

Bilaga till rapport

Effekten av vitaminer, mineraler samt medicintekniska produkter vid förkylning, rapport 383 (2024)

Bilaga 2 Exkluderade artiklar och artiklar med hög risk för bias, vitaminer och mineraler/Appendix 2 Excluded articles and articles excluded due to high risk for bias, vitamins and minerals

Artiklar som exkluderats efter fulltextläsning på grund av bristande relevans
Articles excluded after full text assessment of relevance

Excluded articles	Reason for exclusion
Systematic reviews	
Aggarwal R, Sentz J, Miller MA. Role of zinc administration in prevention of childhood diarrhea and respiratory illnesses: a meta-analysis. <i>Pediatrics</i> . 2007;119(6):1120-30. Available from: https://doi.org/10.1542/peds.2006-3481 .	Relevant results not analysed separately
Ahn JG, Lee D, Kim KH. Vitamin D and risk of respiratory tract infections in children: A systematic review and meta-analysis of randomized controlled trials. <i>Pediatric Infection and Vaccine</i> . 2016;23(2):109-16. Available from: https://doi.org/10.14776/piv.2016.23.2.109 .	Wrong language
Amir R. Potential interest of vitamin d supplementation to patients with respiratory tract infections (RTI). <i>Osteoporos Int</i> . 2022;32(S1):S123-S4. Available from: https://doi.org/10.1007/s00198-021-06125-9 .	Wrong publication type
Arroll B. Common cold. <i>BMJ Clin Evid</i> . 2011;2011.	Wrong study design
Arroll B. Non-antibiotic treatments for upper-respiratory tract infections (common cold). <i>Respir Med</i> . 2005;99(12):1477-84. Available from: https://doi.org/10.1016/j.rmed.2005.09.039 .	Wrong study design
Bergman P, Lindh AU, Bjorkhem-Bergman L, Lindh JD. Vitamin D and Respiratory Tract Infections: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>PloS One</i> . 2013;8(6):e65835. Available from: https://doi.org/10.1371/journal.pone.0065835 .	Relevant results not analysed separately
Bolland MJ, Avenell A, Grey A, Gamble G. Vitamin D and acute respiratory infection: secondary analysis of a previous randomised controlled trial and updated meta-analyses. medRxiv. M.J. Bolland, Bone and Joint Research Group, Department of Medicine, University of Auckland, Private Bag 92, Auckland, New Zealand2022.	Wrong publication type
Bradley R, Schloss J, Brown D, Celis D, Finnell J, Hedo R, et al. The effects of vitamin D on acute viral respiratory infections: A rapid review. <i>Adv Integr Med</i> . 2020;7(4):192-202. Available from: https://doi.org/10.1016/j.aimed.2020.07.011 .	Relevant results not analysed separately
Charan J, Goyal JP, Saxena D, Yadav P. Vitamin D for prevention of respiratory tract infections: A systematic review and meta-analysis. <i>J</i>	Relevant results not analysed separately

Excluded articles	Reason for exclusion
Pharmacol Pharmacother. 2012;3(4):300-3. Available from: https://doi.org/10.4103/0976-500X.103685 .	
Cho H, Myung SK, Cho HE. Efficacy of Vitamin D Supplements in Treatment of Acute Respiratory Infection: A Meta-Analysis for Randomized Controlled Trials. <i>Nutrients</i> . 2022;14(6). Available from: https://doi.org/10.3390/nu14061144 .	Wrong population
Cho HE, Myung SK, Cho H. Efficacy of Vitamin D Supplements in Prevention of Acute Respiratory Infection: A Meta-Analysis for Randomized Controlled Trials. <i>Nutrients</i> . 2022;14(4). Available from: https://doi.org/10.3390/nu14040818 .	Relevant results not analysed separately
Cramer H, Hannan N, Schloss J, Leach M, Lloyd I, Steel A. Multivitamins for acute respiratory tract infections: a rapid review. <i>Adv Integr Med</i> . 2020;7(4):227-31. Available from: https://doi.org/10.1016/j.aimed.2020.07.010 .	Wrong population
Crawford C, Brown LL, Costello RB, Deuster PA. Select Dietary Supplement Ingredients for Preserving and Protecting the Immune System in Healthy Individuals: A Systematic Review. <i>Nutrients</i> . 2022;14(21). Available from: https://doi.org/10.3390/nu14214604 .	Relevant results not analysed separately
Douglas RM, Hemila H. Vitamin C for preventing and treating the common cold. <i>PLoS Med</i> . 2005;2(6):e168; quiz e217. Available from: https://doi.org/10.1371/journal.pmed.0020168 .	Wrong study design
Douglas RM, Hemilä H. Vitamin C for preventing and treating the common cold. <i>PLoS Med</i> . 2005;2(6):0503-4. Available from: https://doi.org/10.1371/journal.pmed.0020168 .	Duplicate
Eby GA. Zinc lozenges: cold cure or candy? Solution chemistry determinations. <i>Biosci Rep</i> . 2004;24(1):23-39. Available from: https://doi.org/10.1023/b:bire.0000037754.71063.41 .	Wrong outcome
Fang Q, Wu Y, Lu J, Zheng H. A meta-analysis of the association between vitamin D supplementation and the risk of acute respiratory tract infection in the healthy pediatric group. <i>Front Nutr</i> . 2023;10:1188958. Available from: https://doi.org/10.3389/fnut.2023.1188958 .	Relevant results not analysed separately
Ganmaa D, Enkhmaa D, Nasantogtokh E, Sukhbaatar S, Tumor-Ochir KE, Manson JE. Vitamin D, respiratory infections, and chronic disease: Review of meta-analyses and randomized clinical trials. <i>J Intern Med (GBR)</i> . 2022;291(2):141-64. Available from: https://doi.org/10.1111/joim.13399 .	Wrong study design
Gilbert GE, Wahlquist AH. Oral zinc reduces duration of common cold in adults but not children. <i>J Natl Med Assoc</i> . 2012;104(9):469-70. Available from: https://doi.org/10.1016/S0027-9684(15)30205-4 .	Wrong publication type
Glabska D, Kolota A, Lachowicz K, Skolmowska D, Stachon M, Guzek D. Supplementation of Vitamin D and Mental Health in Adults with Respiratory System Diseases: A Systematic Review of Randomized Controlled Trials. <i>Nutrients</i> . 2023;15(4). Available from: https://dx.doi.org/10.3390/nu15040971 .	Wrong population
Gomez E, Quidel S, Bravo-Soto G, Ortigoza A. Does vitamin C prevent the common cold? Previene la vitamina C el resfrio comun?	Wrong study design

Excluded articles	Reason for exclusion
2018;18(4):e7235. Available from: https://doi.org/10.5867/medwave.2018.04.7236 .	
Gorelov AV, Petrov VA, Usenko DV. Role of vitamin D in the prevention of acute respiratory infections: a systematic review and meta-analysis. <i>Infektsionnye Bolezni</i> . 2023;21(1):119-24. Available from: https://doi.org/10.20953/1729-9225-2023-1-119-124 .	Wrong language
Gulani A, Bhatnagar S, Sachdev HPS. Neonatal zinc supplementation for prevention of mortality and morbidity in breastfed low birth weight infants: systematic review of randomized controlled trials. <i>Indian Pediatr</i> . 2011;48(2):111-7. Available from: https://doi.org/10.1007/s13312-011-0043-8 .	Wrong outcome
Gysin DV, Dao D, Gysin CM, Lytvyn L, Loeb M. Effect of Vitamin D3 supplementation on respiratory tract infections in healthy individuals: A systematic review and meta-Analysis of randomized controlled trials. <i>PLoS One</i> . 2016;11(9):e0162996. Available from: https://doi.org/10.1371/journal.pone.0162996 .	Relevant results not analysed separately
Hamishehkar H, Ranjdoost F, Asgharian P, Mahmoodpoor A, Sanaie S. Vitamins, are they safe? <i>Adv Pharm Bull</i> . 2016;6(4):467-77. Available from: https://doi.org/10.15171/apb.2016.061 .	Wrong study design
Hemila H. Vitamin C and common cold-induced asthma: a systematic review and statistical analysis. <i>Allergy Asthma Clin Immunol</i> . 2013;9(1):46. Available from: https://doi.org/10.1186/1710-1492-9-46 .	Wrong outcome
Hemilä H. Vitamin C supplementation and respiratory infections: a systematic review. <i>Mil Med</i> . 2004;169(11):920-5. Available from: https://doi.org/10.7205/milmed.169.11.920 .	Relevant results not analysed separately
Hunter J, Arentz S, Yang G, Goldenberg J, Beardsley J, Myers SP, et al. Zinc for the prevention and treatment of SARS-CoV-2 and other acute viral respiratory infections-a living rapid review and meta-analysis. <i>J Complement Integr Med</i> . 2023;20(2):eA31. Available from: https://doi.org/10.1515/jcim-2020-2120 .	Wrong publication type
Hüttemann D. Meta-analysis: Vitamin D for protection against colds. <i>Pharm Ztg</i> . 2017;162(8).	Wrong study design
Jacobs VEJ, Numans ME. Vitamin C and common cold in general practice. An update. <i>Huisarts Wet</i> . 1998;41(11):524-7.	Wrong language
Jolliffe DA, Camargo CA, Jr., Sluyter JD, Aglipay M, Aloia JF, Ganmaa D, et al. Vitamin D supplementation to prevent acute respiratory infections: a systematic review and meta-analysis of aggregate data from randomised controlled trials. <i>Lancet Diabetes Endocrinol</i> 2021;9(5):276-92. Available from: https://doi.org/10.1016/S2213-8587(21)00051-6 .	Relevant results not analysed separately
Jolliffe DA, Griffiths CJ, Martineau AR. Vitamin D in the prevention of acute respiratory infection: systematic review of clinical studies. <i>J Steroid Biochem Mol Biol</i> . 2013;136:321-9. Available from: https://doi.org/10.1016/j.jsbmb.2012.11.017 .	Relevant results not analysed separately
Jolliffe DA, Martineau AR, Griffiths CJ. Vitamin D in the prevention of acute respiratory infection: A systematic review of clinical studies.	Wrong publication type

Excluded articles	Reason for exclusion
Thorax. 2012;67:A71-A2. Available from: https://doi.org/10.1136/thoraxjnl-2012-202678.160 .	
Keya TA, Leela A, Fernandez K, Habib N, Rashid M. Effect of Vitamin C Supplements on Respiratory Tract Infections: A Systematic Review and Meta-Analysis. <i>Curr Rev Clin Exp Pharmacol</i> . 2022;17(3):205-15. Available from: https://doi.org/10.2174/2772432817666211230100723 .	Relevant results not analysed separately
Lips P. Vitamin D to prevent acute respiratory infections. <i>Lancet Diabetes Endocrinol</i> . 2021;9(5):249-51. Available from: https://doi.org/10.1016/S2213-8587(21)00075-9 .	Wrong study design
Mao S, Huang S. Vitamin D supplementation and risk of respiratory tract infections: a meta-analysis of randomized controlled trials. <i>Scand J Infect Dis</i> . 2013;45(9):696-702. Available from: https://doi.org/10.3109/00365548.2013.803293 .	Relevant results not analysed separately
Marshall B, Bennett N, Smith A, Oh R, Burket J. Can Vitamin D prevent acute respiratory infections? <i>J Fam Pract</i> . 2019;68(4):230-1.	Wrong study design
Martineau AR, Hanifa Y, Hooper RL, Witt KD, Patel M, Syed A, et al. Increased risk of upper respiratory infection with addition of intermittent bolus-dose vitamin D supplementation to a daily low-dose regimen. <i>Thorax</i> . 2013;68(Suppl 3):A64. Available from: https://doi.org/10.1136/thoraxjnl-2013-204457.130 .	Wrong publication type
Martineau AR, Jolliffe DA, Hooper RL, Greenberg L, Aloia JF, Bergman P, et al. Protective effects of vitamin D supplementation against acute respiratory infection are greatest in those with the lowest baseline vitamin D status. <i>Eur Respir J</i> . 2016;48. Available from: https://doi.org/10.1183/13993003.congress-2016.OA1766 .	Wrong publication type
Marusca LM, Reddy G, Blaj M, Prathipati R, Rosca O, Bratosin F, et al. The Effects of Vitamin D Supplementation on Respiratory Infections in Children under 6 Years Old: A Systematic Review. <i>Dis</i> . 2023;11(3). Available from: https://doi.org/10.3390/diseases11030104 .	Relevant results not analysed separately
Milani GP, Alberti I, Abodi M, Lakoumentas J, Konstantinou GN, Papadopoulos NG, et al. A systematic review and meta-analysis on nutritional and dietary interventions for the treatment of acute respiratory infection in pediatric patients: An EAACI taskforce. <i>Allergy</i> . 2024. Available from: https://doi.org/10.1111/all.15997 .	Wrong population
Moroti R, Petre R, Niculescu I, Pigulea I, Molagic V, Hristea A, Porojnicu A. Vitamin D an antimicrobial weapon against acute respiratory tract infections. A systematic review (2006- March 2011). <i>Farmacia</i> . 2012;60(2):159-67.	Relevant results not analysed separately
Nahas R, Balla A. Complementary and alternative medicine for prevention and treatment of the common cold. <i>Can Fam Physician</i> . 2011;57(1):31-6.	Wrong publication type
Pham H, Rahman A, Majidi A, Waterhouse M, Neale RE. Acute Respiratory Tract Infection and 25-Hydroxyvitamin D Concentration: A Systematic Review and Meta-Analysis. <i>Int J Environ Res Public Health</i> . 2019;16(17). Available from: https://doi.org/10.3390/ijerph16173020 .	Relevant results not analysed separately

Excluded articles	Reason for exclusion
Pillai AMA, Palanivel V. Subclinical vitamin D deficiency and acute respiratory tract infections in children: A systematic review. <i>Eur Respir J.</i> 2011;38.	Wrong publication type
Psihogios A, Madampage C, Faught BE. Contemporary nutrition-based interventions to reduce risk of infection among elderly longterm care residents: A scoping review. <i>PLoS One.</i> 2022;17(8):e0272513. Available from: https://doi.org/10.1371/journal.pone.0272513 .	Relevant results not analysed separately
Quidel S, Gomez E, Bravo-Soto G, Ortigoza A. What are the effects of vitamin C on the duration and severity of the common cold? Cual es el efecto del tratamiento con vitamina C en la duracion y severidad del resfrio comun? <i>Medwave.</i> 2018;18(6):e7261. Available from: https://doi.org/10.5867/medwave.2018.06.7260 .	Wrong study design
Raju A, Luthra G, Shahbaz M, Almatooq H, Foucambert P, Esbrand FD, et al. Role of Vitamin D Deficiency in Increased Susceptibility to Respiratory Infections Among Children: A Systematic Review. <i>Cureus.</i> 2022;14(9):e29205. Available from: https://doi.org/10.7759/cureus.29205 .	Relevant results not analysed separately
Ran L, Zhao W, Wang J, Wang H, Zhao Y, Tseng Y, et al. Extra Dose of Vitamin C Based on a Daily Supplementation Shortens the Common Cold: A Meta-Analysis of 9 Randomized Controlled Trials. <i>Biomed Res Int.</i> 2018;2018:1837634. Available from: https://doi.org/10.1155/2018/1837634 .	Retracted
Rao G, Rowland K. PURLs: Zinc for the common cold--not if, but when. <i>J Fam Pract.</i> 2011;60(11):669-71.	Wrong publication type
Rao G, Rowland K. Zinc for the common cold - Not if, but when. <i>J Fam Pract.</i> 2011;60(11):669-71.	Wrong publication type
Rejnmark L, Bislev LS, Cashman KD, Eiríksdóttir G, Gaksch M, Grübler M, et al. Non-skeletal health effects of Vitamin D supplementation: A systematic review on findings from meta-Analyses summarizing trial data. <i>PLoS One.</i> 2017;12(7):e0180512. Available from: https://doi.org/10.1371/journal.pone.0180512 .	Wrong study design
Roth DE, Richard SA, Black RE. Zinc supplementation for the prevention of acute lower respiratory infection in children in developing countries: meta-analysis and meta-regression of randomized trials. <i>Int J Epidemiol.</i> 2010;39(3):795-808. Available from: https://doi.org/10.1093/ije/dyp391 .	Wrong setting
Ruzhentsova TA, Meshkova NA, Khavkina DA. Effects of combination therapy with interferon alpha-2b and vitamins e and c on the course of acute respiratory infections and influenza in children: Results of meta-analysis. <i>Infektsionnye Bolezni.</i> 2020;18(2):68-78. Available from: https://doi.org/10.20953/1729-9225-2020-2-68-78 .	Wrong language
Saller R, Römer-Lüthi C, Brignoli R, Meier R. Vitamin C - Antioxidant for infections of the respiratory tract. <i>Schweiz Z GanzheitsMed.</i> 2007;19(3):149-55. Available from: https://doi.org/10.1159/000283713 .	Wrong study design

Excluded articles	Reason for exclusion
Sasazuki S. Vitamin C and the common cold. <i>Jpn J Chest Dis.</i> 2016;75(9):1002-5.	Wrong language
Schloss J, Lauche R, Harnett J, Hannan N, Brown D, Greenfield T, Steel A. Efficacy and safety of vitamin C in the management of acute respiratory infection and disease: A rapid review. <i>Adv Integr Med.</i> 2020;7(4):187-91. Available from: https://doi.org/10.1016/j.aimed.2020.07.008 .	Wrong study design
Singh M, Das RR. Zinc for the common cold. <i>Cochrane Database Syst Rev.</i> 2015;2015(4):CD001364. Available from: https://doi.org/10.1002/14651858.CD001364.pub5 .	Wrong publication type
Song ZW, Wang GR, Liu S, Hu Y, Zhao RS. Evidence-Based Evaluation of Vitamin C and D in the Treatment and Prevention of Acute Viral Respiratory Infectious Disease. <i>Chinese Pharmaceutical Journal.</i> 2020;55(13):1117-21. Available from: https://doi.org/10.11669/cpj.2020.13.012 .	Wrong language
Tsvetkov VV. Combined drugs in the treatment of acute respiratory viral infections: A review of research results. <i>Med Sov.</i> 2021;2021(4):205-11. Available from: https://doi.org/10.21518/2079-701X-2021-4-205-211 .	Wrong language
Vlieg-Boerstra B, de Jong N, Meyer R, Agostoni C, De Cosmi V, Grimshaw K, et al. Nutrient supplementation for prevention of viral respiratory tract infections in healthy subjects: A systematic review and meta-analysis. <i>Allergy.</i> 2022;77(5):1373-88. Available from: https://doi.org/10.1111/all.15136 .	Relevant results not analysed separately
Vlieg-Boerstra B, De Jong N, Meyer R, Agostini C, De Cosmi V, Grimshaw K, et al. Nutrient supplementation for primary prevention of respiratory viral infections in healthy subjects: An EAACI systematic review and meta-analysis. <i>Allergy.</i> 2021;76(S110):649-50. Available from: https://doi.org/10.1111/all.15098 .	Wrong publication type
Vorilhon P, Arpajou B, Vaillant Roussel H, Merlin E, Pereira B, Cabaillot A. Efficacy of vitamin C for the prevention and treatment of upper respiratory tract infection. A meta-analysis in children. <i>Eur J Clin Pharmacol.</i> 2019;75(3):303-11. Available from: https://doi.org/10.1007/s00228-018-2601-7 .	Retracted
Wang MX, Koh J, Pang J. Association between micronutrient deficiency and acute respiratory infections in healthy adults: a systematic review of observational studies. <i>Nutr J.</i> 2019;18(1):80. Available from: https://doi.org/10.1186/s12937-019-0507-6 .	Relevant results not analysed separately
Wimalawansa SJ. Infections and Autoimmunity-The Immune System and Vitamin D: A Systematic Review. <i>Nutrients.</i> 2023;15(17). Available from: https://doi.org/10.3390/nu15173842 .	Wrong outcome
Xiao L, Xing C, Yang Z, Xu S, Wang M, Du H, et al. Vitamin D supplementation for the prevention of childhood acute respiratory infections: a systematic review of randomised controlled trials. <i>Br J Nutr.</i> 2015;114(7):1026-34. Available from: https://doi.org/10.1017/S000711451500207X .	Relevant results not analysed separately

Excluded articles	Reason for exclusion
Yakoob MY, Salam RA, Khan FR, Bhutta ZA. Vitamin D supplementation for preventing infections in children under five years of age. <i>Cochrane Database Syst Rev.</i> 2016;11(11):CD008824. Available from: https://doi.org/10.1002/14651858.CD008824.pub2 .	Relevant results not analysed separately
Yamshchikov AV, Desai NS, Blumberg HM, Ziegler TR, Tangpricha V. Vitamin D for treatment and prevention of infectious diseases: A systematic review of randomized controlled trials. <i>Endocrine Practice.</i> 2009;15(5):438-49. Available from: https://doi.org/10.4158/EP09101.ORR .	Relevant results not analysed separately

Artiklar som bedömts ha hög risk för bias

Articles assessed to have high risk for bias

Articles with high risk for bias	Reason for assessment
Systematic reviews	
Abioye AI, Bromage S, Fawzi W. Effect of micronutrient supplements on influenza and other respiratory tract infections among adults: a systematic review and meta-analysis. <i>BMJ Glob Health.</i> 2021;6(1). Available from: https://doi.org/10.1136/bmjgh-2020-003176 .	Insufficient literature search strategy, risk of biased study identification
Anitua E, Tierno R, Alkhraisat MH. Current opinion on the role of vitamin D supplementation in respiratory infections and asthma/COPD exacerbations: A need to establish publication guidelines for overcoming the unpublished data. <i>Clin Nutr.</i> 2022;41(3):755-77. Available from: https://doi.org/10.1016/j.clnu.2022.01.029 .	Insufficient literature search strategy, risk of biased study identification
Carboo JA, Dolman-Macleod RC, Malan L, Lombard MJ. High-dose oral vitamin D supplementation for prevention of infections in children aged 0 to 59 months: a systematic review and meta-analysis. <i>Nutr Rev.</i> 2024;82(5):579-99. Available from: https://doi.org/10.1093/nutrit/nuad082 .	Insufficient literature search strategy, risk of biased study identification
D'Cruze H, Arroll B, Kenealy T. Is intranasal zinc effective and safe for the common cold? A systematic review and meta-analysis. <i>J Prim Health Care.</i> 2009;1(2):134-9.	Insufficient literature search strategy, risk of biased study identification
Heimer KA, Hart AM, Martin LG, Rubio-Wallace S. Examining the evidence for the use of vitamin C in the prophylaxis and treatment of the common cold. <i>J Am Acad Nurse Pract.</i> 2009;21(5):295-300. Available from: https://doi.org/10.1111/j.1745-7599.2009.00409.x .	Insufficient literature search strategy, risk of biased study identification
Hemila H. Vitamin C intake and susceptibility to the common cold. <i>Br J Nutr.</i> 1997;77(1):59-72. Available from: https://doi.org/10.1017/s0007114500002889 .	Insufficient literature search strategy, risk of biased study identification
Hemila H. Zinc lozenges and the common cold: a meta-analysis comparing zinc acetate and zinc gluconate, and the role of zinc dosage. <i>JRSM Open.</i> 2017;8(5):2054270417694291. Available from: https://doi.org/10.1177/2054270417694291 .	Insufficient literature search strategy, risk of biased study identification

Articles with high risk for bias	Reason for assessment
Hemilä H, Chalker E. The effectiveness of high dose zinc acetate lozenges on various common cold symptoms: A meta-analysis. <i>BMC Fam Pract.</i> 2015;16(1):24. Available from: https://doi.org/10.1186/s12875-015-0237-6 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H, Chalker E. Vitamin C for preventing and treating the common cold. <i>Cochrane Database Syst Rev.</i> 2013;2013(1):CD000980. Available from: https://doi.org/10.1002/14651858.CD000980.pub4 .	Insufficient risk of bias assessment of included primary studies
	No/insufficient assessment of certainty of evidence
Hemilä H, Chalker E. Vitamin C reduces the severity of common colds: a meta-analysis. <i>BMC Public Health.</i> 2023;23(1):2468. Available from: https://doi.org/10.1186/s12889-023-17229-8 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H, Fitzgerald JT, Petrus EJ, Prasad A. Zinc acetate lozenges may improve the recovery rate of common cold patients: An individual patient data meta-analysis. <i>Open Forum Infect Dis.</i> 2017;4(2):ofx059. Available from: https://doi.org/10.1093/ofid/ofx059 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H, Petrus EJ, Fitzgerald JT, Prasad A. Zinc acetate lozenges for treating the common cold: an individual patient data meta-analysis. <i>Br J Clin Pharmacol.</i> 2016;82(5):1393-8. Available from: https://doi.org/10.1111/bcp.13057 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H. Does vitamin c alleviate the symptoms of the common cold? - a review of Current evidence. <i>Scand J Infect Dis.</i> 1994;26(1):1-6. Available from: https://doi.org/10.3109/00365549409008582 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H. Vitamin C supplementation and common cold symptoms: Factors affecting the magnitude of the benefit. <i>Med Hypotheses.</i> 1999;52(2):171-8. Available from: https://doi.org/10.1054/mehy.1997.0639 .	Insufficient literature search strategy, risk of biased study identification
Hemilä H. Zinc lozenges may shorten the duration of colds: A systematic review. <i>Open Respir Med J.</i> 2011;5(1):51-8. Available from: https://doi.org/10.2174/1874306401105010051 .	Insufficient literature search strategy, risk of biased study identification
Jackson JL, Lesho E, Peterson C. Zinc and the common cold: a meta-analysis revisited. <i>J Nutr.</i> 2000;130(5):1512S-5S. Available from: https://doi.org/10.1093/jn/130.5.1512S .	Insufficient literature search strategy, risk of biased study identification
Jackson JL, Peterson C, Lesho E. A meta-analysis of zinc salts lozenges and the common cold. <i>Arch Intern Med.</i> 1997;157(20):2373-6.	Insufficient literature search strategy, risk of biased study identification
Malesker MA, Callahan-Lyon P, Ireland B, Irwin RS, Adams TM, Altman KW, et al. Pharmacologic and Nonpharmacologic Treatment for Acute Cough Associated With the Common Cold: CHEST Expert Panel Report. <i>Chest.</i> 2017;152(5):1021-37. Available from: https://doi.org/10.1016/j.chest.2017.08.009 .	Insufficient literature search strategy, risk of biased study identification
Martineau AR, Jolliffe DA, Greenberg L, Aloia JF, Bergman P, Dubnov-Raz G, et al. Vitamin D supplementation to prevent acute respiratory infections: individual participant data meta-analysis.	Insufficient risk of bias assessment of included primary studies

Articles with high risk for bias	Reason for assessment
Health Technol Assess. 2019;23(2):1-44. Available from: https://doi.org/10.3310/hta23020 .	
Martineau AR, Jolliffe DA, Hooper RL, Greenberg L, Aloia JF, Bergman P, et al. Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. BMJ. 2017;356:i6583. Available from: https://doi.org/10.1136/bmj.i6583 .	Same study protocol and data as in above (Martineau et al, 2019)
Ran L, Zhao W, Wang H, Zhao Y, Bu H. Vitamin C as a Supplementary Therapy in Relieving Symptoms of the Common Cold: A Meta-Analysis of 10 Randomized Controlled Trials. Biomed Res Int. 2020;2020:8573742. Available from: https://doi.org/10.1155/2020/8573742 .	Insufficient literature search strategy, risk of biased study identification
Shokri-Mashhadi N, Kazemi M, Saadat S, Moradi S. Effects of select dietary supplements on the prevention and treatment of viral respiratory tract infections: a systematic review of randomized controlled trials. Expert Rev Respir Med. 2021;15(6):805-21. Available from: https://doi.org/10.1080/17476348.2021.1918546 .	Insufficient literature search strategy, risk of biased study identification
Wang MX, Win SS, Pang J. Zinc Supplementation Reduces Common Cold Duration among Healthy Adults: A Systematic Review of Randomized Controlled Trials with Micronutrients Supplementation. Am J Trop Med Hyg. 2020;103(1):86-99. Available from: https://doi.org/10.4269/ajtmh.19-0718 .	Insufficient literature search strategy, risk of biased study identification