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| **Supplementary Table 2.** Search strategies including the key terms and the queries for each database | |
| **Database**  **5/01/2021** | **key terms and the queries** |
| PubMed | #1 ("collagen supplementation"[Title/Abstract])) OR ("collagen supplement"[Title/Abstract])) OR ("collagen peptide supplementation"[Title/Abstract])) OR ("peptide supplementation"[Title/Abstract])) OR ("collagen peptides"[Title/Abstract])) OR ("peptide supplement"[Title/Abstract])) OR ("collagen peptide"[Title/Abstract]))  #2 (((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((Intervention [Title/Abstract]) OR Intervention Study [Title/Abstract]) OR Intervention Studies [Title/Abstract]) OR controlled trial [Title/Abstract]) OR randomised [Title/Abstract]) OR random [Title/Abstract]) OR randomly [Title/Abstract]) OR placebo [Title/Abstract]) OR assignment [Title/Abstract]) OR randomized controlled trial [Title/Abstract]) OR randomized clinical trial [Title/Abstract]) OR randomized clinical trial [Title/Abstract]) OR rct [Title/Abstract]) OR blinded [Title/Abstract]) OR double blind [Title/Abstract]) OR double blinded [Title/Abstract]) OR open-label [Title/Abstract]) OR trial [Title/Abstract]) OR clinical trial [Title/Abstract]) OR clinical trial [Title/Abstract]) OR "Non-Randomized Controlled Trials"[Title/Abstract]) OR "Non-Randomized Trials"[Title/Abstract]) OR "Non-Randomized "[Title/Abstract]) OR "Clinical Trials as Topic"[Mesh]) OR "Clinical Trials"[Title/Abstract]) OR "Clinical Trial"[Title/Abstract]) OR "Trial"[Title/Abstract]) OR "Trials"[Title/Abstract]) OR "Pragmatic Clinical Trial" [Publication Type]) OR "Clinical Trial" [Publication Type]) OR "Trial" [Publication Type]) OR "Controlled Clinical Trial" [Publication Type]) OR "Controlled Trial" [Publication Type]) OR "Clinical Trial, Phase IV" [Publication Type]) OR "Clinical Trial, Phase III" [Publication Type]) OR "Clinical Trial, Phase II" [Publication Type]) OR "Clinical Trial, Phase I" [Publication Type]) OR "Adaptive Clinical Trial" [Publication Type]) OR "Adaptive Clinical Trial"[Title/Abstract]) OR "Cross-Over Studies"[Title/Abstract]) OR "Cross-Over trial"[Title/Abstract]) OR "Equivalence Trial" [Title/Abstract]) OR "Equivalence Trial" [Publication Type]) OR "Non-Randomized Controlled Trials as Topic"[Mesh]) OR "Non-Randomized Controlled Trials "[Mesh]) OR "Non-Randomized Controlled Trials "[Title/Abstract]) OR "Pilot Projects"[Mesh]) OR "Pilot Projects"[Title/Abstract]) OR "Pilot trial"[Title/Abstract]) OR "Pilot study"[Title/Abstract]) OR "Cross-Over Studies"[Mesh]) OR "Cross-Over study"[Mesh]) OR "Cross-Over study"[Title/Abstract]) OR "Cross-Over trial "[Title/Abstract]) OR "Cross Over trial "[Title/Abstract]) OR "Cross Over study "[Title/Abstract]) OR "Double-Blind Method"[Mesh]) OR "Double-Blind Method"[Title/Abstract]) OR "Double-Blind "[Title/Abstract]) OR "Double-Blind trial "[Title/Abstract]) OR "Double-Blind study” [Title/Abstract])  #4 #1 AND #2 |
| Web of Science (ISI) | #1 TOPIC: (“collagen supplementation”) OR TOPIC: (“collagen supplement”) OR TOPIC: (“collagen peptide supplementation”) OR TOPIC: (“peptide supplementation”) OR TOPIC: (“collagen peptides”) OR TOPIC: (“peptide supplement”) OR TOPIC: (“collagen peptide”)  #2 TOPIC: (intervention) OR TOPIC: ("Intervention Study") OR TOPIC: ("Intervention Studies") OR TOPIC: ("controlled trial") OR TOPIC: (randomized) OR TOPIC: (random) OR TOPIC: (randomly) OR TOPIC: (placebo) OR TOPIC: (assignment) OR TOPIC: ("randomized controlled trial") OR TOPIC: ("randomized clinical trial") OR TOPIC: (rct) OR TOPIC: (blinded) OR TOPIC: ("double blind") OR TOPIC: ("Trial") OR TOPIC: ("Trials") OR TOPIC: ("Controlled Trial") OR TOPIC: ("Cross-Over Studies") OR TOPIC: ("Cross-Over trial") OR TOPIC: ("Controlled Clinical Trial") OR TOPIC: (trial) OR TOPIC: ("clinical trial")  #4 #1 AND #2 |
| Scopus | #1 ( TITLE-ABS-KEY ( "collagen supplementation" ) OR TITLE-ABS-KEY ( "collagen supplement" ) OR TITLE-ABS-KEY ( "collagen peptide supplementation" ) OR TITLE-ABS-KEY ( "peptide supplementation" ) OR TITLE-ABS-KEY ( "collagen peptides" ) OR TITLE-ABS-KEY ( "peptide supplement" ) OR TITLE-ABS-KEY ( "collagen peptide" ) )  #2 ( TITLE-ABS-KEY ( intervention ) OR TITLE-ABS-KEY ( "Intervention Study" ) OR TITLE-ABS-KEY ( "Intervention Studies" ) OR TITLE-ABS-KEY ( "controlled trial" ) OR TITLE-ABS-KEY ( randomised ) OR TITLE-ABS-KEY ( random ) OR TITLE-ABS-KEY ( randomly ) OR TITLE-ABS-KEY ( placebo ) OR TITLE-ABS-KEY ( assignment ) OR TITLE-ABS-KEY ( "randomized controlled trial" ) OR TITLE-ABS-KEY ( "randomized clinical trial" ) OR TITLE-ABS-KEY ( rct ) OR TITLE-ABS-KEY ( blinded ) OR TITLE-ABS-KEY ( "double blind" ) OR TITLE-ABS-KEY ( "double blinded" ) OR TITLE-ABS-KEY ( "open-label" ) OR TITLE-ABS-KEY ( trial ) OR TITLE-ABS-KEY ( "clinical trial" ) OR TITLE-ABS-KEY ( "Non-Randomized Controlled Trials" ) OR TITLE-ABS-KEY ( "Non-Randomized Trials" ) OR TITLE-ABS-KEY ( "Non-Randomized" ) OR TITLE-ABS-KEY ( "Clinical Trials" ) OR TITLE-ABS-KEY ( "Clinical Trial" ) OR TITLE-ABS-KEY ( "Trial" ) OR TITLE-ABS-KEY ( "Trials" ) OR TITLE-ABS-KEY ( "Pragmatic Clinical Trial" ) OR TITLE-ABS-KEY ( "Clinical Trial" ) OR TITLE-ABS-KEY ( "Controlled Clinical Trial" ) OR TITLE-ABS-KEY ( "Controlled Trial" ) OR TITLE-ABS-KEY ( "Adaptive Clinical Trial" ) OR TITLE-ABS-KEY ( "Cross-Over Studies" ) OR TITLE-ABS-KEY ( "Cross-Over trial" ) )  #4 #1 AND #2 |