**Supplementary Table 5.** Effectiveness of FFNS vs. placebo in short-term treatment studies (≤6 weeks). Effect measure: mean difference.

| **Outcome** | **References** | **Number of patients** | **Effect (95% IC)** | **P value** | **I2** |
| --- | --- | --- | --- | --- | --- |
| Nasal symptoms  (Evaluated with: rTNSS) | Tripathy 2008  Máspero 2008 | 475 | **MD -0.42**  **(-1.10 to 0.26)** | 0.23 | 32 % |