

Review ID	Study design	method of analysis	ICD-11 Category	Population	Intervention	Outcome focus	Priority?	Citation
Askari 2019	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Hashimoto's disease	Black cumin	Glycemic control	Low priority	Askari G, Rouhani MH, Ghaedi E, Ghavami A, Nouri M, Mohammadi H. Effect of Nigella sativa (black seed) supplementation on glycemic control: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> . 2019;33(5):1341-52. 10.1002/ptr.6337
Hallajzadeh 2020	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Hashimoto's disease	Black cumin	Inflammatory markers; Oxidative stress biomarkers; Lipid profile	Low priority	Hallajzadeh J, Milajerdi A, Mobini M, Amirani E, Azizi S, Nikkhah E, et al. Effects of Nigella sativa on glycemic control, lipid profiles, and biomarkers of inflammatory and oxidative stress: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Phytotherapy Research</i> . 2020;34(10):2586-608. 10.1002/ptr.6708
Mohit 2020	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Hashimoto's disease	Black cumin	Inflammatory markers; Oxidative stress biomarkers	Low priority	Mohit M, Farrokhzad A, Faraji SN, Heidarzadeh-Esfahani N, Kafeshani M. Effect of Nigella sativa L. supplementation on inflammatory and oxidative stress indicators: A systematic review and meta-analysis of controlled clinical trials. <i>Complementary Therapies in Medicine</i> . 2020;54.
Mousavi 2018	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Hashimoto's disease	Black cumin	Blood pressure; Lipid profile	Low priority	Mousavi SM, Sheikhi A, Varkaneh HK, Zarezadeh M, Rahmani J, Milajerdi A. Effect of Nigella sativa supplementation on obesity indices: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> . 2018;38:48-57.
Tandon 2020	Umbrella review; SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Hypothyroidism	Withania		Low priority	Tandon N, Yadav SS. Safety and clinical effectiveness of Withania Somnifera (Linn.) Dunal root in human ailments. <i>Journal of Ethnopharmacology</i> . 2020;255:N.PAG-N.PAG. 10.1016/j.jep.2020.112768
Ainehchi 2019	SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon; Herbal combination	Lipid profile; Blood chemistry	Low priority	Ainehchi N, Farshbaf-Khalili A, Chasemzadeh A, Hamdi K, Khaki A, Ouladsahebmadarek E, et al. The effect of herbal medicine supplementation on clinical and para-clinical outcomes in women with PCOS: A systematic review and meta-analysis. <i>International Journal of Women's Health and Reproduction Sciences</i> . 2019;7(4):423-33. <a href="http://dx.doi.org/10.15296/ijwhr.2019.72">http://dx.doi.org/10.15296/ijwhr.2019.72</a>

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Arentz 2014	SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Chaste tree; Black cohosh; Cinnamon	Endocrine effects	Low priority	Arentz S, Abbott JA, Smith CA, Bensoussan A. Herbal medicine for the management of polycystic ovary syndrome (PCOS) and associated oligo/amenorrhoea and hyperandrogenism; a review of the laboratory evidence for effects with corroborative clinical findings. BMC Complementary & Alternative Medicine. 2014;14(1):949-85. 10.1186/1472-6882-14-511
Arentz 2017	SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Black cohosh; Cinnamon	Menstrual regulation; Adverse effects	Low priority	Arentz S, Smith CA, Abbott J, Bensoussan A. Nutritional supplements and herbal medicines for women with polycystic ovary syndrome; a systematic review and meta-analysis. BMC Complementary & Alternative Medicine. 2017;17:1-14. 10.1186/s12906-017-2011-x
Ashkar 2020	Best evidence	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Aloe; Cinnamon; Green Tea; Fenugreek ; Chamomile; Licorice	Blood glucose; Insulin resistance; Lipid profile; Ovarian tissue	Low priority	Ashkar F, Salahshornezhad S, Rezaei S, Vahid F, Gholamalizadeh M, Dahka SM, et al. The Role of medicinal herbs in treatment of insulin resistance in patients with Polycystic Ovary Syndrome: A literature review. Biomolecular concepts. 2020;11(1):57-75. <a href="http://dx.doi.org/10.1515/bmc-2020-0005">http://dx.doi.org/10.1515/bmc-2020-0005</a>
Chien 2021	SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Turmeric	Glycaemic control; Lipid profile	Low priority	Chien YJ, Chang CY, Wu MY, Chen CH, Horng YS, Wu HC. Effects of Curcumin on Glycemic Control and Lipid Profile in Polycystic Ovary Syndrome: Systematic Review with Meta-Analysis and Trial Sequential Analysis. Nutrients. 2021;13(2):21. <a href="https://dx.doi.org/10.3390/nu13020684">https://dx.doi.org/10.3390/nu13020684</a>
Fan 2020	SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Black cohosh	Pregnancy-rate	Low priority	Fan CW, Cieri-Hutcherson N, Hutcherson T. Systematic review of black cohosh (cimicifuga racemosa) for management of polycystic ovary syndrome-related infertility. JACCP Journal of the American College of Clinical Pharmacy. 2020;3(8):1688-9. <a href="http://dx.doi.org/10.1002/jac5.1351">http://dx.doi.org/10.1002/jac5.1351</a>
Guo-Chong 2016	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Linseed	Inflammatory markers	Low priority	Guo-Chong C, Chen-Wei P, Yong-Hong Z, Li-Qiang Q, Li-Hua C, Guan-Yu R, et al. Effect of Flaxseed Intervention on inflammatory Marker C-reactive protein: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients. 2016;8(3):136. 10.3390/nu8030136

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Heshmati 2021	SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon	Glycaemic control	Low priority	Heshmati J, Sepidarkish M, Morvaridzadeh M, Farsi F, Tripathi N, Razavi M, et al. The effect of cinnamon supplementation on glycemic control in women with polycystic ovary syndrome: A systematic review and meta-analysis. Journal of Food Biochemistry. 2021;45(1):e13543. <a href="https://dx.doi.org/10.1111/jfbc.13543">https://dx.doi.org/10.1111/jfbc.13543</a>
Heydarpour 2020	SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon	Metabolic parameters	Low priority	Heydarpour F, Hemati N, Hadi A, Moradi S, Mohammadi E, Farzaei MH. Effects of cinnamon on controlling metabolic parameters of polycystic ovary syndrome: A systematic review and meta-analysis. Journal of Ethnopharmacology. 2020;254:112741. <a href="https://dx.doi.org/10.1016/j.jep.2020.112741">https://dx.doi.org/10.1016/j.jep.2020.112741</a>
Khodamoradi 2020	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Fenugreek	Lipid profile	Low priority	Khodamoradi K, Khosropanah MH, Ayati Z, Chang D, Nasli-Esfahani E, Ayati MH, et al. The Effects of Fenugreek on Cardiometabolic Risk Factors in Adults: A Systematic Review and Meta-analysis. Complementary Therapies in Medicine. 2020;52:N.PAG-N.PAG. 10.1016/j.ctim.2020.102416
Kolivand 2017	SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Green tea		Low priority	Kolivand M, Keramat A, Khosravi A. The Effect of Herbal Teas on Management of Polycystic Ovary Syndrome: A Systematic Review. Journal of Midwifery & Reproductive Health. 2017;5(4):1098-106. 10.22038/JMRH.2017.9368
Kutbi 2021	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon		Low priority	Kutbi EH, Sohoul M, Fatahi S, Lari A, Shidfar F, Aljhdali MM, et al. The beneficial effects of cinnamon among patients with metabolic diseases: A systematic review and dose-response meta-analysis of randomized-controlled trials. Critical Reviews in Food Science and Nutrition. 2021. <a href="http://dx.doi.org/10.1080/10408398.2021.1896473">http://dx.doi.org/10.1080/10408398.2021.1896473</a>
Mohammadi-Sartang 2017	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Linseed	Body weight	Low priority	Mohammadi-Sartang M, Mazloom Z, Raeisi-Dehkordi H, Barati-Boldaji R, Bellissimo N, Totasy de Zepetnek JO. The effect of flaxseed supplementation on body weight and body composition: a systematic review and meta-analysis of 45 randomized placebo-controlled trials. Obesity Reviews. 2017;18(9):1096-107. <a href="https://dx.doi.org/10.1111/obr.12550">https://dx.doi.org/10.1111/obr.12550</a>

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Moini Jazani 2019	SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon; Licorice; St John's wort; Peony; Tribulus; Fenugreek; Chaste tree; Black cohosh; Multiple other herbs listed	Menstrual function; Ovulation; Insulin resistance; Weight; Lipid profile; Hormone levels	Low priority	Moini Jazani A, Nasimi Doost Azgomi H, Nasimi Doost Azgomi A, Nasimi Doost Azgomi R. A comprehensive review of clinical studies with herbal medicine on polycystic ovary syndrome (PCOS). DARU. 2019;27(2):863-77. 10.1007/s40199-019-00312-0
Mousavi 2020a	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon	Weight; Waist circumference; BMI; Fat mass	Low priority	Mousavi SM, Rahmani J, Kord-Varkaneh H, Sheikhi A, Larijani B, Esmailzadeh A. Cinnamon supplementation positively affects obesity: A systematic review and dose-response meta-analysis of randomized controlled trials. Clinical Nutrition. 2020;39(1):123-33. <a href="http://dx.doi.org/10.1016/j.clnu.2019.02.017">http://dx.doi.org/10.1016/j.clnu.2019.02.017</a>
Najafi 2018	SR of RCTs	descriptive	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Linseed; Black cohosh; Cinnamon		Low priority	Najafi MN, Rezaee R, Kasaian J, Kovatsi L, Leon G, Solout EK, et al. Phytoestrogens and the polycystic ovary syndrome: A systematic review of clinical evidence and laboratory findings. Farmacia. 2018;66(2):223-9.
Xu 2020	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Green tea	Lipid profile	Low priority	Xu R, Yang K, Li S, Dai M, Chen G. Effect of green tea consumption on blood lipids: a systematic review and meta-analysis of randomized controlled trials. Nutrition Journal. 2020;19(1):N.PAG-N.PAG. 10.1186/s12937-020-00557-5
Yazdanpanah 2020	Umbrella review; SR of RCTs	meta-analysis	05 Endocrine, nutritional and metabolic diseases	Polycystic ovary syndrome	Cinnamon	Body weight	Low priority	Yazdanpanah Z, Azadi-Yazdi M, Hooshmandi H, Ramezani-Jolfaie N, Salehi-Abargouei A. Effects of cinnamon supplementation on body weight and composition in adults: A systematic review and meta-analysis of controlled clinical trials. Phytotherapy Research. 2020;34(3):448-63. <a href="https://dx.doi.org/10.1002/ptr.6539">https://dx.doi.org/10.1002/ptr.6539</a>
Kim 2018a	Umbrella review; SR of RCTs	descriptive	07 Sleep-wake disorders	Sleep disturbance	Valerian; Kava; Lavender; Motherwort	Sleep quality	Low priority	Kim J, Lee SL, Kang I, Song YA, Ma J, Hong YS, et al. Natural Products from Single Plants as sleep Aids: A Systematic Review. J Med Food. 2018;21(5):433-44. 10.1089/jmf.2017.4064

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Miroddi 2013	Umbrella review; SR of RCTs	descriptive	07 Sleep-wake disorders	Sleep disturbance	Passionflower	Preclinical pharmacology	Low priority	Miroddi M, Calapai G, Navarra M, Minciullo PL, Gangemi S. Passiflora incarnata L.: Ethnopharmacology, clinical application, safety and evaluation of clinical trials. Journal of Ethnopharmacology. 2013;150(3):791-804. 10.1016/j.jep.2013.09.047
Shang 2019	SR of RCTs	descriptive	07 Sleep-wake disorders	Sleep disturbance	Chamomile	Sleep quality	Low priority	Shang B, Yin H, Jia Y, Zhao J, Meng X, Chen L, et al. Nonpharmacological interventions to improve sleep in nursing home residents: A systematic review. Geriatric Nursing. 2019;40(4):405-16. 10.1016/j.gerinurse.2019.01.001
Bent 2006	Umbrella review; SR of RCTs	meta-analysis	07 Sleep-wake disorders	Sleep disturbance, geriatric	Valerian	Sleep quality	Low priority	Bent S, Padula A, Moore D, Patterson M, Mehling W. Valerian for sleep: A Systematic Review and Meta-Analysis. American Journal of Medicine. 2006;119(12):1005-12. <a href="http://dx.doi.org/10.1016/j.amjmed.2006.02.026">http://dx.doi.org/10.1016/j.amjmed.2006.02.026</a>
Arnold 2008	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Ivy; Boswellia; Ginger		Low priority	Arnold E, Clark CE, Lasserson TJ, Wu T. Herbal interventions for chronic asthma in adults and children. Cochrane Database of Systematic Reviews. 2008(1). 10.1002/14651858.CD005989.pub2
Chen 2021	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Herb, not specified		Low priority	Chen Y-B, Wu Z-H, Guo X-F, Wu L, Fan F-T, Xu Y-J, et al. Herbal Medicine for Adult Patients with Cough Variant Asthma: A Systematic Review and Meta-Analysis. Evidence-based Complementary and Alternative Medicine. 2021;2021:5853137. <a href="http://dx.doi.org/10.1155/2021/5853137">http://dx.doi.org/10.1155/2021/5853137</a>
Clark 2010	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Ginger; Ivy; Boswellia; Herbal combination		Low priority	Clark CE, Arnold E, Lasserson TJ, Wu T. Herbal interventions for chronic asthma in adults and children: a systematic review and meta-analysis. Primary Care Respiratory Journal. 2010;19(4):307-14. 10.4104/pcrj.2010.00041
Ernst 2008	Umbrella review; SR of RCTs	descriptive	12 Diseases of the respiratory system	Asthma	Boswellia		Low priority	Ernst E. Christmas 2008: Seasonal Fayre: frankincense: systematic review. BMJ. 2008;337(7684). <a href="http://dx.doi.org/10.1136/bmj.a2813">http://dx.doi.org/10.1136/bmj.a2813</a>
He 2020	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Black cumin		Low priority	He T, Xu X. The influence of Nigella sativa for asthma control: A meta-analysis. American Journal of Emergency Medicine. 2020;38(3):589-93. 10.1016/j.ajem.2019.11.036
Huntley 2000	SR of RCTs	individual study results	12 Diseases of the respiratory system	Asthma	Ginkgo; Herbal combination		Low priority	Huntley A, Ernst E. Herbal medicines for asthma: a systematic review. Thorax. 2000;55(11):925-9.

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Roshanravan 2020a	Umbrella review; SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Saffron	Lipid profile	Low priority	Roshanravan B, Samarghandian S, Ashrafizadeh M, Amirabadizadeh A, Saeedi F, Farkhondeh T. Metabolic impact of saffron and crocin: an updated systematic and meta-analysis of randomised clinical trials. Archives of Physiology & Biochemistry. 2020;1-13. <a href="https://dx.doi.org/10.1080/13813455.2020.1716020">https://dx.doi.org/10.1080/13813455.2020.1716020</a>
Shergis 2016	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma	Licorice; Astragalus; Angelica root	Lung function; Asthma control; Salbutamol use	Low priority	Shergis JL, Wu L, Zhang AL, Guo X, Lu C, Xue CC. Herbal medicine for adults with asthma: A systematic review. Journal of Asthma. 2016;53(6):650-9. <a href="https://dx.doi.org/10.3109/02770903.2015.1101473">https://dx.doi.org/10.3109/02770903.2015.1101473</a>
Ulbricht 2011	Umbrella review; Best evidence	descriptive	12 Diseases of the respiratory system	Asthma	Herbal combination (with saffron)		Low priority	Ulbricht C, Conquer J, Costa D, Hollands W, Iannuzzi C, Isaac R, et al. An evidence-based systematic review of saffron (Crocus sativus) by the Natural Standard Research Collaboration. Journal of Dietary Supplements. 2011;8(1):58-114.
Hofmann 2003	SR of RCTs	meta-analysis	12 Diseases of the respiratory system	Asthma, children	Ivy		Low priority	Hofmann D, Hecker M, Volp A. Efficacy of dry extract of ivy leaves in children with bronchial asthma - A review of randomized controlled trials. Phytomedicine. 2003;10(2-3):213-20. <a href="http://dx.doi.org/10.1078/094471103321659979">http://dx.doi.org/10.1078/094471103321659979</a>
Fleming 2010	SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation	Psyllium; Senna; Herbal combination		Low priority	Fleming V, Wade WE. A review of laxative therapies for treatment of chronic constipation in older adults. American Journal of Geriatric Pharmacotherapy. 2010;8(6):514-50.
Prasad 2017	SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation	Psyllium		Low priority	Prasad VG, Abraham P. Management of chronic constipation in patients with diabetes mellitus. Indian Journal of Gastroenterology. 2017;36(1):11-22. <a href="https://dx.doi.org/10.1007/s12664-016-0724-2">https://dx.doi.org/10.1007/s12664-016-0724-2</a>
Ramkumar 2005	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Constipation	Psyllium		Low priority	Ramkumar D, Rao SS. Efficacy and safety of traditional medical therapies for chronic constipation: systematic review. American Journal of Gastroenterology. 2005;100(4):936-71.
Rao 2021	Umbrella review; SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation	Psyllium; Linseed; Senna; Herbal Herbal combinations		Low priority	Rao SSC, Brenner DM. Efficacy and Safety of Over-the-Counter Therapies for Chronic Constipation: An Updated Systematic Review. American Journal of Gastroenterology. 2021;17:17. <a href="https://dx.doi.org/10.14309/ajg.0000000000001222">https://dx.doi.org/10.14309/ajg.0000000000001222</a>

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Tuffaha 2016	Umbrella review; SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation	Senna		Low priority	Tuffaha MGH, Al-Atiyyat N. Methylnaltrexone or laxatives for the management of opioid-induced constipation among palliative patients on opioid therapy: evidence-based review. Middle East Journal of Nursing. 2016;10(2):3-8.
Gordon 2016	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Constipation, children	Senna		Low priority	Gordon M, MacDonald JK, Parker CE, Akobeng AK, Thomas AG. Osmotic and stimulant laxatives for the management of childhood constipation. Cochrane Database of Systematic Reviews. 2016(8). 10.1002/14651858.CD009118.pub3
Paknejad 2019	Best evidence	descriptive	13 Diseases of the digestive system	Constipation, children	Senna		Low priority	Paknejad MS, Motaharifard MS, Barimani S, Kabiri P, Karimi M. Traditional, complementary and alternative medicine in children constipation: a systematic review. DARU. 2019;811-26. 10.1007/s40199-019-00297-w
Petticrew 1997	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Constipation, elderly	Psyllium ; Senna		Low priority	Petticrew M, Watt I, Sheldon T. Systematic review of the effectiveness of laxatives in the elderly. Health Technology Assessment (Winchester, England). 1997;1(13):i-iv, 1.
Tan 2020	Umbrella review; SR of RCTs	meta-analysis	13 Diseases of the digestive system	Constipation, functional	Herbal combination	Symptom improvement	Low priority	Tan N, Gwee KA, Tack J, Zhang M, Li Y, Chen M, et al. Herbal medicine in the treatment of functional gastrointestinal disorders: A systematic review with meta-analysis. J Gastroenterol Hepatol. 2020;35(4):544-56. 10.1111/jgh.14905
Alsalmiy 2018	SR of RCTs	individual study results	13 Diseases of the digestive system	Constipation, long-term care	Senna		Low priority	Alsalmiy N, Madi L, Awaisu A. Efficacy and safety of laxatives for chronic constipation in long-term care settings: A systematic review. Journal of Clinical Pharmacy & Therapeutics. 2018;43(5):595-605. 10.1111/jcpt.12721
Candy 2015	SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation, palliative care	Senna		Low priority	Candy B, Jones L, Larkin PJ, Vickerstaff V, Tookman A, Stone P. Laxatives for the management of constipation in people receiving palliative care. Cochrane Database of Systematic Reviews. 2015(5). 10.1002/14651858.CD003448.pub4

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Miles 2006	SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation, palliative care	Senna		Low priority	Miles CL, Fellowes D, Goodman ML, Wilkinson WS. Laxatives for the management of constipation in palliative care patients. Cochrane Database of Systematic Reviews. 2006(4):CD003448. <a href="http://dx.doi.org/10.1002/14651858.CD003448.pub2">http://dx.doi.org/10.1002/14651858.CD003448.pub2</a>
Turawa 2020	SR of RCTs	descriptive	13 Diseases of the digestive system	Constipation, postpartum (prevention)	Psyllium		Low priority	Turawa EB, Musekiwa A, Rohwer AC. Interventions for preventing postpartum constipation. Cochrane Database of Systematic Reviews. 2020(8). <a href="https://doi.org/10.1002/14651858.CD011625.pub3">10.1002/14651858.CD011625.pub3</a>
Turawa 2014	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Constipation, postpartum (treatment)	Herb, not specified		Low priority	Turawa EB, Musekiwa A, Rohwer AC. Interventions for treating postpartum constipation. Cochrane Database of Systematic Reviews. 2014(9). <a href="https://doi.org/10.1002/14651858.CD010273.pub2">10.1002/14651858.CD010273.pub2</a>
Weydert 2003	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Digestive complaints (recurrent abdominal pain)	Peppermint		Low priority	Weydert JA, Ball TM, Davis MF. Systematic review of treatments for recurrent abdominal pain. Pediatrics. 2003;111(1):e1-11. <a href="https://doi.org/10.1542/peds.111.1.e1">10.1542/peds.111.1.e1</a>
Li 2019	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Functional Dyspepsia	Peppermint & caraway oil Herbal combination		Low priority	Li J, Lv L, Zhang J, Xu L, Zeng E, Zhang Z, et al. A Combination of Peppermint Oil and Caraway Oil for the Treatment of Functional Dyspepsia: A Systematic Review and Meta-Analysis. Evid Based Complement Alternat Med. 2019;2019:7654947. <a href="https://doi.org/10.1155/2019/7654947">10.1155/2019/7654947</a>
Melzer 2004	SR of RCTs	meta-analysis	13 Diseases of the digestive system	Functional dyspepsia	Herbal Herbal combination (Iberogast)		Low priority	Melzer J, Rosch W, Reichling J, Brignoli R, Saller R. Meta-analysis: phytotherapy of functional dyspepsia with the herbal drug preparation STW 5 (Iberogast). Alimentary Pharmacology & Therapeutics. 2004;20(11-12):1279-87.
Tan 2020	Umbrella review; SR of RCTs	meta-analysis	13 Diseases of the digestive system	Functional dyspepsia	Herbal combination	Symptom improvement	Low priority	Tan N, Gwee KA, Tack J, Zhang M, Li Y, Chen M, et al. Herbal medicine in the treatment of functional gastrointestinal disorders: A systematic review with meta-analysis. J Gastroenterol Hepatol. 2020;35(4):544-56. <a href="https://doi.org/10.1111/jgh.14905">10.1111/jgh.14905</a>
Nickles 2021	Best evidence	descriptive	13 Diseases of the digestive system	Small intestinal bacterial overgrowth	Herb, not specified		Low priority	Nickles MA, Hasan A, Shakhbazova A, Wright S, Chambers CJ, Sivamani RK. Alternative Treatment Approaches to Small Intestinal Bacterial Overgrowth: A Systematic Review. Journal of Alternative & Complementary Medicine. 2021;27(2):108-19. <a href="https://doi.org/10.1089/acm.2020.0275">10.1089/acm.2020.0275</a>



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Deng 2013	SR of RCTs	meta-analysis	14 Diseases of the skin	Psoriasis	Aloe	Clinical efficacy; Severity index score; Symptom score; Quality of life	Low priority	Deng S, May BH, Zhang AL, Lu C, Xue CC. Plant extracts for the topical management of psoriasis: a systematic review and meta-analysis. British Journal of Dermatology. 2013;169(4):769-82. <a href="https://dx.doi.org/10.1111/bjd.12557">https://dx.doi.org/10.1111/bjd.12557</a>
Ernst 2002	Umbrella review; SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Aloe vera		Low priority	Ernst E, Pittler MH, Stevinson C. Complementary/alternative medicine in dermatology: evidence-assessed efficacy of two diseases and two treatments. Am J Clin Dermatol. 2002;3(5):341-8. 10.2165/00128071-200203050-00006
Farahnik 2017	SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Turmeric		Low priority	Farahnik B, Sharma D, Alban J, Sivamani R. Oral (Systemic) Botanical Agents for the Treatment of Psoriasis: A Review. Journal of Alternative & Complementary Medicine. 2017;23(6):418-25. 10.1089/acm.2016.0324
Farahnik 2017a	SR of NRSIs	descriptive	14 Diseases of the skin	Psoriasis	Aloe; Capsicum; Turmeric; St John's wort		Low priority	Farahnik B, Sharma D, Alban J, Sivamani R. Topical Botanical Agents for the Treatment of Psoriasis: A Systematic Review. American Journal of Clinical Dermatology. 2017;18(4):451-68. 10.1007/s40257-017-0266-0
Gamret 2018	SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Turmeric		Low priority	Gamret AC, Price A, Fertig RM, Lev-Tov H, Nichols AJ. Complementary and Alternative Medicine Therapies for Psoriasis: A Systematic Review. JAMA Dermatology. 2018;154(11):1330-7. <a href="https://dx.doi.org/10.1001/jamadermatol.2018.2972">https://dx.doi.org/10.1001/jamadermatol.2018.2972</a>
Gok Metin 2021	Umbrella review; SR of RCTs	meta-analysis	14 Diseases of the skin	Psoriasis	Aloe vera		Low priority	Gok Metin Z, Helvacı A, Gulbahar Eren M. Effects of Aloe vera in adults with mucocutaneous problems: A systematic review and meta-analysis. Journal of Advanced Nursing (John Wiley & Sons, Inc). 2021;77(3):1105-26. 10.1111/jan.14653
Hekmatpou 2019	Umbrella review; Best evidence	descriptive	14 Diseases of the skin	Psoriasis	Aloe	Wound healing	Low priority	Hekmatpou D, Mehrabi F, Rahzani K, Aminiyan A. The Effect of Aloe Vera Clinical Trials on Prevention and Healing of Skin Wound: A Systematic Review. Iranian Journal of Medical Sciences. 2019;44(1):1-9.

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Mata 2020	Umbrella review; SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Turmeric		Low priority	Mata IRD, Mata SRD, Menezes RCR, Faccioli LS, Bandeira KK, Bosco SMD. Benefits of turmeric supplementation for skin health in chronic diseases: a systematic review. Critical Reviews in Food Science and Nutrition. 2020. <a href="http://dx.doi.org/10.1080/10408398.2020.1798353">http://dx.doi.org/10.1080/10408398.2020.1798353</a>
Ulbricht 2011	Umbrella review; Best evidence	descriptive	14 Diseases of the skin	Psoriasis	Herbal combination (with saffron)		Low priority	Ulbricht C, Conquer J, Costa D, Hollands W, Iannuzzi C, Isaac R, et al. An evidence-based systematic review of saffron ( <i>Crocus sativus</i> ) by the Natural Standard Research Collaboration. Journal of Dietary Supplements. 2011;8(1):58-114.
Vaughn 2016	Umbrella review; SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Turmeric		Low priority	Vaughn AR, Branum A, Sivamani RK. Effects of Turmeric ( <i>Curcuma longa</i> ) on Skin Health: A Systematic Review of the Clinical Evidence. Phytother Res. 2016;30(8):1243-64. 10.1002/ptr.5640
Vogler 1999	Umbrella review; SR of RCTs	descriptive	14 Diseases of the skin	Psoriasis	Aloe vera		Low priority	Vogler BK, Ernst E. Aloe vera: a systematic review of its clinical effectiveness. Br J Gen Pract. 1999;49(447):823-8.
White 2019	Umbrella review; SR of RCTs	meta-analysis	14 Diseases of the skin	Psoriasis	Turmeric	Inflammatory markers	Low priority	White CM, Pasupuleti V, Roman YM, Li Y, Hernandez AV. Oral turmeric/curcumin effects on inflammatory markers in chronic inflammatory diseases: A systematic review and meta-analysis of randomized controlled trials. Pharmacological Research. 2019;146:104280. <a href="https://dx.doi.org/10.1016/j.phrs.2019.104280">https://dx.doi.org/10.1016/j.phrs.2019.104280</a>
Darand 2019	SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility	Black cumin		Low priority	Darand M, Hajizadeh M, Mirmiran P, Mokari-Yamchi A. The effect of <i>Nigella sativa</i> on infertility in men and women: A systematic review. Progress in Nutrition. 2019;21:33-41. <a href="http://dx.doi.org/10.23751/pn.v21i2-S.7088">http://dx.doi.org/10.23751/pn.v21i2-S.7088</a>
Lee 2020	SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility	Ginseng	Sperm quality	Low priority	Lee HW, Kil KJ, Lee MS. Ginseng for improving semen quality parameters: A systematic review. World Journal of Men's Health. 2020;38. <a href="http://dx.doi.org/10.5534/WJMH.190125">http://dx.doi.org/10.5534/WJMH.190125</a>
Ulbricht 2015	Umbrella review; Best evidence	descriptive	16 Diseases of the genitourinary system	Infertility	Black cohosh		Low priority	Ulbricht C, Windsor RC. An Evidence-Based Systematic Review of Black cohosh ( <i>Cimicifuga racemosa</i> , <i>Actaea racemosa</i> ) by the Natural Standard Research Collaboration. Journal of Dietary Supplements. 2015;12(3):265-358. 10.3109/19390211.2014.946731

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Ann Hausenblas 2015	Umbrella review; SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male	Saffron		Low priority	Ann Hausenblas H, Heekin K, Mutchie HL, Anton S. A systematic review of randomized controlled trials examining the effectiveness of saffron ( <i>Crocus sativus</i> L.) on psychological and behavioral outcomes. <i>Journal of Integrative Medicine</i> . 2015;13(4):231-40. <a href="http://dx.doi.org/10.1016/S2095-4964%2815%2960176-5">http://dx.doi.org/10.1016/S2095-4964%2815%2960176-5</a>
Durg 2018	SR of RCTs	meta-analysis	16 Diseases of the genitourinary system	Infertility, male	Withania somnifera	Hormone levels; Semen volume; Sperm motility	Low priority	Durg S, Shivaram SB, Bavage S. Withania somnifera (Indian ginseng) in male infertility: An evidence-based systematic review and meta-analysis. <i>Phytomedicine</i> . 2018;50:247-56. 10.1016/j.phymed.2017.11.011
Lopresti 2021	Umbrella review; Best evidence	descriptive	16 Diseases of the genitourinary system	Infertility, male	Withania		Low priority	Lopresti AL, Smith SJ. Ashwagandha ( <i>Withania somnifera</i> ) for the treatment and enhancement of mental and physical conditions: A systematic review of human trials. <i>Journal of Herbal Medicine</i> . 2021;28:100434. 10.1016/j.hermed.2021.100434
Maleki-Saghooni 2018	Umbrella review; SR of RCTs	meta-analysis	16 Diseases of the genitourinary system	Infertility, male	Saffron	Sperm motility; Sperm morphology	Low priority	Maleki-Saghooni N, Mirzaei K, Hosseinzadeh H, Sadeghi R, Irani M. A systematic review and meta-analysis of clinical trials on saffron ( <i>Crocus sativus</i> ) effectiveness and safety on erectile dysfunction and semen parameters. <i>Avicenna J Phytomed</i> . 2018;8(3):198-209.
Maleki-Saghooni 2020	Umbrella review; SR of RCTs	meta-analysis	16 Diseases of the genitourinary system	Infertility, male	Tribulus	Sperm motility; Sperm morphology	Low priority	Maleki-Saghooni N, Karimi FZ, Bakhshi M, Abdollahi M. A systematic review and meta-analysis on the effectiveness and safety of <i>Tribulus terrestris</i> in male fertility problems: Examining semen parameters and erectile function. <i>Italian Journal of Gynaecology and Obstetrics</i> . 2020;32(4):248-60. <a href="http://dx.doi.org/10.36129/jog.32.04.04">http://dx.doi.org/10.36129/jog.32.04.04</a>
Nasimi Doost Azgomi 2018	Umbrella review; SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male	Withania	Sperm quality; Hormone levels	Low priority	Nasimi Doost Azgomi R, Zomorodi A, Nazemyieh H, Fazljou SMB, Sadeghi Bazargani H, Nejatbakhsh F, et al. Effects of <i>Withania somnifera</i> on Reproductive System: A Systematic Review of the Available Evidence. <i>BioMed Research International</i> . 2018;2018:1-17. 10.1155/2018/4076430
Provino 2010	Best evidence	descriptive	16 Diseases of the genitourinary system	Infertility, male	Withania; Ginseng; Rhodiola; Licorice		Low priority	Provino R. The role of adaptogens in stress management. <i>Australian Journal of Medical Herbalism</i> . 2010;22(2):41-9.

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Sanagoo 2019	SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male	Tribulus	Sperm motility; Sperm morphology	Low priority	Sanagoo S, Sadeghzadeh Oskouei B, Gassab Abdollahi N, Salehi-Pourmehr H, Hazhir N, Farshbaf-Khalili A. Effect of Tribulus terrestris L. on sperm parameters in men with idiopathic infertility: A systematic review. Complementary Therapies in Medicine. 2019;42:95-103.
Smith 2020	Umbrella review; SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male	Withania; Tribulus	Testosterone levels	Low priority	Smith SJ, Lopresti AL, Teo SYM, Fairchild TJ. Examining the Effects of Herbs on Testosterone Concentrations in Men: A Systematic Review. Advances in Nutrition. 2020;05:05. <a href="https://dx.doi.org/10.1093/advances/nmaa134">https://dx.doi.org/10.1093/advances/nmaa134</a>
Tandon 2020	Umbrella review; SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male	Withania		Low priority	Tandon N, Yadav SS. Safety and clinical effectiveness of Withania Somnifera (Linn.) Dunal root in human ailments. Journal of Ethnopharmacology. 2020;255:N.PAG-N.PAG. 10.1016/j.jep.2020.112768
Ulbricht 2011	Umbrella review; Best evidence	descriptive	16 Diseases of the genitourinary system	Infertility, male	Saffron		Low priority	Ulbricht C, Conquer J, Costa D, Hollands W, Iannuzzi C, Isaac R, et al. An evidence-based systematic review of saffron (Crocus sativus) by the Natural Standard Research Collaboration. Journal of Dietary Supplements. 2011;8(1):58-114.
Nasimi Doost Azgomi 2018	Umbrella review; SR of RCTs	descriptive	16 Diseases of the genitourinary system	Infertility, male (low sperm count)	Withania		Low priority	Nasimi Doost Azgomi R, Zomorodi A, Nazemyieh H, Fazljou SMB, Sadeghi Bazargani H, Nejatbakhsh F, et al. Effects of Withania somnifera on Reproductive System: A Systematic Review of the Available Evidence. BioMed Research International. 2018;2018:1-17. 10.1155/2018/4076430
Santos 2019	Best evidence	descriptive	16 Diseases of the genitourinary system	Infertility, male (low sperm count)	Tribulus; Fenugreek; Withania; Black cumin; Saw palmetto; Black cumin	Sperm count; Hormone levels; Prostate health	Low priority	Santos HO, Howell S, Teixeira FJ. Beyond tribulus (Tribulus terrestris L.): The effects of phytotherapies on testosterone, sperm and prostate parameters. Journal of Ethnopharmacology. 2019;235:392-405. 10.1016/j.jep.2019.02.033
Anh 2020	Umbrella review; SR of RCTs	descriptive	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Ginger		Low priority	Anh NH, Kim SJ, Long NP, Min JE, Yoon YC, Lee EG, et al. Ginger on Human Health: A Comprehensive Systematic Review of 109 Randomized Controlled Trials. Nutrients. 2020;12(1):157. 10.3390/nu12010157
Bazzano 2016	SR of RCTs	descriptive	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Garlic; Fenugreek; St Mary's thistle	Milk production	Low priority	Bazzano AN, Hofer R, Thibeau S, Gillispie V, Jacobs M, Theall KP. A review of herbal and pharmaceutical galactagogues for breast-feeding. Ochsner Journal. 2016;16(4):511-24.

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Budzynska 2012	SR of RCTs	descriptive	18 Pregnancy, childbirth or the puerperium	Breastfeeding	St Mary's thistle; Garlic		Low priority	Budzynska K, Gardner ZE, Dugoua J-J, Low Dog T, Gardiner P. Systematic review of breastfeeding and herbs. <i>Breastfeeding Medicine</i> . 2012;7:489-503. 10.1089/bfm.2011.0122
Dennis 2014	SR of RCTs	meta-analysis	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Peppermint	Nipple pain	Low priority	Dennis CL, Jackson K, Watson J. Interventions for treating painful nipples among breastfeeding women. <i>Cochrane Database of Systematic Reviews</i> . 2014(12). 10.1002/14651858.CD007366.pub2
Dilokthornsakul 2021	SR of RCTs	meta-analysis	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Ginger	Milk volume	Low priority	Dilokthornsakul W, Rinta A, Dhippayom T, Dilokthornsakul P. Efficacy and Safety of Ginger regarding Human Milk Volume and Related Clinical Outcomes: A Systematic Review of Randomized Controlled Trials. <i>Complementary Medical Research</i> . 2021;1-7. <a href="https://dx.doi.org/10.1159/000515630">https://dx.doi.org/10.1159/000515630</a>
Foong 2020	SR of RCTs	meta-analysis	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Fenugreek; Ginger; Herbal combination; Black cumin; St Mary's thistle	Milk production	Low priority	Foong SC, Tan ML, Foong WC, Marasco LA, Ho JJ, Ong JH. Oral galactagogues (natural therapies or drugs) for increasing breast milk production in mothers of non-hospitalised term infants. <i>Cochrane Database of Systematic Reviews</i> . 2020(5). 10.1002/14651858.CD011505.pub2
Khan 2018a	SR of RCTs	descriptive	18 Pregnancy, childbirth or the puerperium	Breastfeeding	Fenugreek	Milk production	Low priority	Khan TM, Wu DBC, Dolzhenko AV, Wu DB-C. Effectiveness of fenugreek as a galactagogue: A network meta-analysis. <i>Phytotherapy Research</i> . 2018;32(3):402-12. 10.1002/ptr.5972
Choi 2013	Umbrella review; SR of RCTs	descriptive	21 Symptoms, signs or clinical findings, not elsewhere classified	Digestive complaints	Ginseng		Low priority	Choi J, Kim TH, Choi TY, Lee MS. Ginseng for Health Care: A Systematic Review of Randomized Controlled Trials in Korean Literature. <i>PLoS ONE</i> . 2013;8(4):e59978. <a href="http://dx.doi.org/10.1371/journal.pone.0059978">http://dx.doi.org/10.1371/journal.pone.0059978</a>
Thompson Coon 2002	SR of RCTs	descriptive	21 Symptoms, signs or clinical findings, not elsewhere classified	Digestive complaints	Turmeric; Herbal combination (Iberogast)	Symptom improvement	Low priority	Thompson Coon J, Ernst E. Systematic review: herbal medicinal products for non-ulcer dyspepsia. <i>Alimentary Pharmacology &amp; Therapeutics</i> . 2002;16(10):1689-99.
Feizi 2019	Umbrella review; SR of RCTs	descriptive	24 Factors influencing health status or contact with health services	Stress	Lemon balm		Low priority	Feizi F, Namazi N, Rahimi R, Ayati MH. Medicinal Plants for Management of Insomnia: A Systematic Review of Animal and Human Studies. <i>Galen Med J</i> . 2019;8:e1085. 10.31661/gmj.v8i0.1085

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Lopresti 2021	Umbrella review; Best evidence	descriptive	24 Factors influencing health status or contact with health services	Stress	Withania		Low priority	Lopresti AL, Smith SJ. Ashwagandha (Withania somnifera) for the treatment and enhancement of mental and physical conditions: A systematic review of human trials. Journal of Herbal Medicine. 2021;28:100434. 10.1016/j.hermed.2021.100434
Lopresti 2021	Umbrella review; SR of RCTs	individual study results	24 Factors influencing health status or contact with health services	Stress	Withania; Siberian ginseng; Rhodiola		Low priority	Lopresti AL, Smith SJ, Drummond PD. Modulation of the hypothalamic-pituitary-adrenal (HPA) axis by plants and phytonutrients: a systematic review of human trials. Nutritional Neuroscience. 2021:1-27. <a href="https://dx.doi.org/10.1080/1028415X.2021.1892253">https://dx.doi.org/10.1080/1028415X.2021.1892253</a>
Shinjyo 2020	Umbrella review; SR of RCTs	meta-analysis	24 Factors influencing health status or contact with health services	Stress	Valerian	Sleep quality	Low priority	Shinjyo N, Waddell G, Green J. Valerian Root in Treating sleep Problems and Associated Disorders-A Systematic Review and Meta-Analysis. J Evid Based Integr Med. 2020;25:2515690X20967323. 10.1177/2515690X20967323
Smith 2020	Umbrella review; SR of RCTs	descriptive	24 Factors influencing health status or contact with health services	Stress	Withania	Testosterone levels	Low priority	Smith SJ, Lopresti AL, Teo SYM, Fairchild TJ. Examining the Effects of Herbs on Testosterone Concentrations in Men: A Systematic Review. Advances in Nutrition. 2020;05:05. <a href="https://dx.doi.org/10.1093/advances/nmaa134">https://dx.doi.org/10.1093/advances/nmaa134</a>
Tandon 2020	Umbrella review; SR of RCTs	descriptive	24 Factors influencing health status or contact with health services	Stress	Withania		Low priority	Tandon N, Yadav SS. Safety and clinical effectiveness of Withania Somnifera (Linn.) Dunal root in human ailments. Journal of Ethnopharmacology. 2020;255:N.PAG-N.PAG. 10.1016/j.jep.2020.112768