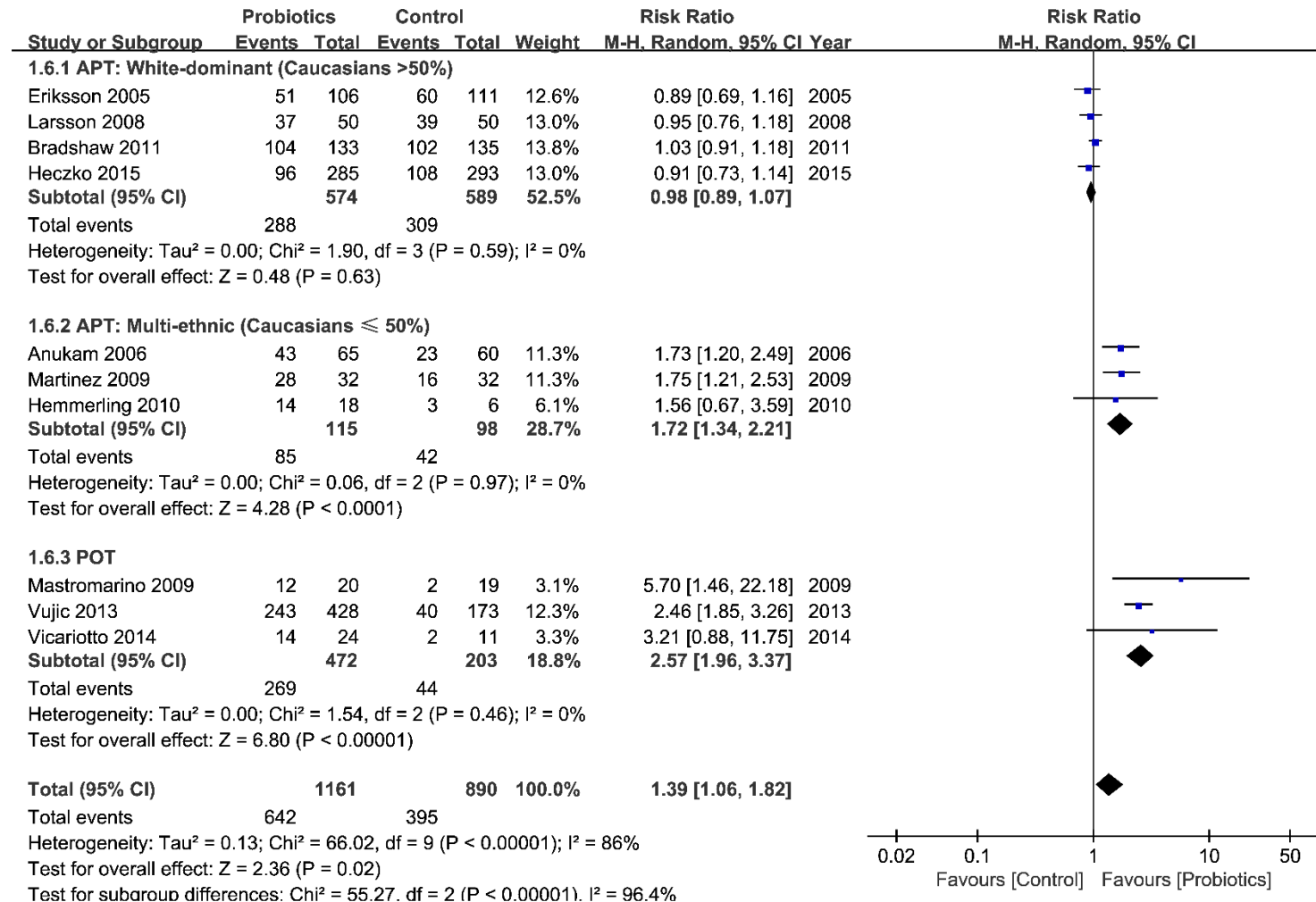
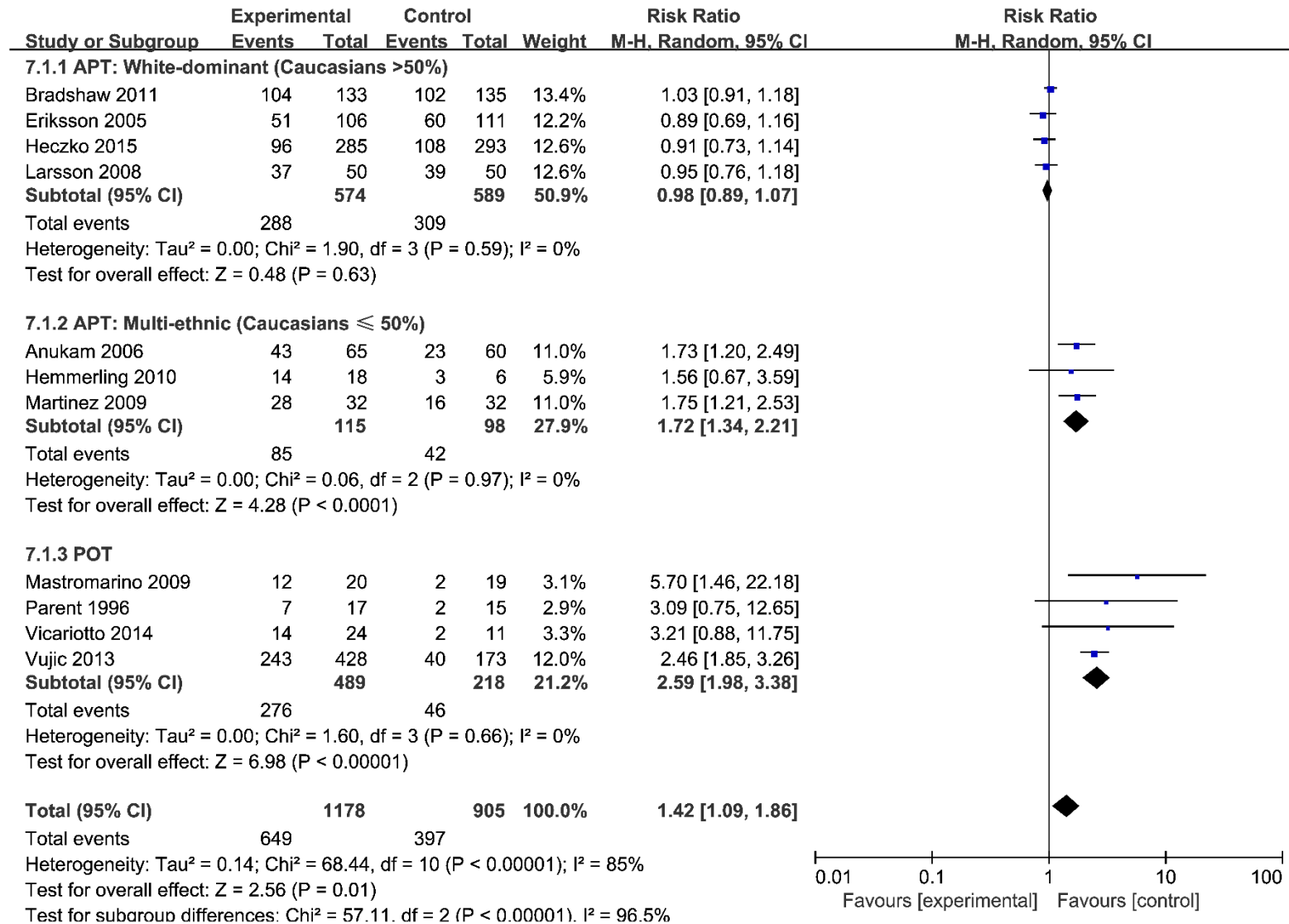


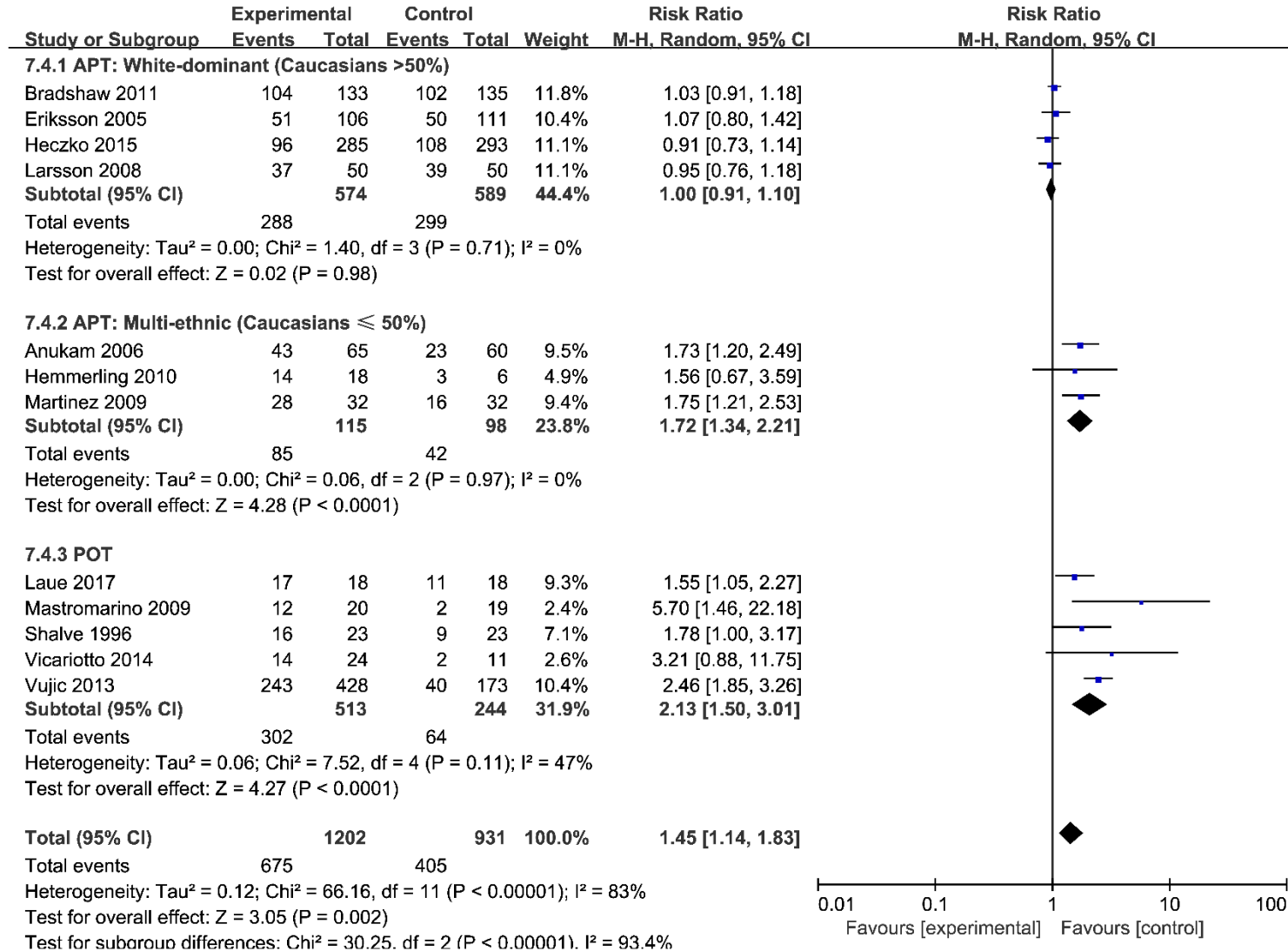
Original Studies: Efficacy after a normal menstrual cycle (around the 30th day after intervention).



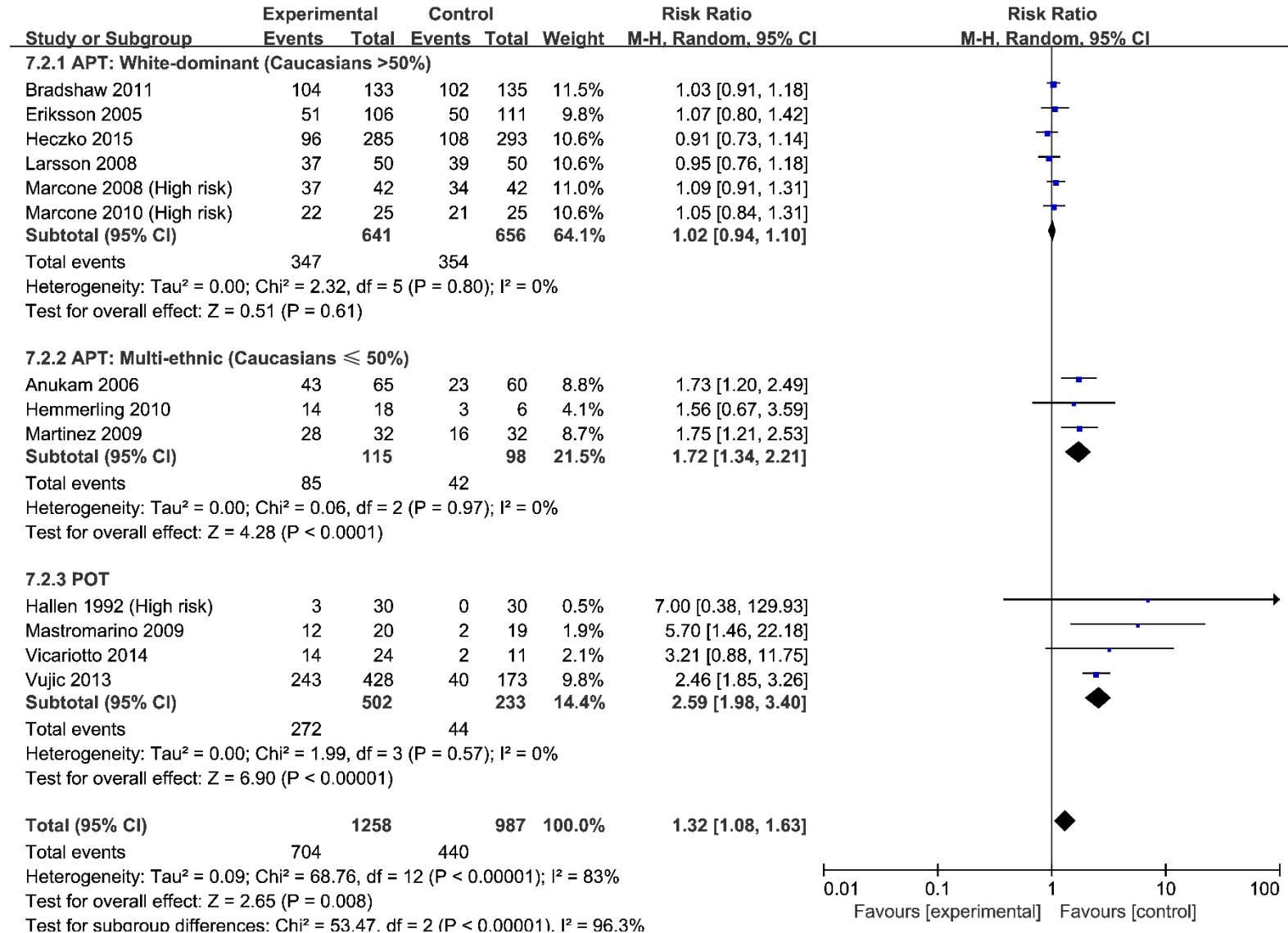
Add studies with abstract only, around Day 30



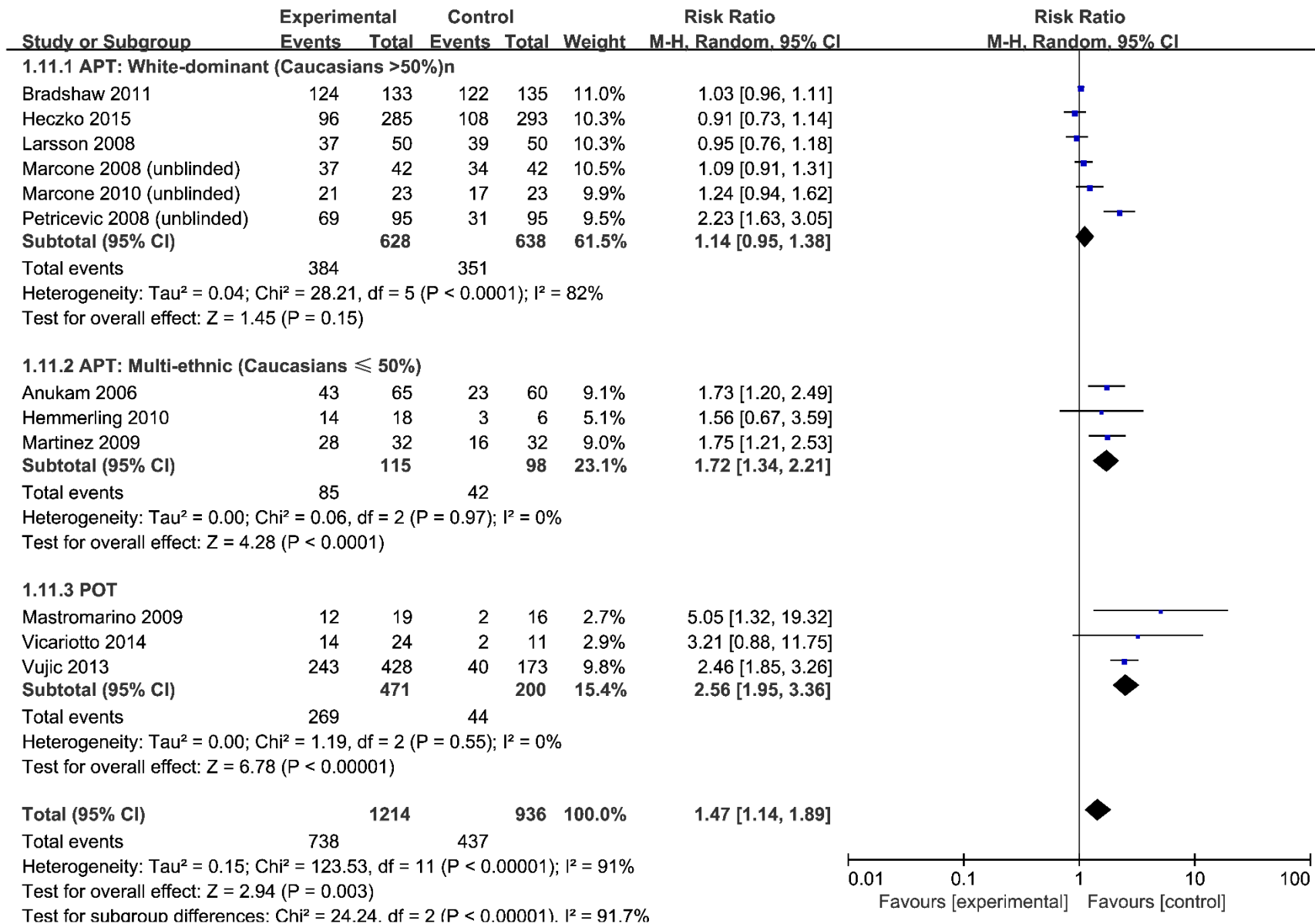
Add studies with food or dietary supplements, around Day 30



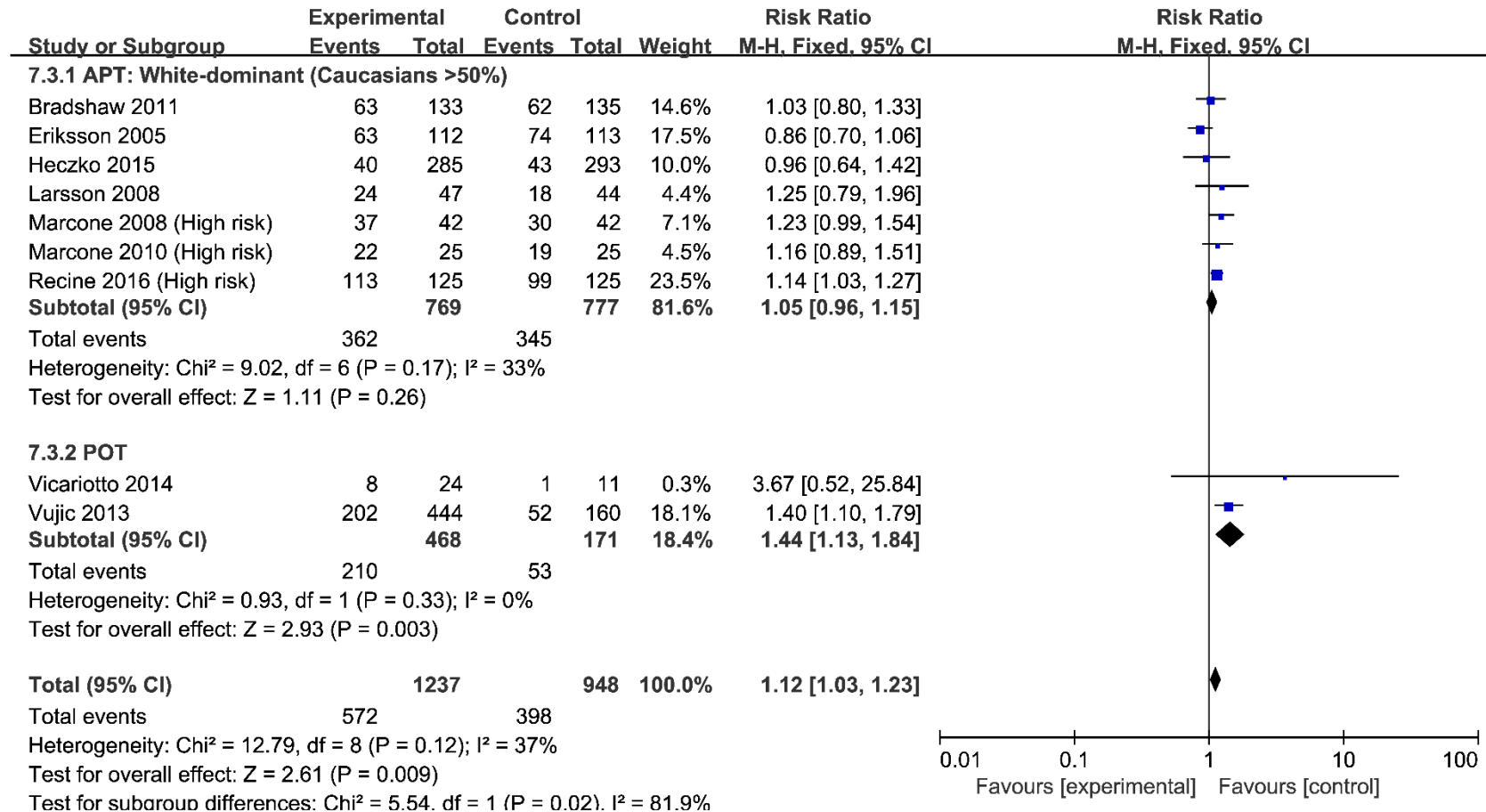
Add studies with high risk of bias, around Day 30



Add unblinded trials, around Day 30



Add studies with high risk of bias, around Day 60



Add studies less than 20 participants, around Day 60

