

1 **Supplementary Information A** – Search strategy

2 The following search query was executed in Pubmed, EMBASE, Cochrane (CENTRAL), and  
3 Web of Science:

4 (supplement\* OR treat\* OR administrat\* OR administer\* OR ingest\*)

5 AND

6 (men OR man OR adult OR women OR woman OR older OR elderly OR middle age\* OR  
7 old OR adult\* OR male\* OR female\* OR individual\*)

8 AND

9 glycine