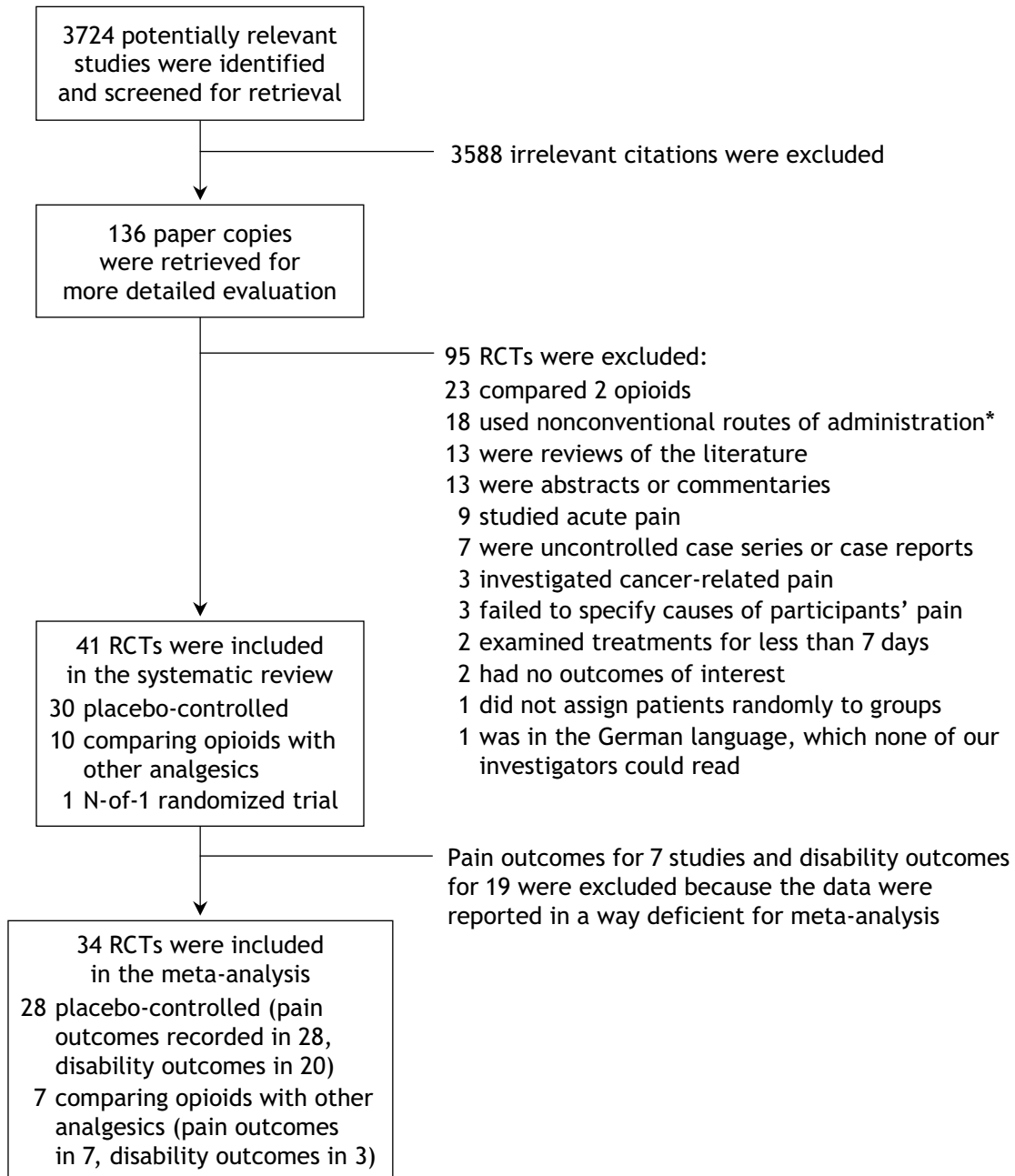

Appendix 3: Flow diagram according to the QUORUM guidelines. RCTs = randomized controlled trials.



* Routes not generally applied in doctors' offices: intramuscular, intravenous, subcutaneous, intra-articular or intra-thecal routes. (We included studies that used oral, transdermal or suppository-based routes of drug administration.)