**eTable 2. Reasons for study exclusion**

Not RCT (7)

[[1-7](#_ENREF_1)]

Included other age groups (10)

[[8-17](#_ENREF_8)]

Inadequate control group (3)

[[18-20](#_ENREF_18)]

Lack of adequate data for analysis (7)

[[21-27](#_ENREF_21)]

Duplicated sample source (4)

[[28-31](#_ENREF_28)]

Comparison groups not placebo (2)

[[32](#_ENREF_32), [33](#_ENREF_33)]

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