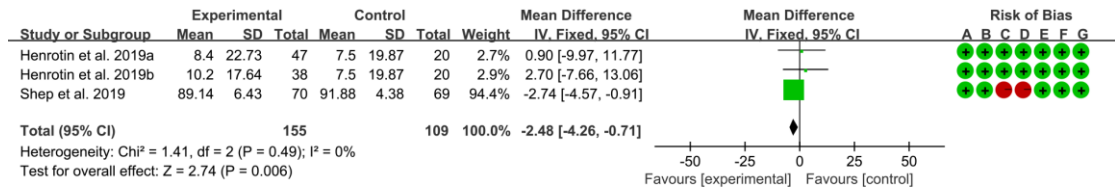


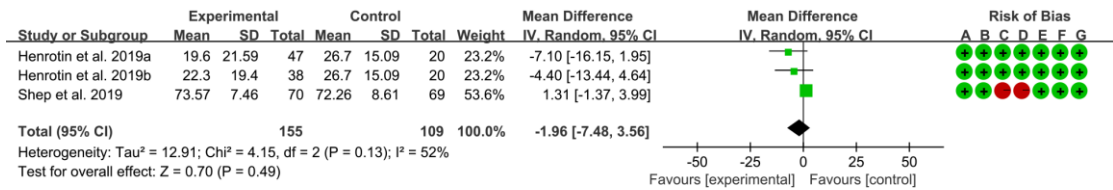
Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other biases



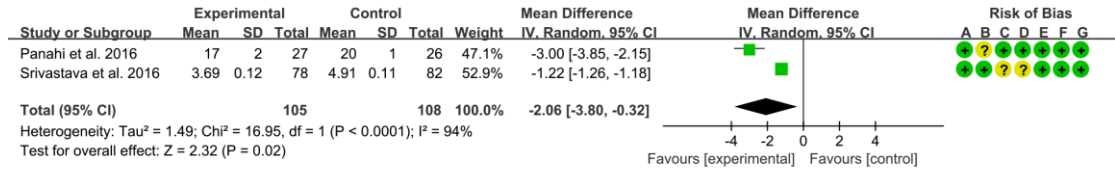
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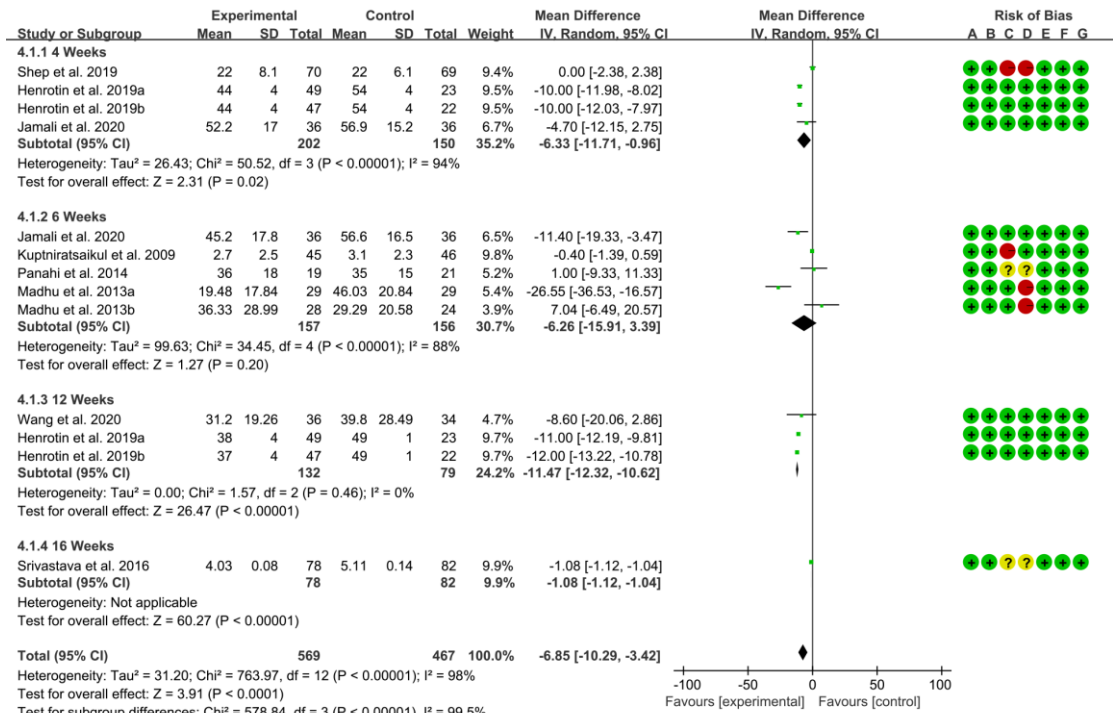
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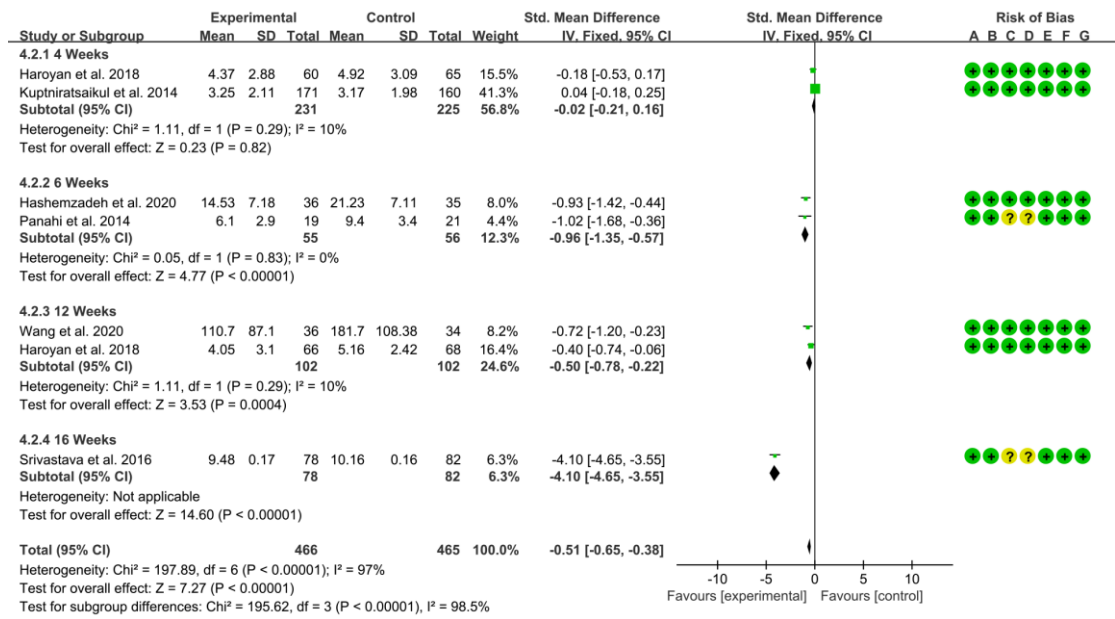
Risk of bias legend

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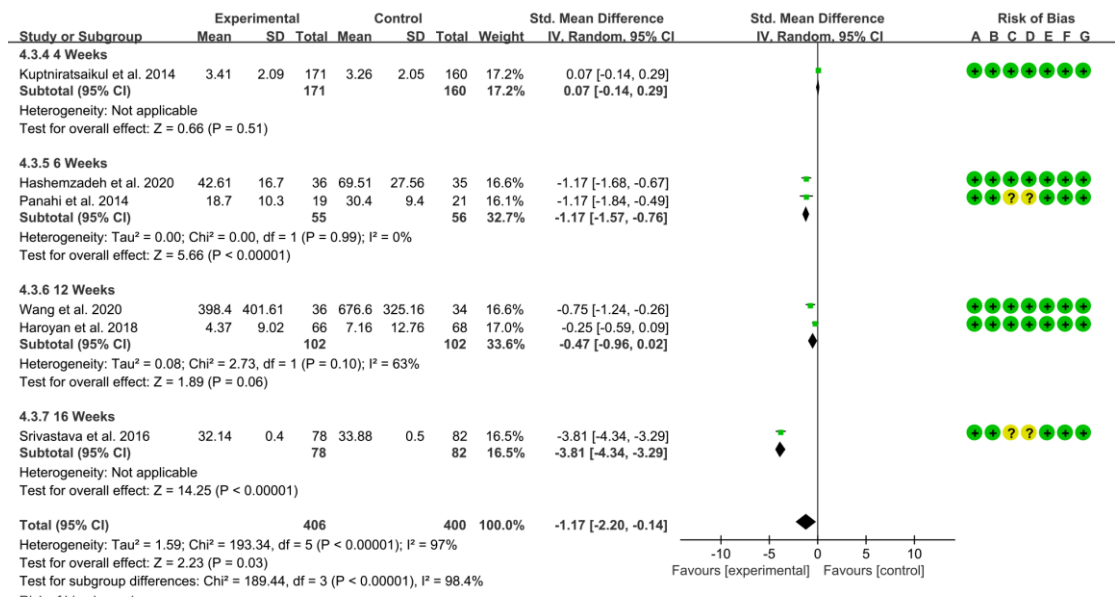
Risk of bias legend

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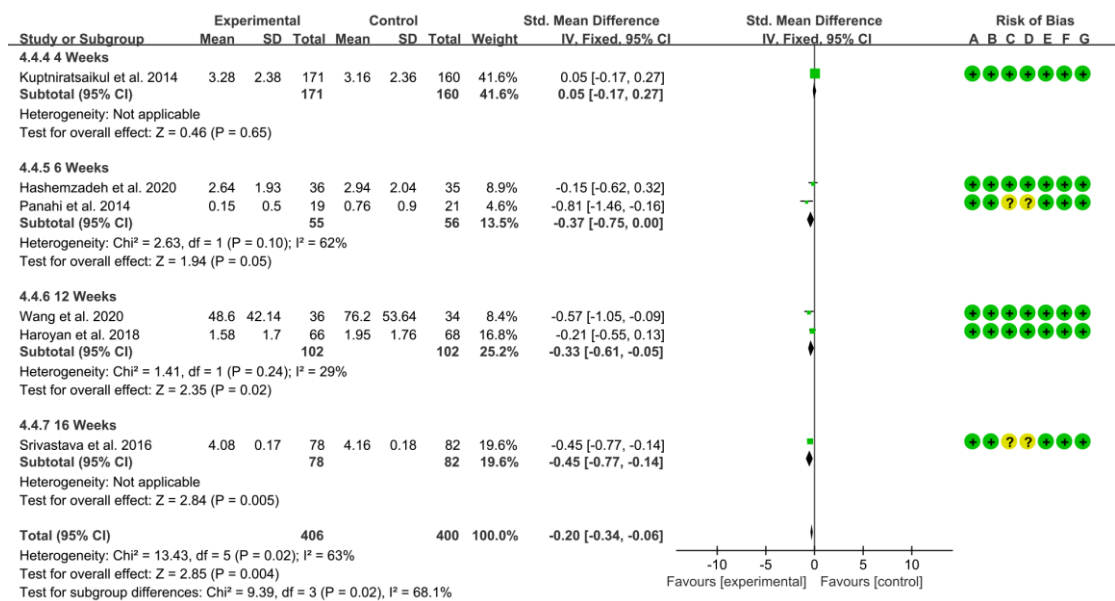
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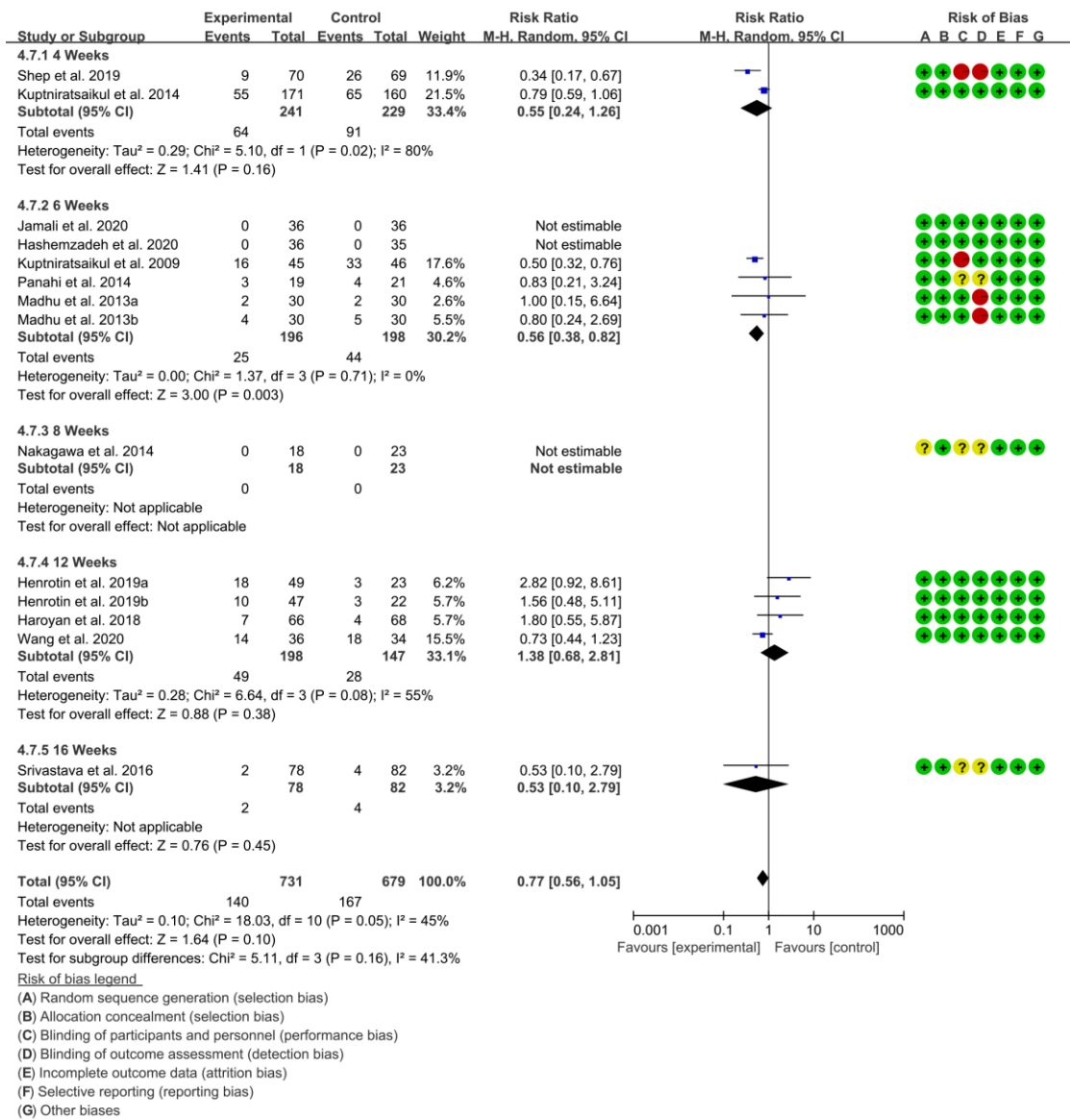


Table S1. Search Strategies for Pubmed and Embase

PubMed	(Curcumin OR Curcumas OR Tumeric OR Tumerics OR Turmeric OR Turmeric OR Curcuma zedoaria OR Curcuma zedoarias OR zedoaria, Curcuma OR Zedoary zedoaria OR Zedoary zedoarias OR zedoaria, Zedoary OR Curcuma longa OR Curcuma longas OR longa, Curcuma OR Curcuma Longa) AND (Osteoarthritis OR Osteoarthritis OR Osteoarthrosis OR Osteoarthroses OR Arthritis, Degenerative OR Arthritis, Degenerative OR Degenerative Arthritis OR Degenerative Arthritis OR Osteoarthrosis Deformans) AND (random* controlled trial [pt] OR controlled clinical trial* [pt] OR randomized [tiab] OR placebo [tiab] OR drug therapy [sh] OR random* [tiab] OR trial* [tiab] OR group* [tiab]) NOT (animals [mh] NOT humans [mh])
EMBASE	1 'Curcumin' OR 'Curcumas' 2 'Tumeric' OR 'Tumerics' OR 'Turmeric' OR 'Turmeric' 3 'Zedoary zedoaria' OR 'Zedoary zedoarias' OR 'Curcuma longa' 4 'Curcuma zedoaria' OR 'Curcuma zedoarias' OR 'Curcuma longas' OR 'Curcuma Longa' 5 1 or 2 or 3 or 4 6 'Osteoarthritis'/exp 7 'Osteoarthritis' or 'Osteoarthrosis' or 'Osteoarthroses' 8 'Degenerative Arthritis' OR 'Degenerative Arthritis' OR 'Osteoarthrosis Deformans' 9 6 or 7 or 8 10 5 and 9 11 'randomized controlled trial' 12 'single blind procedure' or 'double blind procedure' 13 'crossover procedure' 14 12 or 13 or 14 15 10 and 14