)
Reddy, Reddy Lavanya, et al.	Randomized trial of aloe vera gel vs triamcinolone acetonide ointment in the treatment of oral lichen planus.	2012	Quintessence international	43 (9)	N/A	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Rezazadeh, Khaterreh, et al.	Effects of artichoke leaf extract supplementation on metabolic parameters in women with metabolic syndrome: Influence of TCF7L2-rs7903146 and FTO-rs9939609 polymorphisms.	2018	Phytotherapy research	32 (1)	84-93	Exclude	8c. Study design out of scope (RCT)
Rezazadeh, Khaterreh, et al.	Antioxidant response to artichoke leaf extract supplementation in metabolic syndrome: A double-blind placebo-controlled randomized clinical trial.	2018	Clinical Nutrition	37 (3)	790-796	Exclude	8c. Study design out of scope (RCT)
Rhee, Moo-Yong, et al.	Blood pressure lowering effect of Korea ginseng derived ginsenoside K-g1.	2014	The American journal of Chinese medicine	42 (03)	605-618	Exclude	8c. Study design out of scope (RCT)
Rhee, Moo-Yong, et al.	Effect of Korean red ginseng on arterial stiffness in subjects with hypertension.	2011	The Journal Of Alternative And Complementary Medicine	17 (1)	45-49	Exclude	8c. Study design out of scope (RCT)
Ried, Karin, Nikolaj Travica, and Avni Sali.	The effect of aged garlic extract on blood pressure and other cardiovascular risk factors in uncontrolled hypertensives: the AGE at Heart trial.	2016	Integrated blood pressure control	9	9	Exclude	8c. Study design out of scope (RCT)
Ried, Karin, Nikolaj Travica, and Avni Sali.	The effect of Kyolic aged garlic extract on gut microbiota, inflammation, and cardiovascular markers in hypertensives: The GarGIC Trial.	2018	Frontiers in nutrition	5	122	Exclude	8c. Study design out of scope (RCT)
Ried, Karin, Oliver R. Frank, and Nigel P. Stocks.	Aged garlic extract lowers blood pressure in patients with treated but uncontrolled hypertension: a randomised controlled trial.	2010	Maturitas	67 (2)	144-150	Exclude	8c. Study design out of scope (RCT)
Riva, A., et al.	Oral administration of a lecithin-based delivery form of boswellic acids (Casperome®) for the prevention of symptoms of irritable bowel syndrome: a randomized clinical study.	2019	Minerva gastroenterologica e dietologica	65 (1)	30-35	Exclude	8c. Study design out of scope (RCT)
Roh, Daeyoung, et al.	Valerian extract alters functional brain connectivity: A randomized double-blind placebo-controlled trial.	2019	Phytotherapy Research	33 (4)	939-948	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Rondanelli, Mariangela, et al.	Metabolic management in overweight subjects with naive impaired fasting glycaemia by means of a highly standardized extract from <i>Cynara scolymus</i> : A double-blind, placebo-controlled, randomized clinical trial.	2014	Phytotherapy Research	28 (1)	33-41	Exclude	8c. Study design out of scope (RCT)
Rondanelli, Mariangela, et al.	Beneficial effects of artichoke leaf extract supplementation on increasing HDL-cholesterol in subjects with primary mild hypercholesterolaemia: a double-blind, randomized, placebo-controlled trial.	2013	International journal of food sciences and nutrition	64 (1)	Jul-15	Exclude	8c. Study design out of scope (RCT)
Ross, Stephanie Maxine.	Menopause: a standardized isopropanolic black cohosh extract (remifemin) is found to be safe and effective for menopausal symptoms.	2012	Holistic nursing practice	26 (1)	58-61	Exclude	8c. Study design out of scope (RCT)
Rubió, Laura, et al.	Metabolite profiling of olive oil and thyme phenols after a sustained intake of two phenol-enriched olive oils by humans: Identification of compliance markers.	2014	Food research international	65	59-68	Exclude	8c. Study design out of scope (RCT)
Ruetzler, Kurt, et al.	A randomized, double-blind comparison of licorice versus sugar-water gargle for prevention of postoperative sore throat and postextubation coughing.	2013	Anesthesia & Analgesia	117 (3)	614-621	Exclude	8c. Study design out of scope (RCT)
Sabzghabaei, A., Khayam, I., Kelishadi, R., Ghannadi, A., Soltani, R., Badri, S., & Shirani, S.	Effect of <i>Zizyphus Jujuba</i> Fruits on Dyslipidemia in Obese Adolescents: a Triple-masked Randomized Controlled Clinical Trial.	2013	Medical Archives	67 (3)	156-159	Exclude	8c. Study design out of scope (RCT)
Safarinejad, M. R., N. Shafiei, and S. Safarinejad.	An open label, randomized, fixed-dose, crossover study comparing efficacy and safety of sildenafil citrate and saffron (<i>Crocus sativus</i> Linn.) for treating erectile dysfunction in men naive to treatment.	2010	International journal of impotence research	22 (4)	240-250	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Safarinejad, Mohammad Reza, Nayyer Shafiei, and Shiva Safarinejad.	A prospective double-blind randomized placebo-controlled study of the effect of saffron (<i>Crocus sativus</i> Linn.) on semen parameters and seminal plasma antioxidant capacity in infertile men with idiopathic oligoasthenoteratozoospermia.	2011	Phytotherapy Research	25 (4)	508-516	Exclude	8c. Study design out of scope (RCT)
Saffari, Elnaz, et al.	Comparing the effects of <i>Calendula officinalis</i> and clotrimazole on vaginal candidiasis: A randomized controlled trial.	2017	Women & health	57 (10)	1145-1160	Exclude	8c. Study design out of scope (RCT)
Saghafi, N., et al.	Effectiveness of <i>Matricaria chamomilla</i> (chamomile) extract on pain control of cyclic mastalgia: a double-blind randomised controlled trial.	2018	Journal of Obstetrics and Gynaecology	38 (1)	81-84	Exclude	8c. Study design out of scope (RCT)
Sahebamee, Mahnaz, et al.	Comparative efficacy of aloe vera and benzydamine mouthwashes on radiation-induced oral mucositis: a triple-blind, randomised, controlled clinical trial.	2015	Oral Health Prev Dent	13 (4)	309-315	Exclude	8c. Study design out of scope (RCT)
Sahebnasagh, Adeleh, et al.	Successful treatment of acute radiation proctitis with Aloe Vera: a preliminary randomized controlled clinical trial.	2017	The Journal of Alternative and Complementary Medicine	23 (11)	858-865	Exclude	8c. Study design out of scope (RCT)
Sahraian, Ali, et al.	Study the effects of saffron on depression and lipid profiles: A double blind comparative study.	2016	Asian journal of psychiatry	22	174-176	Exclude	8c. Study design out of scope (RCT)
Saikiran, Kanamarlapudi Venkata, et al.	Impact of educational (sign language/video modeling) and therapeutic (<i>Glycyrrhiza glabra</i> —liquorice mouth wash) interventions on oral health pertaining to children with hearing impairment: A randomized clinical trial.	2019	Special Care in Dentistry	39 (5)	505-514	Exclude	8c. Study design out of scope (RCT)
Salazar-Sánchez, N., et al.	Efficacy of topical Aloe vera in patients with oral lichen planus: a randomized double-blind study.	2010	Journal of oral pathology & medicine	39 (10)	735-740	Exclude	8c. Study design out of scope (RCT)
Salmond SJ, George J, Strasser SI, et al.	Hep573 Study: A randomised, double-blind, placebo controlled trial of silymarin alone and combined with antioxidants to improve liver function and quality of life in people with chronic hepatitis C.	2019	Aust Journal of Herbal & Naturopathic Medicine (AJHNM)	31 (2)	64-76	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Samaei, Afshin, et al.	Effect of valerian on cognitive disorders and electroencephalography in hemodialysis patients: a randomized, cross over, double-blind clinical trial.	2018	BMC nephrology	19 (1)	379	Exclude	8c. Study design out of scope (RCT)
Sanaati, Fateme, et al.	Effect of ginger and chamomile on nausea and vomiting caused by chemotherapy in iranian women with breast cancer.	2016	Asian Pacific Journal of Cancer Prevention	17 (8)	4125-4129	Exclude	8c. Study design out of scope (RCT)
Sandborn, William J., et al.	Andrographis paniculata extract (HMPL-004) for active ulcerative colitis.	2013	The American journal of gastroenterology	108 (1)	90	Exclude	8c. Study design out of scope (RCT)
Sanmukhani, Jayesh, et al.	Efficacy and safety of curcumin in major depressive disorder: a randomized controlled trial.	2014	Phytotherapy research	28 (4)	579-585	Exclude	8c. Study design out of scope (RCT)
Santos-Jasso, Karla Alejandra, et al.	Effectiveness of senna vs polyethylene glycol as laxative therapy in children with constipation related to anorectal malformation.	2017	Journal of pediatric surgery	52 (1)	84-88	Exclude	8c. Study design out of scope (RCT)
Sarin, Srishti, et al.	Preliminary clinical evidence of the antiplaque, antigingivitis efficacy of a mouthwash containing 2% green tea - a randomised clinical trial.	2015	Oral Health Prev Dent	13 (3)	197-203	Exclude	8c. Study design out of scope (RCT)
Sarris, Jerome, et al.	St John's wort (Hypericum perforatum) versus sertraline and placebo in major depressive disorder: continuation data from a 26-week RCT.	2012	Pharmacopsychiatry	45 (07)	275-278	Exclude	8c. Study design out of scope (RCT)
Sarris, Jerome, et al.	Kava in the treatment of generalized anxiety disorder: a double-blind, randomized, placebo-controlled study.	2013	Journal of clinical psychopharmacology	33 (5)	643-648	Exclude	8c. Study design out of scope (RCT)
Sarris, Jerome, et al.	Kava for the treatment of generalized anxiety disorder RCT: analysis of adverse reactions, liver function, addiction, and sexual effects.	2013	Phytotherapy Research	27 (11)	1723-1728	Exclude	8c. Study design out of scope (RCT)
Sarris, Jerome, et al.	Does a medicinal dose of kava impair driving? A randomized, placebo-controlled, double-blind study.	2013	Traffic injury prevention	14 (1)	13-17	Exclude	8c. Study design out of scope (RCT)
Sarris, Jerome, et al.	The acute effects of kava and oxazepam on anxiety, mood, neurocognition; and genetic correlates: a randomized, placebo-controlled, double-blind study.	2012	Human Psychopharmacology: Clinical and Experimental	27 (3)	262-269	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Satyanand, Vungarala, et al.	Effects of Garlic extract (<i>Allium sativum</i>) in combination with Amlodipine in mild to moderate essential hypertensive patients: An Open randomized parallel group study.	2013	J Pharmace Res Dev	2 (4)	181-188	Exclude	8c. Study design out of scope (RCT)
Savaş, Burcu Babadağ, Güler Balcı Alparslan, and Cengiz Korkmaz.	Effect of flaxseed poultice compress application on pain and hand functions of patients with hand osteoarthritis.	2019	Clinical rheumatology	38 (7)	1961-1969	Exclude	8c. Study design out of scope (RCT)
Saxena, R. C., et al.	A randomized double blind placebo controlled clinical evaluation of extract of <i>Andrographis paniculata</i> (KalmCold™) in patients with uncomplicated upper respiratory tract infection.	2010	Phytomedicine	17 (3-4)	178-185	Exclude	8c. Study design out of scope (RCT)
Saxena, Sonali, and Charu Katare.	Evaluation of flaxseed formulation as a potential therapeutic agent in mitigation of dyslipidemia.	2014	Biomed J	37 (6)	386-390	Exclude	8c. Study design out of scope (RCT)
Schellenberg, Ruediger, et al.	Dose-dependent efficacy of the <i>Vitex agnus castus</i> extract Ze 440 in patients suffering from premenstrual syndrome.	2012	Phytomedicine	19 (14)	1325-1331	Exclude	8c. Study design out of scope (RCT)
Schneider, Franciane, Mitzy Tannia Reichembach Danski, and Stela Adami Vayego.	Usage of <i>Calendula officinalis</i> in the prevention and treatment of radiodermatitis: a randomized double-blind controlled clinical trial.	2015	Revista da Escola de Enfermagem da USP	49 (2)	0221-0228	Exclude	8c. Study design out of scope (RCT)
Scholey, A., Benson, S., Gibbs, A., Perry, N., Sarris, J., & Murray, G.	Exploring the Effect of Lactium™ and <i>Zizyphus</i> Complex on Sleep Quality: A Double-Blind, Randomized Placebo-Controlled Trial.	2017	Nutrients	9 (2)	N/A	Exclude	8c. Study design out of scope (RCT)
Scholey, Andrew, et al.	Effects of American ginseng (<i>Panax quinquefolius</i>) on neurocognitive function: an acute, randomised, double-blind, placebo-controlled, crossover study.	2010	Psychopharmacology	212 (3)	345-356	Exclude	8c. Study design out of scope (RCT)
Scholey, Andrew, et al.	Anti-stress effects of lemon balm-containing foods.	2014	Nutrients	6 (11)	4805-4821	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Seely, D., & Singh, R.	Adaptogenic Potential of a Polyherbal Natural Health Product: Report on a Longitudinal Clinical Trial.	2007	Evidence-Based Complementary and Alternative Medicine : eCAM	4 (3)	375-380	Exclude	8c. Study design out of scope (RCT)
Senger, AE Vieira, et al.	Effect of green tea (<i>Camellia sinensis</i>) consumption on the components of metabolic syndrome in elderly.	2012	The journal of nutrition, health & aging	16 (9)	738-742	Exclude	8c. Study design out of scope (RCT)
Seo, Dae Yun, et al.	Independent beneficial effects of aged garlic extract intake with regular exercise on cardiovascular risk in postmenopausal women.	2012	Nutrition research and practice	6 (3)	226-231	Exclude	8c. Study design out of scope (RCT)
Seo, Seok Kyo, et al.	Antioxidative effects of Korean red ginseng in postmenopausal women: a double-blind randomized controlled trial.	2013	Journal of ethnopharmacology	154 (3)	753-757	Exclude	8c. Study design out of scope (RCT)
Serrao, Francesca, et al.	The long-term efficacy of a galactagogue containing Silymarin-Phosphatidylserine and Galega on milk production of mothers of preterm infants.	2018	Breastfeeding Medicine	13 (1)	67-69	Exclude	8c. Study design out of scope (RCT)
Setayesh, Mohammad, et al.	A topical gel from flax seed oil compared with hand splint in carpal tunnel syndrome: a randomized clinical trial.	2017	Journal of evidence-based complementary & alternative medicine	22 (3)	462-467	Exclude	8c. Study design out of scope (RCT)
Shahakbari, R., et al.	Effectiveness of green tea mouthwash in comparison to chlorhexidine mouthwash in patients with acute pericoronitis: a randomized clinical trial.	2014	International journal of oral and maxillofacial surgery	43 (11)	1394-1398	Exclude	8c. Study design out of scope (RCT)
Shahbazi, Foroud, et al.	Effect of silymarin administration on cisplatin nephrotoxicity: report from a pilot, randomized, double-blinded, placebo-controlled clinical trial.	2015	Phytotherapy Research	29 (7)	1046-1053	Exclude	8c. Study design out of scope (RCT)
Shahin, Ahmed Y., and Safwat A. Mohammed.	Adding the phytoestrogen <i>Cimicifugae Racemosae</i> to clomiphene induction cycles with timed intercourse in polycystic ovary syndrome improves cycle outcomes and pregnancy rates—a randomized trial.	2014	Gynecological Endocrinology	30 (7)	505-510	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Shahmansouri, Nazila, et al.	A randomized, double-blind, clinical trial comparing the efficacy and safety of Crocus sativus L. with fluoxetine for improving mild to moderate depression in post percutaneous coronary intervention patients.	2014	Journal of Affective disorders	155	216-222	Exclude	8c. Study design out of scope (RCT)
Shahzad, Muhammad Naveed, and Naheed Ahmed.	Effectiveness of Aloe vera gel compared with 1% silver sulphadiazine cream as burn wound dressing in second degree burns.	2013	J Pak Med Assoc	63 (2)	225-230	Exclude	8c. Study design out of scope (RCT)
Shakeri, F., et al.	Effectiveness of red clover in alleviating menopausal symptoms: a 12-week randomized, controlled trial.	2015	Climacteric	18 (4)	568-573	Exclude	8c. Study design out of scope (RCT)
Shakibaei, Fereshteh, et al.	Ginkgo biloba in the treatment of attention-deficit/hyperactivity disorder in children and adolescents. A randomized, placebo-controlled, trial.	2015	Complementary therapies in clinical practice	21 (2)	61-67	Exclude	8c. Study design out of scope (RCT)
Shamekhi, Z., et al.	A Randomized, Double-blind, Placebo-controlled Clinical Trial Examining the Effects of Green Tea Extract on Systemic Lupus Erythematosus Disease Activity and Quality of Life.	2017	Phytotherapy Research	31 (7)	1063-1071	Exclude	8c. Study design out of scope (RCT)
Shamshad Begum, S., et al.	A novel extract of fenugreek husk (FenuSMART™) alleviates postmenopausal symptoms and helps to establish the hormonal balance: A randomized, double-blind, placebo-controlled study.	2016	Phytotherapy research	30 (11)	1775-1784	Exclude	8c. Study design out of scope (RCT)
Sharifi, Farangis, et al.	Comparison of the effects of Matricaria chamomila (Chamomile) extract and mefenamic acid on the intensity of premenstrual syndrome.	2014	Complementary therapies in clinical practice	20 (1)	81-88	Exclude	8c. Study design out of scope (RCT)
Sharifi, Hosein, et al.	Topical use of Matricaria recutita L (Chamomile) oil in the treatment of monosymptomatic enuresis in children: a double-blind randomized controlled trial.	2017	Journal of evidence-based complementary & alternative medicine	22 (1)	Dec-17	Exclude	8c. Study design out of scope (RCT)
Sharifi-Ardani, Maryam, et al.	Efficacy of topical chamomile on the incidence of phlebitis due to an amiodarone infusion in coronary care patients: a double-blind, randomized controlled trial.	2017	Journal of integrative medicine	15 (5)	373-378.1	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Shemshian, Maryam, et al.	Saffron in metabolic syndrome: its effects on antibody titers to heat-shock proteins 27, 60, 65 and 70.	2014	Journal of Complementary and Integrative Medicine	11 (1)	43-49	Exclude	8c. Study design out of scope (RCT)
Shen, Chwan-Li, et al.	Green tea polyphenols supplementation and Tai Chi exercise for postmenopausal osteopenic women: safety and quality of life report.	2010	BMC Complementary and Alternative Medicine	10 (1)	76	Exclude	8c. Study design out of scope (RCT)
Shergis, Johannah Linda, et al.	12-month randomised controlled trial of ginseng extract for moderate COPD.	2019	Thorax	74 (6)	539-545	Exclude	8c. Study design out of scope (RCT)
Shim, Bongseok & Jeong, Hyewon & Lee, Sara & Hwang, Sehee & Moon, Byeongseok & Storni, Charlotte	A randomized double-blind placebo-controlled clinical trial of a product containing pumpkin seed extract and soy germ extract to improve overactive bladder-related voiding dysfunction and quality of life	2014	Journal of Functional Foods	8 (1)	111-117	Exclude	8c. Study design out of scope (RCT)
Shirvani, M., Motahari-Tabari, N., & Alipour, A.	The effect of mefenamic acid and ginger on pain relief in primary dysmenorrhea: a randomized clinical trial.	2015	Archives of Gynecology and Obstetrics,	291 (6)	1277-1281	Exclude	8c. Study design out of scope (RCT)
Sigurdsson, Steinthor, et al.	A parallel, randomized, double-blind, placebo-controlled study to investigate the effect of SagaPro on nocturia in men.	2013	Scandinavian journal of urology	47 (1)	26-32	Exclude	8c. Study design out of scope (RCT)
Simons, Rudy, et al.	Efficacy and safety of a flaxseed hull extract in the symptomatic management of benign prostatic hyperplasia: a parallel, randomized, double-blind, placebo-controlled, pilot study.	2015	Journal of medicinal food	18 (2)	233-240	Exclude	8c. Study design out of scope (RCT)
Singh, N., et al.	Effectiveness of Aloe Vera and Antioxidant along with Physiotherapy in the Management of Oral Submucous Fibrosis.	2016	The journal of contemporary dental practice	17 (1)	78-84	Exclude	8c. Study design out of scope (RCT)
Soleimani, Davood, et al.	Effect of garlic powder consumption on body composition in patients with nonalcoholic fatty liver disease: A randomized, double-blind, placebo-controlled trial.	2016	Advanced biomedical research	5	N/A	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Song, Mi-young, et al.	Schisandra chinensis fruit modulates the gut microbiota composition in association with metabolic markers in obese women: a randomized, double-blind placebo-controlled study.	2015	Nutrition research	35 (8)	655-663	Exclude	8c. Study design out of scope (RCT)
Sood, Amit, et al.	A randomized clinical trial of St. John's wort for smoking cessation.	2010	The Journal of Alternative and complementary medicine	16 (7)	761-767	Exclude	8c. Study design out of scope (RCT)
Srinivasan, Akila, et al.	Effect of Curcuma longa on vascular function in native Tamilians with type 2 diabetes mellitus: A randomized, double-blind, parallel arm, placebo-controlled trial.	2019	Phytotherapy Research	33 (7)	1898-1911	Exclude	8c. Study design out of scope (RCT)
Steels, Elizabeth, Amanda Rao, and Luis Vitetta.	Physiological aspects of male libido enhanced by standardized Trigonella foenum-graecum extract and mineral formulation.	2011	Phytotherapy Research	25 (9)	1294-1300	Exclude	8c. Study design out of scope (RCT)
Steels, Elizabeth, et al.	Efficacy of a proprietary Trigonella foenum-graecum L. de-husked seed extract in reducing menopausal symptoms in otherwise healthy women: A double-blind, randomized, placebo-controlled study.	2017	Phytotherapy Research	31 (9)	1316-1322	Exclude	8c. Study design out of scope (RCT)
Stevenson, Jada L., et al.	Echinacea-based dietary supplement does not increase maximal aerobic capacity in endurance-trained men and women.	2016	Journal of dietary supplements	13 (3)	324-338	Exclude	8c. Study design out of scope (RCT)
Sudheeran, Subash Pandaran, et al.	Safety, tolerance, and enhanced efficacy of a bioavailable formulation of curcumin with fenugreek dietary fiber on occupational stress: a randomized, double-blind, placebo-controlled pilot study.	2016	Journal of clinical psychopharmacology	36 (3)	236-243	Exclude	8c. Study design out of scope (RCT)
Sun, M., Chai, L., Lu, F., Zhao, Y., Li, Q., Cui, B., Liu, Y.	Efficacy and safety of Ginkgo biloba pills for coronary heart disease with impaired glucose regulation: Study protocol for a series of N-of-1 randomized, double-blind, placebo-controlled trials.	2018	Evidence-Based Complementary and Alternative Medicine	7571629	N/A	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Sun, Xia, et al.	Artemisia Extract Improves Insulin Sensitivity in Women With Gestational Diabetes Mellitus by Up-Regulating Adiponectin.	2016	The Journal of Clinical Pharmacology	56 (12)	1550-1554	Exclude	8c. Study design out of scope (RCT)
Suriyo, Tawit, et al.	Clinical parameters following multiple oral dose administration of a standardized Andrographis paniculata capsule in healthy Thai subjects.	2017	Planta medica	83 (09)	778-789	Exclude	8c. Study design out of scope (RCT)
Suzuki-Sugihara, Norie, et al.	Green tea catechins prevent low-density lipoprotein oxidation via their accumulation in low-density lipoprotein particles in humans.	2016	Nutrition Research	36 (1)	16-23	Exclude	8c. Study design out of scope (RCT)
Taavoni, S., and H. Haghani.	Valerian/lemon balm use for sleep disorders during menopause.	2013	Complementary therapies in clinical practice	19 (4)	193-196	Exclude	8c. Study design out of scope (RCT)
Taavoni, Simin, et al.	Effect of valerian on sleep quality in postmenopausal women: a randomized placebo-controlled clinical trial.	2011	Menopause	18 (9)	951-955	Exclude	8c. Study design out of scope (RCT)
Tabeshpour, Jamshid, et al.	A double-blind, randomized, placebo-controlled trial of saffron stigma (<i>Crocus sativus</i> L.) in mothers suffering from mild-to-moderate postpartum depression.	2017	Phytomedicine	36	145-152	Exclude	8c. Study design out of scope (RCT)
Tajima, Yusuke, et al.	Comparison of the risk of surgical site infection and feasibility of surgery between sennoside versus polyethylene glycol as a mechanical bowel preparation of elective colon cancer surgery: a randomized controlled trial.	2016	Surgery today	46 (6)	735-740	Exclude	8c. Study design out of scope (RCT)
Talaei, Ali, et al.	Crocin, the main active saffron constituent, as an adjunctive treatment in major depressive disorder: a randomized, double-blind, placebo-controlled, pilot clinical trial.	2015	Journal of affective disorders	174	51-56	Exclude	8c. Study design out of scope (RCT)
Talaei, Behrouz, et al.	Effects of cinnamon consumption on glycemic indicators, advanced glycation end products, and antioxidant status in type 2 diabetic patients.	2017	Nutrients	9 (9)	991	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Tanaka, Miyuki, et al.	Effects of aloe sterol supplementation on skin elasticity, hydration, and collagen score: A 12-week double-blind, randomized, controlled trial.	2016	Skin pharmacology and physiology	29 (6)	309-317	Exclude	8c. Study design out of scope (RCT)
Tang, T., et al.	Randomised clinical trial: herbal extract HMPL-004 in active ulcerative colitis—a double-blind comparison with sustained release mesalazine.	2011	Alimentary pharmacology & therapeutics	33 (2)	194-202	Exclude	8c. Study design out of scope (RCT)
Tanmahasamut, P., et al.	Cimicifuga racemosa extract for relieving menopausal symptoms: a randomized controlled trial.	2015	Climacteric	18 (1)	79-85	Exclude	8c. Study design out of scope (RCT)
Tatimah Peth-Nui, J, Wattanathorn, S et al.	Effects of 12-Week Bacopa monnieri Consumption on Attention, Cognitive Processing, Working Memory, and Functions of Both Cholinergic and Monoaminergic Systems in Healthy Elderly Volunteers	2020	Evidence-based Complementary & Alternative Medicine	2012	1-Oct	Exclude	8c. Study design out of scope (RCT)
Teik, Derek Ong Lai, et al.	Ginseng and ginkgo biloba effects on cognition as modulated by cardiovascular reactivity: A randomised trial.	2016	PloS one	N/A	N/A	Exclude	8c. Study design out of scope (RCT)
Terry, Natalie A., et al.	Polyethylene glycol powder solution versus senna for bowel preparation for colonoscopy in children.	2013	Journal of pediatric gastroenterology and nutrition	56 (2)	215-219	Exclude	8c. Study design out of scope (RCT)
Thomas, Kelan, et al.	Effects of valerian on subjective sedation, field sobriety testing and driving simulator performance.	2016	Accident Analysis & Prevention	92	240-244	Exclude	8c. Study design out of scope (RCT)
Tiralongo, Evelin, Shirley S. Wee, and Rodney A. Lea.	Elderberry supplementation reduces cold duration and symptoms in air-travellers: a randomized, double-blind placebo-controlled clinical trial.	2016	Nutrients	8 (4)	182	Exclude	8c. Study design out of scope (RCT)
Torkan, Maryam, Mohammad Hassan Entezari, and Mansour Siavash.	Effect of flaxseed on blood lipid level in hyperlipidemic patients.	2015	Reviews on recent clinical trials	10 (1)	61-67	Exclude	8c. Study design out of scope (RCT)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Trana, Catalina, et al.	St. John's Wort in patients non-responders to clopidogrel undergoing percutaneous coronary intervention: a single-center randomized open-label trial (St. John's Trial).	2013	Journal of cardiovascular translational research	6 (3)	411-414	Exclude	8c. Study design out of scope (RCT)
Trill, Jeanne, et al.	Uva-ursi extract and ibuprofen as alternative treatments of adult female urinary tract infection (ATAFUT1): study protocol for a randomised controlled trial.	2017	Trials	18 (1)	421	Exclude	8c. Study design out of scope (RCT)
Tsolaki, Magda, et al.	Efficacy and safety of Crocus sativus L. in patients with mild cognitive impairment: one year single-blind randomized, with parallel groups, clinical trial.	2016	Journal of Alzheimer's Disease	54 (1)	129-133	Exclude	8c. Study design out of scope (RCT)
Turkylmaz, Canan, et al.	The effect of galactagogue herbal tea on breast milk production and short-term catch-up of birth weight in the first week of life.	2011	The journal of alternative and complementary medicine	17 (2)	139-142	Exclude	8c. Study design out of scope (RCT)
Uchio, Ryusei, et al.	Hot Water Extract of Curcuma longa L. Improves Serum Inflammatory Markers and General Health in Subjects with Overweight or Prehypertension/Mild Hypertension: A Randomized, Double-Blind, Placebo-Controlled Trial.	2019	Nutrients	11 (8)	1822	Exclude	8c. Study design out of scope (RCT)
Vahid, Sepideh, et al.	Effect of herbal medicine achillea millefolium on plasma nitrite and nitrate levels in patients with chronic kidney disease: a preliminary study.	2012	Iranian journal of kidney diseases	6 (5)	350	Exclude	8c. Study design out of scope (RCT)
Valls, Rosa-M., et al.	Virgin olive oil enriched with its own phenolic compounds or complemented with thyme improves endothelial function: The potential role of plasmatic fat-soluble vitamins. A double blind, randomized, controlled, cross-over clinical trial.	2017	Journal of Functional Foods	28	285-292	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Valls, Rosa-M., et al.	Effects of low molecular weight procyanidin rich extract from french maritime pine bark on cardiovascular disease risk factors in stage-1 hypertensive subjects: Randomized, double-blind, crossover, placebo-controlled intervention trial.	2016	Phytomedicine	23 (12)	1451-1461	Exclude	8c. Study design out of scope (RCT)
Valones, Marcela AA, et al.	Clinical Assessment of Rosemary-based Toothpaste (<i>Rosmarinus officinalis</i> Linn.): A Randomized Controlled Double-blind Study.	2019	Brazilian dental journal	30 (2)	146-151	Exclude	8c. Study design out of scope (RCT)
Vellas, Bruno, et al.	Long-term use of standardised Ginkgo biloba extract for the prevention of Alzheimer's disease (GuidAge): a randomised placebo-controlled trial.	2012	The Lancet Neurology	11 (10)	851-859	Exclude	8c. Study design out of scope (RCT)
Venkatakrishnan, Kamesh, et al.	Comparative studies on the hypolipidemic, antioxidant and hepatoprotective activities of catechin-enriched green and oolong tea in a double-blind clinical trial.	2018	Food & function	9 (2)	1205-1213	Exclude	8c. Study design out of scope (RCT)
Vidlar, Ales, et al.	The safety and efficacy of a silymarin and selenium combination in men after radical prostatectomy-a six month placebo-controlled double-blind clinical trial.	2010	Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub	154 (3)	239-244	Exclude	8c. Study design out of scope (RCT)
Vostalova, Jitka, et al.	Use of selenium-silymarin mix reduces lower urinary tract symptoms and prostate specific antigen in men.	2013	Phytomedicine	21 (1)	75-81	Exclude	8c. Study design out of scope (RCT)
Vuksan, Vladimir, et al.	Efficacy and safety of American ginseng (<i>Panax quinquefolius</i> L.) extract on glycemic control and cardiovascular risk factors in individuals with type 2 diabetes: a double-blind, randomized, cross-over clinical trial.	2019	European journal of nutrition	58 (3)	1237-1245	Exclude	8c. Study design out of scope (RCT)
Wainstein, Julio, et al.	Dietary cinnamon supplementation and changes in systolic blood pressure in subjects with type 2 diabetes.	2011	Journal of medicinal food	14 (12)	1505-1510	Exclude	8c. Study design out of scope (RCT)
Wang, Chen, et al.	Effect of cimicifuga racemosa on menopausal syndrome caused by LHRH-a in breast cancer.	2010	Journal of ethnopharmacology	238	111840	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Wang, Hongqiang, et al.	Effects of catechin enriched green tea on body composition.	2010	Obesity	18 (4)	773-779	Exclude	8c. Study design out of scope (RCT)
Westphal, L. M., M. L. Polan, A. S. Trant and S. Mooney	A nutritional supplement for improving fertility in women.	2004	Journal of Reproductive Medicine	49(4)	289-293	Exclude	8c. Study design out of scope (RCT)
Whitehead, Malcolm T., et al.	Running economy and maximal oxygen consumption after 4 weeks of oral Echinacea supplementation.	2012	The Journal of Strength & Conditioning Research	26 (7)	1928-1933	Exclude	8c. Study design out of scope (RCT)
Wickenberg, Jennie, et al.	Cassia cinnamon does not change the insulin sensitivity or the liver enzymes in subjects with impaired glucose tolerance.	2014	Nutrition journal	13 (1)	96	Exclude	8c. Study design out of scope (RCT)
Wlosinska, Martine, et al.	Aged garlic extract preserves cutaneous microcirculation in patients with increased risk for cardiovascular diseases: A double-blinded placebo-controlled study.	2019	International wound journal	16 (6)	1487-1493	Exclude	8c. Study design out of scope (RCT)
Wongcharoen, Wanwarang, et al.	Effects of curcuminoids on frequency of acute myocardial infarction after coronary artery bypass grafting.	2012	The American journal of cardiology	110 (1)	40-44	Exclude	8c. Study design out of scope (RCT)
Wu, Hongyu, et al.	Lifestyle counseling and supplementation with flaxseed or walnuts influence the management of metabolic syndrome.	2010	The Journal of nutrition	140 (11)	1937-1942	Exclude	8c. Study design out of scope (RCT)
Wyatt, Gwen K., et al.	Saw palmetto for symptom management during radiation therapy for prostate cancer.	2016	Journal of pain and symptom management	51 (6)	1046-1054	Exclude	8c. Study design out of scope (RCT)
Xie, K. J., et al.	Therapeutic effect of ginkgo biloba extract on postoperative delirium in aged patients.	2018	Zhonghua yi xue za zhi	98 (18)	1430-1433	Exclude	8c. Study design out of scope (RCT)
Xu, Changjie, et al.	Aged garlic extract supplementation modifies inflammation and immunity of adults with obesity: A randomized, double-blind, placebo-controlled clinical trial.	2018	Clinical nutrition ESPEN	24	148-155	Exclude	8c. Study design out of scope (RCT)
Xu, Lili, et al.	Effects of Ginkgo biloba extract on cerebral oxygen and glucose metabolism in elderly patients with pre-existing cerebral ischemia.	2015	Complementary therapies in medicine	23 (2)	220-225	Exclude	8c. Study design out of scope (RCT)

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Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Yang, Mihi, et al.	Effects of Korean red ginseng (Panax Ginseng Meyer) on bisphenol A exposure and gynecologic complaints: single blind, randomized clinical trial of efficacy and safety.	2014	BMC complementary and alternative medicine	14 (1)	265	Exclude	8c. Study design out of scope (RCT)
Yang, Min, et al.	Effect of Artemisia annua extract on treating active rheumatoid arthritis: A randomized controlled trial.	2017	Chinese journal of integrative medicine	23 (7)	496-503	Exclude	8c. Study design out of scope (RCT)
Yaralizadeh, Masomeh, et al.	Effect of Foeniculum vulgare (fennel) vaginal cream on vaginal atrophy in postmenopausal women: A double-blind randomized placebo-controlled trial.	2016	Maturitas	84	75-80	Exclude	8c. Study design out of scope (RCT)
Yari, Zahra, et al.	Flaxseed supplementation in metabolic syndrome management: a pilot randomized, open-labeled, controlled study.	2016	Phytotherapy Research	30 (8)	1339-1344	Exclude	8c. Study design out of scope (RCT)
Yari, Zahra, et al.	Flaxseed supplementation in non-alcoholic fatty liver disease: a pilot randomized, open labeled, controlled study.	2016	International journal of food sciences and nutrition	67 94)	461-469	Exclude	8c. Study design out of scope (RCT)
Yayla, Ezgi Mutluay, et al.	Sage tea–thyme–peppermint hydrosol oral rinse reduces chemotherapy-induced oral mucositis: a randomized controlled pilot study.	2016	Complementary therapies in medicine	27	58-64	Exclude	8c. Study design out of scope (RCT)
Ye, Zhangqun, et al.	Efficacy and safety of Serenoa repens extract among patients with benign prostatic hyperplasia in China: a multicenter, randomized, double-blind, placebo-controlled trial.	2019	Urology	129	172-179	Exclude	8c. Study design out of scope (RCT)
Yechiam, Eldad, et al.	The acute effect of Hypericum perforatum on short-term memory in healthy adults.	2019	Psychopharmacology	236 (2)	613-623	Exclude	8c. Study design out of scope (RCT)
Yennurajalingam, Sriram, et al.	A double-blind, randomized, placebo-controlled trial of Panax ginseng for cancer-related fatigue in patients with advanced cancer.	2017	Journal of the National Comprehensive Cancer Network	15 (9)	1111-1120	Exclude	8c. Study design out of scope (RCT)
Yu, I-Chen, et al.	Effects of mouthwash interventions on xerostomia and unstimulated whole saliva flow rate among hemodialysis patients: A randomized controlled study.	2016	International journal of nursing studies	63	Sep-17	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Yun, Jung-Mi, et al.	A randomized placebo-controlled crossover trial of Aloe vera on bioavailability of vitamins C and B12, blood glucose, and lipid profile in healthy human subjects.	2010	Journal of dietary supplements	7 (2)	145-153	Exclude	8c. Study design out of scope (RCT)
Yun, Taik-Koo, et al.	Non-organ-specific preventive effect of long-term administration of Korean Red Ginseng extract on incidence of human cancers.	2010	Journal of medicinal food	13 (3)	489-494	Exclude	8c. Study design out of scope (RCT)
Yusni, Yusni, et al.	The effects of celery leaf (apium graveolens L.) treatment on blood glucose and insulin levels in elderly pre-diabetics.	2018	Saudi medical journal	39 (2)	154	Exclude	8c. Study design out of scope (RCT)
Zadoyan, G., et al.	Effect of Ginkgo biloba special extract EGb 761® on human cytochrome P450 activity: a cocktail interaction study in healthy volunteers.	2012	European journal of clinical pharmacology	68 (5)	553-560	Exclude	8c. Study design out of scope (RCT)
Zamani, Mehrangiz, Nosrat Neghab, and Saadat Torabian.	Therapeutic effect of Vitex agnus castus in patients with premenstrual syndrome.	2012	N/A	N/A	101-106	Exclude	8c. Study design out of scope (RCT)
Zare, Elham, et al.	Evaluating the effect of garlic extract on serum inflammatory markers of peritoneal dialysis patients: a randomized double-blind clinical trial study.	2019	BMC nephrology	20 (1)	26	Exclude	8c. Study design out of scope (RCT)
Zecca, Enrico, et al.	Efficacy of a galactagogue containing silymarin-phosphatidylserine and galega in mothers of preterm infants: a randomized controlled trial.	2016	European journal of clinical nutrition	70 (10)	1151-1154	Exclude	8c. Study design out of scope (RCT)
Zemestani, Maryam, Maryam Rafrat, and Mohammad Asghari-Jafarabadi.	Chamomile tea improves glycemic indices and antioxidants status in patients with type 2 diabetes mellitus.	2016	Nutrition	32 (1)	66-72	Exclude	8c. Study design out of scope (RCT)
Zhang, Shi-Jin, and Zhan-You Xue.	Effect of Western medicine therapy assisted by Ginkgo biloba tablet on vascular cognitive impairment of none dementia.	2012	Asian Pacific journal of tropical medicine	5 (8)	661-664	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Zhang, Simin, et al.	Preventive use of a hepatoprotectant against anti-tuberculosis drug-induced liver injury: A randomized controlled trial.	2016	Journal of gastroenterology and hepatology	31 (2)	409-416	Exclude	8c. Study design out of scope (RCT)
Zhang, Wu-Fang, et al.	Extract of Ginkgo biloba treatment for tardive dyskinesia in schizophrenia: a randomized, double-blind, placebo-controlled trial.	2011	The Journal of clinical psychiatry	72 (5)	615-621	Exclude	8c. Study design out of scope (RCT)
Zhang, Xiang Yang, et al.	Brain-derived neurotrophic factor levels and its Val66Met gene polymorphism predict tardive dyskinesia treatment response to Ginkgo biloba.	2012	Biological psychiatry	72 (8)	700-706	Exclude	8c. Study design out of scope (RCT)
Zhang, Y., et al.	A multicenter, large-sample, randomized clinical trial on improving the median survival time of advanced non-small cell lung cancer by combination of Ginseng Rg3 and chemotherapy.	2018	Zhonghua zhong liu za zhi [Chinese journal of oncology]	40 (4)	295-299	Exclude	8c. Study design out of scope (RCT)
Zhang, Yang, et al.	Effects of dietary green tea polyphenol supplementation on the health of workers exposed to high-voltage power lines.	2016	Environmental toxicology and pharmacology	46	183-187	Exclude	8c. Study design out of scope (RCT)
Zhao, M. X., et al.	Effects of Ginkgo biloba extract in improving episodic memory of patients with mild cognitive impairment: a randomized controlled trial.	2012	Zhong xi yi jie he xue bao= Journal of Chinese integrative medicine	10 (6)	628-634	Exclude	8c. Study design out of scope (RCT)
Zhao, Man, et al.	Topical lipophilic epigallocatechin-3-gallate on herpes labialis: a phase II clinical trial of AverTeaX formula.	2015	Oral surgery, oral medicine, oral pathology and oral radiology	120 (6)	7	Exclude	8c. Study design out of scope (RCT)
Zhou, Yulu, and Rong Zeng.	Effects of Ginkgo biloba extract on anticoagulation and blood drug level of warfarin in healthy volunteers.	2011	Zhongguo Zhong yao za zhi= Zhongguo zhongyao zazhi= China journal of Chinese materia medica	36 (16)	2290-2293	Exclude	8c. Study design out of scope (RCT)
Zick, Suzanna M., et al.	Preliminary examination of the efficacy and safety of a standardized chamomile extract for chronic primary insomnia: A randomized placebo-controlled pilot study.	2011	BMC complementary and alternative medicine	11 (1)	78	Exclude	8c. Study design out of scope (RCT)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Zilae, Marzie, et al.	Barberry treatment reduces serum anti-heat shock protein 27 and 60 antibody titres and high-sensitivity C-reactive protein in patients with metabolic syndrome: A double-blind, randomized placebo-controlled trial.	2014	Phytotherapy research	28 (8)	1211-1215	Exclude	8c. Study design out of scope (RCT)
Zilae, Marzie, et al.	An evaluation of the effects of saffron supplementation on the asthma clinical symptoms and asthma severity in patients with mild and moderate persistent allergic asthma: a double-blind, randomized placebo-controlled trial.	2019	Respiratory research	20 (1)	39	Exclude	8c. Study design out of scope (RCT)
Zong, Geng, et al.	Effects of flaxseed supplementation on erythrocyte fatty acids and multiple cardiometabolic biomarkers among Chinese with risk factors of metabolic syndrome.	2013	European journal of nutrition	52 (5)	1547-1551	Exclude	8c. Study design out of scope (RCT)
Abraham, Klaus, et al.	Relative bioavailability of coumarin from cinnamon and cinnamon-containing foods compared to isolated coumarin: A four-way crossover study in human volunteers.	2011	Molecular nutrition & food research	55(4)	644-653	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Ahn, Chul Min, et al.	Red ginseng extract improves coronary flow reserve and increases absolute numbers of various circulating angiogenic cells in patients with first ST-segment elevation acute myocardial infarction.	2011	Phytotherapy research	25 (2)	239-249	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Attia, Albert, et al.	Phase II study of Ginkgo biloba in irradiated brain tumor patients: effect on cognitive function, quality of life, and mood.	2012	Journal of neuro-oncology	109 (2)	357-363	Exclude	8d. Study design out of scope (nonrandomised comparative study)
D'arena, G., et al.	Regulatory T-cell modulation by green tea in chronic lymphocytic leukemia.	2013	International journal of immunopathology and pharmacology	26 (1)	117-125	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Ikeda, Sugako, Yuka Kanoya, and Shigeki Nagata.	Effects of a foot bath containing green tea polyphenols on interdigital tinea pedis.	2013	The Foot	23 (2-3)	58-62	Exclude	8d. Study design out of scope (nonrandomised comparative study)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Ludwig, S., H. Stier, and S. Weykam.	Evaluation of blood alcohol concentrations after oral administration of a fixed combination of thyme herb and primrose root fluid extract to children with acute bronchitis.	2016	Drug research	66 (02)	69-73	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Maheshwari, Anuj, et al.	Efficacy of FurosapTM, a novel Trigonella foenum-graecum seed extract, in enhancing testosterone level and improving sperm profile in male volunteers.	2017	International journal of medical sciences	14 (1)	58	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Marangoni, Dario, et al.	Functional effect of Saffron supplementation and risk genotypes in early age-related macular degeneration: a preliminary report.	2013	Journal of translational medicine	11 (1)	228	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Nosratzahi, Tahereh, et al.	Comparison of the effects of curcumin mucoadhesive paste and local corticosteroid on the treatment of erosive oral lichen planus lesions.	2018	Journal of the National Medical Association	110 (1)	92-97	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Sacher, Julia, et al.	Monoamine oxidase A inhibitor occupancy during treatment of major depressive episodes with moclobemide or St. John's wort: an [11C]-harmine PET study.	2011	Journal of psychiatry & neuroscience: JPN	36 (6)	375	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Stage, Tore Bjerregaard, et al.	Intake of St. John's wort improves the glucose tolerance in healthy subjects who ingest metformin compared with metformin alone.	2015	British journal of clinical pharmacology	79 (2)	298-306	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Uebel-von Sandersleben, Henrik, et al.	Ginkgo biloba extract EGb 761® in children with ADHD.	2014	Zeitschrift für Kinder-und Jugendpsychiatrie und Psychotherapie	N/A	N/A	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Uehleke, Bernhard, et al.	Willow bark extract STW 33-I in the long-term treatment of outpatients with rheumatic pain mainly osteoarthritis or back pain.	2013	Phytomedicine	20 (11)	980-984	Exclude	8d. Study design out of scope (nonrandomised comparative study)
Uribe-Fentanes, Laura K., et al.	Action of Calendula officinalis essence on bone preservation after the extraction.	2018	Revista Médica del Instituto Mexicano del Seguro Social	56 (1)	98-105	Exclude	8d. Study design out of scope (nonrandomised comparative study)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Apaydin, E. A., Maher, A. R., Shanman, R., Booth, M. S., Miles, J. N., Sorbero, M. E. and Hempel, S.	A systematic review of St. John's wort for major depressive disorder	2016	Systematic Reviews	5(1)	148	Include	Duplicate citation (already identified in included in the review)
Cerqueira, Raphael O., et al.	Vitex agnus castus for premenstrual syndrome and premenstrual dysphoric disorder: a systematic review.	2017	Archives of women's mental health	20 (6)	713-719	Include	Duplicate citation (already identified in included in the review)
Cerqueira, Raphael O., et al.	Vitex agnus castus for premenstrual syndrome and premenstrual dysphoric disorder: a systematic review.	2017	Archives of women's mental health 2017	20 (6)	713-719	Include	Duplicate citation (already identified in included in the review)
Chandan, S., Mohan, B. P., Chandan, O. C., Ahmad, R., Challa, A., Tummala, H., and Adler, D. G.	Curcumin use in ulcerative colitis: is it ready for prime time? A systematic review and meta-analysis of clinical trials.	2020	Annals of Gastroenterology	33(1)	53	Include	Duplicate citation (already identified in included in the review)
Chen, M. et al.	FOLFOX 4 combined with herbal medicine for advanced colorectal cancer: a systematic review.	2014	Phytotherapy Research	28 (7)	976-991	Include	Duplicate citation (already identified in included in the review)
Crichton, M., Marshall, S., Marx, W., McCarthy, A., & Isenring, E.	Efficacy of Ginger (Zingiber officinale) in Ameliorating Chemotherapy-Induced Nausea and Vomiting and Chemotherapy-Related Outcomes: A Systematic Review Update and Meta-Analysis.	2019	Journal of the Academy of Nutrition and Dietetics	119(12)	2055–2068	Include	Duplicate citation (already identified in included in the review)
Demmers, A., Korthout, H., van Etten-Jamaludin, F., Kortekaas, F., & Maaskant, J.	Effects of medicinal food plants on impaired glucose tolerance: A systematic review of randomized controlled trials.	2017	Diabetes Research and Clinical Practice	131	91-106	Include	Duplicate citation (already identified in included in the review)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Ebrahimzadeh Attari, V., Malek Mahdavi, A., Javadivala, Z., Mahluji, S., Zununi Vahed, S., & Ostadrahimi, A.	Review of A systematic review of the anti-obesity and weight lowering effect of ginger (<i>Zingiber officinale</i> Roscoe) and its mechanisms of action.	2018	Phytotherapy research	32 (4)	577-585	Include	Duplicate citation (already identified in included in the review)
Ernst, E., & Pittler, M.	Efficacy of ginger for nausea and vomiting: A systematic review of randomized clinical trials.	2000	British Journal of Anaesthesia	84 (3)	367-371	Include	Duplicate citation (already identified in included in the review)
Ghazanfarpour, M. et al.	The efficacy of Iranian herbal medicines in alleviating hot flashes: A systematic review.	2016	International Journal Of Reproductive Biomedicine (Yazd, Iran)	14 (3)	155-166	Include	Duplicate citation (already identified in included in the review)
Hasani, H., Arab, A., Hadi, A., Pourmasoumi, M., Ghavami, A., & Miraghajani, M.	Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials.	2019	Phytotherapy Research	33 (6)	1639-1647	Include	Duplicate citation (already identified in included in the review)
Hawrelak, J. A., Wohlmuth, H., Pattinson, M., Myers, S. P., Goldenberg, J. Z., Harnett, J., and Whitten, D. L.	Western Herbal Medicines in the Treatment of Irritable Bowel Syndrome: A Systematic Review and Meta-analysis.	2019	Complementary Therapies in Medicine	48		Include	Duplicate citation (already identified in included in the review)
Hernández-García, Didier, et al.	Efficacy of Panax ginseng supplementation on blood lipid profile. A meta-analysis and systematic review of clinical randomized trials.	2019	Journal of ethnopharmacology	243	112090	Include	Duplicate citation (already identified in included in the review)
Hernández-García, Didier, et al.	Efficacy of Panax ginseng supplementation on blood lipid profile. A meta-analysis and systematic review of clinical randomized trials.	2019	Journal of ethnopharmacology	N/A	112090	Include	Duplicate citation (already identified in included in the review)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Hu, X. Y., Wu, R. H., Logue, M., Blondel, C., Lai, L. Y. W., Stuart, B., Flower, A., Fei, Y. T., Moore, M., Shepherd, J., Liu, J. P. and Lewith, G	Andrographis paniculata for symptomatic relief of acute respiratory tract infections in adults and children: A systematic review and meta-analysis	2017	PLoS One	12(8)	e0181780	Include	Duplicate citation (already identified in included in the review)
Khadivzadeh, T. et al.	A Systematic Review and Meta-analysis on the Effect of Herbal Medicine to Manage Sleep Dysfunction in Peri- and Postmenopause.	2018	Journal Of Menopausal Medicine	24 (2)	92-99	Include	Duplicate citation (already identified in included in the review)
Komishon, A. M., et al.	The effect of ginseng (genus Panax) on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials.	2016	Journal of human hypertension	30 (10)	619-626	Include	Duplicate citation (already identified in included in the review)
Komishon, A. M., et al.	The effect of ginseng (genus Panax) on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials.	2016	Journal of human hypertension	30 (10)	619-626	Include	Duplicate citation (already identified in included in the review)
Lakhan, S. E., Ford, C. T. and Tepper, D	Zingiberaceae extracts for pain: a systematic review and meta-analysis	2015	Journal of Nutrition	14	50	Include	Duplicate citation (already identified in included in the review)
Lakhan, S., Ford, C., & Tepper, D.	Zingiberaceae extracts for pain: a systematic review and meta-analysis.	2015	Nutrition Journal	14 (1)	50	Include	Duplicate citation (already identified in included in the review)
Leach, M. J. and Page, A. T.	Herbal medicine for insomnia: A systematic review and meta-analysis.	2015	Sleep Medicine Reviews	24	1-Dec	Include	Duplicate citation (already identified in included in the review)
Lee, Hye W., et al.	Ginseng for Treating Hypertension: A Systematic Review and Meta-Analysis of Double Blind, Randomized, Placebo-Controlled Trials.	2017	Current Vascular Pharmacology	15 (6)	549-556	Include	Duplicate citation (already identified in included in the review)
Lee, Hye W., et al.	Ginseng for Treating Hypertension: A Systematic Review and Meta-Analysis of Double Blind, Randomized, Placebo-Controlled Trials.	2017	N/A	N/A	549-556	Include	Duplicate citation (already identified in included in the review)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Lee, J.-W. et al	Traditional herbal medicine for cancer pain: a systematic review and meta-analysis.	2015	Complementary Therapies in Medicine	23 (2)	265-274	Include	Duplicate citation (already identified in included in the review)
Liu, Z. L. et al.	Herbal medicines for fatty liver diseases.	2013	The Cochrane Database Of Systematic Reviews	8	CD009059	Include	Duplicate citation (already identified in included in the review)
Maunder, A. et al	Effectiveness of herbal medicines for weight loss: a systematic review and meta-analysis of randomised controlled trials.	2020	Diabetes, Obesity & Metabolism	N/A	N/A	Include	Duplicate citation (already identified in included in the review)
Mazidi, M., Gao, H., Rezaie, P., & Ferns, G.	The effect of ginger supplementation on serum C-reactive protein, lipid profile and glycaemia: a systematic review and meta-analysis.	2016	Food & Nutrition Research	60	1-Sep	Include	Duplicate citation (already identified in included in the review)
Morgan, A., & Jorm, A.	Self-help interventions for depressive disorders and depressive symptoms: a systematic review.	2008	Annals of General Psychiatry	7(1)	13-13	Include	Duplicate citation (already identified in included in the review)
Nazemyieh, H., Nejatbakhsh, F., Spicer, L., & Spicer, L.	Effects of Withania somnifera on Reproductive System: A Systematic Review of the Available Evidence.	2018	BioMed Research International	17	N/A	Include	Duplicate citation (already identified in included in the review)
Ng, Qin Xiang, Nandini Venkatanarayanan, and Collin Yih Xian Ho.	Clinical use of Hypericum perforatum (St John's wort) in depression: a meta-analysis.	2017	Journal of affective disorders	210	211-221.	Include	Duplicate citation (already identified in included in the review)
Noh, H., Yoon, S. W. and Park, B.	A Systematic Review of Herbal Medicine for Chemotherapy Induced Peripheral Neuropathy.	2018	Evidence-based Complementary & Alternative Medicine	(eCAM)	Jan-15	Include	Duplicate citation (already identified in included in the review)
Rafieian-Kopaei, Mahmoud, and Mino Movahedi.	Systematic review of premenstrual, postmenstrual and infertility disorders of Vitex agnus castus.	2017	Electronic physician	9 (1)	3685	Include	Duplicate citation (already identified in included in the review)

Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons:

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Sarris, J.	Herbal medicines in the treatment of psychiatric disorders: 10-year updated review.	2018	Phytotherapy Research	32 (7)	1147-1162	Include	Duplicate citation (already identified in included in the review)
Sarris, Jerome, et al.	Plant-based medicines (phytoceuticals) in the treatment of psychiatric disorders: a meta-review of meta-analyses of randomized controlled trials [FORTHCOMING MANUSCRIPT SUBMITTED BY NTWC MEMBER]	2021	Canadian Journal of Psychiatry	66 (10)	849-862	Include	Duplicate citation (already identified in included in the review)
Shahmohammadi, A. et al	The efficacy of herbal medicines on anxiety and depression in peri- and postmenopausal women: A systematic review and meta-analysis.	2019	Post Reproductive Health	25 (3)	131-141	Include	Duplicate citation (already identified in included in the review)
Shergis, J. L. et al.	Herbal medicine for adults with asthma: A systematic review.	2016	The Journal Of Asthma: Official Journal Of The Association For The Care Of Asthma	53 (6)	650-659	Include	Duplicate citation (already identified in included in the review)
Shi, S., Li, S., Li, W., & Xu, H.	Corn Silk Tea for Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	2019	Evidence-Based Complementary and Alternative Medicine	N/A	7	Include	Duplicate citation (already identified in included in the review)
Son, M. J. et al.	Herbal medicines for treating acute otitis media: A systematic review of randomised controlled trials.	2017	Complementary Therapies In Medicine	35	133-139	Include	Duplicate citation (already identified in included in the review)
Terry, R., Posadzki, P., Watson, L., & Ernst, E.	The Use of Ginger (Zingiber officinale) for the Treatment of Pain: A Systematic Review of Clinical Trials2).	2011	Pain Medicine	12 (2)	1808-1818	Include	Duplicate citation (already identified in included in the review)
Thandar, Y. et al.	Topical herbal medicines for atopic eczema: a systematic review of randomized controlled trials.	2017	The British Journal Of Dermatology	176 (2)	330-343	Include	Duplicate citation (already identified in included in the review)
Tóth, Barbara, et al.	The efficacy of saffron in the treatment of mild to moderate depression: a meta-analysis.	2019	Planta medica	85 (01)	24-31	Include	Duplicate citation (already identified in included in the review)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
van Die, M. Diana, et al.	Vitex agnus-castus extracts for female reproductive disorders: a systematic review of clinical trials.	2013	Planta medica	79 (07)	562-575	Include	Duplicate citation (already identified in included in the review)
van Die, M. Diana, et al.	Vitex agnus-castus extracts for female reproductive disorders: a systematic review of clinical trials.	2013	Planta medica	79 (07)	562-575	Include	Duplicate citation (already identified in included in the review)
Vaughn, Alexandra R., Amy Branum, and Raja K. Sivamani.	Effects of turmeric (Curcuma longa) on skin health: a systematic review of the clinical evidence.	2016	Phytotherapy Research	30 (8)	1243-1264	Include	Duplicate citation (already identified in included in the review)
Vaughn, Alexandra R., Amy Branum, and Raja K. Sivamani.	Effects of turmeric (Curcuma longa) on skin health: a systematic review of the clinical evidence.	2016	Phytotherapy Research	30 (8)	1243-1264	Include	Duplicate citation (already identified in included in the review)
Wagner, L. et al.	Herbal Medicine for Cough: a Systematic Review and Meta-Analysis.	2015	Forschende Komplementarmedizin	22 (6)	359-368	Include	Duplicate citation (already identified in included in the review)
Xiong, X. J., et al.	Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials.	2015	Phytomedicine	22 (3)	352-361	Include	Duplicate citation (already identified in included in the review)
Xiong, X. J., et al.	Garlic for hypertension: A systematic review and meta-analysis of randomized controlled trials.	2015	Phytomedicine	22 (3)	352-361	Include	Duplicate citation (already identified in included in the review)
Yang, Guoyan, et al.	Ginkgo biloba for mild cognitive impairment and Alzheimer's disease: a systematic review and meta-analysis of randomized controlled trials."	2016	Current Topics in Medicinal Chemistry	16 (5)	520-528	Include	Duplicate citation (already identified in included in the review)
Yang, Guoyan, et al.	Ginkgo biloba for mild cognitive impairment and Alzheimer's disease: a systematic review and meta-analysis of randomized controlled trials.	2016	Current Topics in Medicinal Chemistry	16 (5)	520-528	Include	Duplicate citation (already identified in included in the review)
Yeung, K. S. et al.	Herbal medicine for depression and anxiety: A systematic review with assessment of potential psycho-oncologic, relevance.	2018	Phytotherapy Research	32 (5)	865-891	Include	Duplicate citation (already identified in included in the review)

Author/s	Title of article	Publication year	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Zamawe, C. et al.	Effectiveness and safety of herbal medicines for induction of labour: a systematic review and meta-analysis.	2018	BMJ Open	8 (10)	E022499	Include	Duplicate citation (already identified in included in the review)
Zhu, J., Chen, H., Song, Z., Wang, X., & Sun, Z.	Effects of Ginger (Zingiber officinale Roscoe) on Type 2 Diabetes Mellitus and Components of the Metabolic Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	2018	Evidence - Based Complementary and Alternative Medicine	N/A	N/A	Include	Duplicate citation (already identified in included in the review)
Gonzalez-Vallinas, Margarita, et al.	Antitumor effect of 5-fluorouracil is enhanced by rosemary extract in both drug sensitive and resistant colon cancer cells.	2013	Pharmacological research	72	61-68	Exclude	nonhuman
Macit, M., Sözlü, S., Kocaadam, B., & Acar-Tek, N.	Evaluation of Ginger (Zingiber Officinale Roscoe) on Energy Metabolism and Obesity: Systematic Review and Meta-Analysis.	2019	Food Reviews International	35 (7)	685-706	Include	
Mitra Torabi, Farnaz Naeemzadeh, Vida Ebrahimi, Negar Taleschian-Tabrizi, Fariba Pashazadeh, Hossein Nazemie	THE EFFECT OF ZINGIBER OFFICINALE (GINGER) ON HYPERTENSION; A SYSTEMATIC REVIEW OF RANDOMISED CONTROLLED TRIALS.	2017	BMJ Open	7 (Suppl 1)	N/A	Include	
Rahmani, Y. et al.	Effect of Herbal Medicine on Vaginal Epithelial Cells: A Systematic Review and Meta-analysis.	2018	Journal Of Menopausal Medicine	24 (1)	Nov-16	Include	
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