Articles identified using electronic database PubMed/MEDLINE (n=110)

Excluded duplicates (n=2)

Articles remaining after duplicates were removed (n=108)

Excluded irrelevant articles (n=34)

Potentially relevant articles (n=74)

Excluded reviews (n=24)

Articles available for full text review (n=50)

Excluded epidemiological meta-analyses with irrelevant outcomes (n=1)

Final articles included in this review:
- Epidemiological studies (n=27)
- Epidemiological meta-analytical studies (n=3)
- Animal studies (n=19)

Figure S1. PRISMA flow diagram summarising the process of selecting articles to be used in this review.