



Bilagor

Uppdaterad litteratursökning, del av rapport
Effekten av vitaminer, mineraler samt medicin-
tekniska produkter vid förkylning, rapport 383
(2024), avseende medicintekniska produkter
vid förkylning

Datum: 2026-06-25

Dnr: SBU 2026/536

Innehåll

Bilaga 1 Dokumentation av sökstrategier	2
Bilaga 2 Flödesschema för urval av artiklar (uppdaterad sökning)	6
Bilaga 3 Exkluderade artiklar	7
Bilaga 4 Redovisning av risk för bias i de identifierade primärstudierna	8

Bilaga 1 Dokumentation av sökstrategier

Uppdaterade litteratursökningar har gjorts i databaserna Medline (Ovid), Scopus och Embase.

Medline via OvidSP

22 April 26

Title: Medical devices for common cold

Search terms	Items found
Population:	
1. exp Respiratory Tract Infections/ or exp Common Cold/ or Rhinovirus/ or Coronavirus/ or Paramyxoviridae Infections/ or parainfluenza virus 1, human/ or parainfluenza virus 3, human/ or parainfluenza virus 2, human/ or parainfluenza virus 4, human/ or Adenovirus Infections, Human/ or respiratory syncytial viruses/ or respiratory syncytial virus, human/ or Respiratory Syncytial Virus Infections/	737 166
2. (common cold* or cold sym?tom* or coryza or (acute adj5 (respiratory infection* or respiratory tract infection* or urti or uri or upper airway infection*)) or rhinovir* or coronavir* or hrv or parainfluenza* or adenovir* or picornavir* or respiratory syncytial virus* or rsv*).ab,bt,kf,ti.	294 134
3. 1 OR 2	898 847
Intervention:	
4. ((medical device* or spray* or lozenge*) and (((virus* or viral) adj6 (inhibit* or adhe* or bind* or encapsul* or barrier* or neutral*)) or (protect* adj3 film*))).ab,bt,kf,ti.	216
5. exp Trypsin/ or exp carrageenan/ or exp methylcellulose/	61 597
6. ((trypsin adj3 (cod or gadus morhua)) or trypsin?glycerol or (carrageen* or iota carrageenan or kappa-carrageenan or carragelose or red seaweed*) or viruseptin or coldstop or coldystop or coldy or coldzyme or enzymatica or viromed or virx or nasofed or virostop or wicks first defence or methylcellulose or betadine cold defence or viruprotect or physiomer virus defence or herb-pharma ag or "Procter & Gamble").ti,ab,af,kf,bt.	29 921
7. 5 or 6	76 968
8. 4 or 7	77 166
Study types: systematic reviews and meta-analysis / randomized controlled trials¹	
9. ((Systematic Review/ or Meta-Analysis/ or Cochrane Database Syst Rev.ja. or ((systematic adj4 review) or "meta analys*" or metaanalys*).ti,bt,ab.) not (editorial/ or letter/ or case reports/))	602 298
10. ((randomized controlled trial.pt. OR controlled clinical trial.pt. OR clinical trial, phase iii.pt. OR ((randomized or randomised).ab.) OR placebo.ab. OR clinical trials as topic.sh. OR randomly.ab. OR trial.ti. OR ("Phase 3" or "phase3" or "phase III" or P3 or "PIII").ti,ab,kw.)) NOT (exp animals/ not humans.sh.)	1 736 658
11. (quasi-experimental or quasi-experiment or quasiexperiment or quasiexperimental or (control* adj5 group*) or "treatment group*" or (compar* adj5 group*) or "wait-list" or "waiting list" or "wait-lists" or "waiting lists" or "intervention group*" or "experimental group*" or (matched adj3 (control* or group* or comparison*)) or (experimental adj3 (trial* or design* or method* or stud* or evaluation* or test* or assessment*)) or placebo or "assessment only" or "treatment as usual" or treatment-as-usual or "services as usual" or "care as usual" or (usual adj2 (treatment or service* or care)) or "standard treatment" or "standard treatments" or "standard service" or "standard services" or "standard care" or "traditional treatment" or "traditional service" or "traditional care" or "ordinary treatment" or "ordinary service" or "ordinary services" or "ordinary care" or "comparison sample" or propensity-matched or control sample or control subject* or intervention sample or "matched control" or no treatment group or	2 535 256

¹ Cochrane Highly Sensitive Search Strategy for identifying randomized trials in MEDLINE: sensitivity- and precision-maximizing version (2008 revision); Ovid format. The Cochrane Collaboration; 2008. Available from: <https://training.cochrane.org/handbook/current/chapter-04-technical-supplement-searching-and-selecting-studies#section-3-6-1>. with modifications: the following terms are added: clinical trial, phase iii.pt. ; randomised.ab. ; ("Phase 3" or "phase3" or "phase III" or P3 or "PIII").ti,ab,kw.

nontreatment control or pseudo experimental or pseudo randomized or quasiRCT or quasi-randomized or compared with control* or compared to control* or Compared to a control* or non-randomized controlled studie* or nonrandomly assigned).ab,bt,kf,ti.

12.	10 or 11	3 627 987
Combined sets:		
13.	3 and 8 and 9	5
14.	3 and 8 and 12	147
15.	13 or 14	148
Limits: Published from 2024-		
16.	Limit 15 to yr="2024 - 2026"	15
Final result:		
17.		15

/ = Term from the MeSH controlled vocabulary; .sh = Term from the MeSH controlled vocabulary; exp = Term from MeSH including terms found below this term in the MeSH hierarchy; .ti,ab = Title or abstract; .tw = Title or abstract; .kf = Keywords; .kw = Keywords, exact; .bt = Book title. NLM Bookshelf; .pt = Publication type; .ja = Journal abbreviation; .af = All fields; adjn = Adjacent. Proximity operator retrieving adjacent words, adj3 retrieves records with search terms within two terms from each other; * or \$ = Truncation; " " = Citation Marks; searches for an exact phrase

Scopus via scopus.com

22 April 26

Title: Medical devices for common cold

Search terms	Items found
Population:	
1. TITLE-ABS-KEY ("common cold*" OR "cold syptom*" OR "cold symptom*" OR coryza OR (acute W/5 ("respiratory infection*" OR "respiratory tract infection*" OR urti OR uri OR "upper airway infection*")) OR rhinovir* OR coronavir* OR hrv OR parainfluenza* OR adenovir* OR "picornavir*" OR "respiratory syncytial virus*" OR rsv*)	702 167
Intervention:	
2. TITLE-ABS-KEY (("medical device*" OR spray* OR lozenge*) AND ((virus* OR viral) W/5 (inhibit* OR adhe* OR bind* OR encapsul* OR barrier* OR neutral*)) OR (protect* W/2 film*))	804
3. TITLE-ABS-KEY (((trypsin W/2 (cod OR "gadus morhua")) OR trypsin?glycerol OR (carrageen* OR iota-carrageenan OR kappa-carrageenan OR carragelose OR "red seaweed*") OR viruseptin OR coldstop OR coldystop OR coldy OR coldzyme OR enzymatica OR viomed OR virx OR nasofed OR virostop OR "wicks first defence" OR methylcellulose OR "betadine cold defence" OR viruprotect OR "physiomer virus defence" OR "herb-pharma ag" OR "procter & gamble"))	53 615
4. AFFIL (viruseptin OR coldstop OR coldystop OR coldy OR coldzyme OR enzymatica OR viomed OR virx OR nasofed OR virostop OR "wicks first defence" OR methylcellulose OR "betadine cold defence" OR viruprotect OR "physiomer virus defence" OR "herb-pharma ag" OR "procter & gamble")	2 532
5. 3 or 4	56 094
6. 2 or 5	56 872
7. 1 and 6	443
Study types: systematic reviews and meta-analysis / randomized controlled trials	
8. TITLE-ABS-KEY ((systematic W/2 review) OR "meta analy*" OR metaanaly*) AND (EXCLUDE (DOCTYPE, "le") OR EXCLUDE (DOCTYPE, "ed") OR EXCLUDE (DOCTYPE, "ch") OR EXCLUDE (DOCTYPE, "cp"))	988 384
9. TITLE-ABS-KEY ("clinical trials" OR "randomized controlled trial" OR "randomized controlled trials" OR "controlled clinical trial" OR "controlled clinical trials" OR "random allocation" OR "randomly allocated" OR "allocated randomly" OR "double-blind method" OR "single-blind method" OR "cross over studies" OR placebo* OR "cross-over trial" OR "single blind" OR "double blind" OR "factorial design" OR "factorial trial") OR TITLE (trial* OR rct OR randomised* OR randomized*) OR INDEXTERMS ("clinical trials as a topic" OR "randomized controlled trials as topic" OR "multicenter study" OR "double	13 568 522

blind procedure" OR "single blind procedure" OR "crossover procedure" OR "clinical trial" OR "controlled study" OR "randomization" OR "placebo") OR TITLE-ABS-KEY (quasi-experimental OR quasi-experiment OR quasiexperiment OR quasiexperimental OR (control* W/4 group*) OR "treatment group*" OR (compar* W/4 group*) OR "wait-list" OR "waiting list" OR "wait-lists" OR "waiting lists" OR "intervention group*" OR "experimental group*" OR (matched W/2 (control* OR group* OR comparison*)) OR (experimental W/2 (trial* OR design* OR method* OR stud* OR evaluation* OR test* OR assessment*)) OR placebo OR "assessment only" OR "treatment as usual" OR treatment-as-usual OR "services as usual" OR "care as usual" OR (usual W/2 (treatment OR service* OR care)) OR "standard treatment" OR "standard treatments" OR "standard service" OR "standard services" OR "standard care" OR "traditional treatment" OR "traditional service" OR "traditional care" OR "ordinary treatment" OR "ordinary service" OR "ordinary services" OR "ordinary care" OR "comparison sample" OR propensity-matched OR "control sample" OR "control subject*" OR "intervention sample" OR "matched control" OR "no treatment group" OR "nontreatment control" OR "pseudo experimental" OR "pseudo randomi?ed" OR "quasi-rct" OR "quasi-randomi?ed" OR "compared with control*" OR "compared to control*" OR "compared to a control*" OR "non-randomized controlled studie*" OR "nonrandomly assigned")

Combined sets:		
10.	7 and 8	16
11.	7 and 9	240
12.	10 or 11	243
Limits: Published from 2024-		
13.	12 and PUBYEAR > 2024 AND PUBYEAR < 2026	43
Final result		
14.		43

TITLE-ABS-KEY = Title, abstract or keywords (including indexed keywords and author keywords); **ALL** = All fields; **W/n** = Within. Proximity operator retrieving terms within *n* words from each other; **PRE/n** = Precedes by. Proximity operator, the first term in the search must precede the second by *n* words; **LIMIT-TO (X)** = Includes only results of specified type, e.g., publication type or time range; **DOCTYPE** = Publication type; "re" = review; "le" = letter; "ed" = editorial; "ch" = book chapter; "cp" = conference proceedings; * = Truncation; " " = Citation Marks; searches for an exact phrase

Embase via Elsevier

22 April 26

Title: Medical devices for common cold

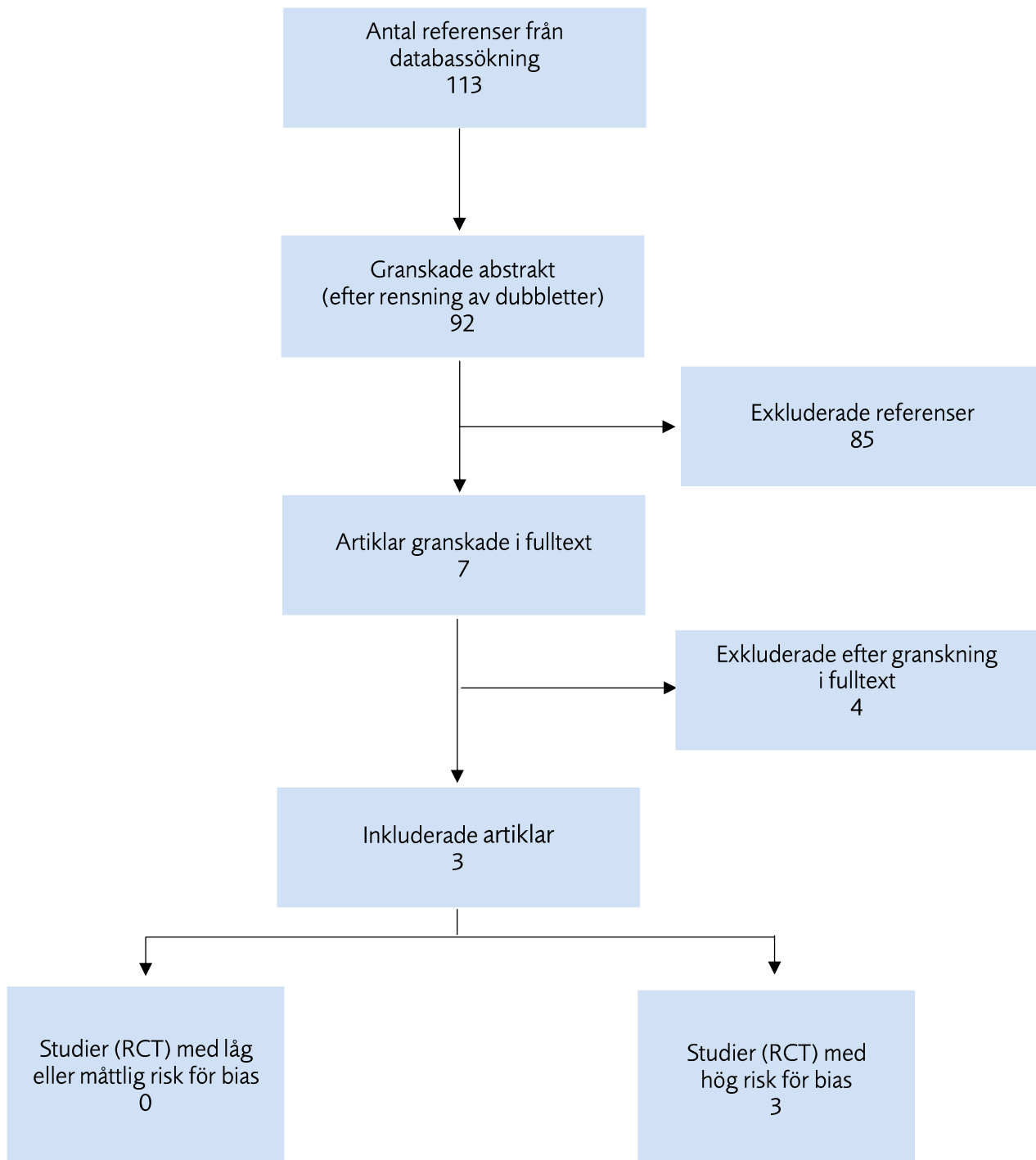
Search terms	Items found
Population:	
1. 'common cold*' OR 'cold syptom*' OR 'cold symptom*' OR coryza OR (acute NEAR/5 ('respiratory infection*' OR 'respiratory tract infection*' OR urti OR uri OR 'upper airway infection*')) OR rhinovir* OR coronavir* OR hrv OR parainfluenza* OR adenovir* OR picornavir* OR 'respiratory syncytial virus*' OR rsv*:ti,ab,kw	799 909
2. 'respiratory tract infection'/exp OR 'common cold'/exp OR 'rhinovirus'/de OR 'rhinovirus infection'/de OR 'coronavirinae'/de OR 'coronavirus infection'/de OR 'paramyxovirus infection'/de OR 'human parainfluenza virus 1'/de OR 'human parainfluenza virus 3'/de OR 'human parainfluenza virus 2'/de OR 'human parainfluenza virus 4'/de OR 'human adenovirus infection'/de OR 'pneumovirus'/de OR 'respiratory syncytial virus infection'/de	676 298
3. 1 or 2	1 346 711
Intervention:	
4. ('medical device*' OR spray* OR lozenge*) AND (((virus* OR viral) NEAR/5 (inhibit* OR adhe* OR bind* OR encapsul* OR barrier* OR neutral*)):ti,ab,kw) OR ((protect* NEAR/3 film*):ti,ab,kw)	390
5. 'trypsin'/exp OR 'carrageenan'/exp OR 'methylcellulose'/exp OR 'methylcellulose therapeutic use'/exp	75 760

6.	(trypsin NEAR/3 (cod OR 'gadus morhua')) OR trypsin\$glycerol OR carrageen* OR 'iota-carrageenan' OR 'kappa-carrageenan' OR carragelose OR 'red seaweed*' OR methylcellulose OR viruseptin OR coldstop OR coldystop OR coldy OR coldzyme OR enzymatica OR viomed OR virx OR nasofed OR virostop OR 'wicks first defence' OR 'betadine cold defence' OR viruprotect OR 'physiomer virus defence' OR 'herb-pharma ag' OR 'procter & gamble':ti,ab,kw,ff	41 519
7.	#5 OR #6	91 283
8.	#4 OR #7	91 650
Study types: systematic reviews and meta-analysis / randomized controlled trials		
9.	('systematic review'/de OR 'meta analysis'/de OR [cochrane review]/lim OR (((systematic NEAR/4 review) OR 'meta analys*' OR metaanalys*):ti,ab)) NOT ('case report'/de OR 'editorial'/it OR 'letter'/it OR 'note'/it)	886 442
10.	'randomized controlled trial'/exp OR 'controlled clinical trial'/exp OR randomi?ed:ti,ab OR placebo:ti,ab OR 'drug therapy':lnk OR randomly:ti,ab OR trial*:ti,ab	8 066 424
11.	'quasi experimental' OR 'quasi experiment' OR quasiexperiment OR quasiexperimental OR (control* NEAR/5 group*) OR 'treatment group*' OR (compar* NEAR/5 group*) OR 'wait-list' OR 'waiting list' OR 'wait-lists' OR 'waiting lists' OR 'intervention group*' OR 'experimental group*' OR (matched NEAR/3 (control* OR group* OR comparison*)) OR (experimental NEAR/3 (trial* OR design* OR method* OR stud* OR evaluation* OR test* OR assessment*)) OR placebo OR 'assessment only' OR 'treatment as usual' OR 'services as usual' OR 'care as usual' OR (usual NEAR/3 (treatment OR service* OR care)) OR 'standard treatment' OR 'standard treatments' OR 'standard service' OR 'standard services' OR 'standard care' OR 'traditional treatment' OR 'traditional service' OR 'traditional care' OR 'ordinary treatment' OR 'ordinary service' OR 'ordinary services' OR 'ordinary care' OR 'comparison sample' OR 'propensity matched' OR 'control sample' OR 'control subject*' OR 'intervention sample' OR 'matched control' OR 'no treatment group' OR 'nontreatment control' OR 'pseudo experimental' OR 'pseudo randomi?ed' OR 'quasi-rct' OR 'quasi-randomi?ed' OR 'compared with control*' OR 'compared to control*' OR 'compared to a control*' OR 'non-randomi?ed controlled studie*' OR 'nonrandomly assigned':ti,ab,kw	4 029 176
12	#10 OR #11	10 399 431
Combined sets:		
13.	#3 AND #8 AND #9	25
14.	#3 AND #8 AND #12	505
15.	#13 OR #14	511
Limits: Published from 2024-		
16.	#15 AND [2024-2026]/py	55
Final result		
17.		55

/de = Term from the EMTREE controlled vocabulary; **/exp** = Term from the EMTREE controlled vocabulary, including all narrower terms in the hierarchy; **ti** = Title; **ab** = Abstract; **kw** = Author keywords; **it** = Publication type; **NEAR/n** = Near. Proximity operator retrieving terms within *n* words from each other; ***** = Truncation; **' '** = Citation Marks; searches for an exact phrase

Bilaga 2 Flödesschema för urval av artiklar (uppdaterad sökning)

Figur 2.1 Flödesschema över antal artiklar i varje steg av processen för granskning och bedömning av litteratursökningens resultat.



Bilaga 3 Exkluderade artiklar

Nedan redovisas de artiklar som exkluderats efter fulltextläsning på grund av att de inte är relevanta för rapportens frågeställning och inklusionskriterier.

Tabell 3.1 Exkluderade artiklar samt orsak för exklusion.

Excluded articles	Reason for exclusion
Systematic reviews	
Performance and Safety Assessment of HUMER STOP VIRUS Nasal Spray in Adults With Early Symptoms of Viral Respiratory Infection (COVID-19, Flu, Common Cold): an Open-label Randomized Controlled Study (2024). Available from: https://clinicaltrials.gov/study/NCT06278324	Study protocol
Evaluation of Number of Particles Containing Viral RNA and Their Virus Infectivity in Exhaled Air From Participants With Upper Respiratory Tract Infection Symptoms, Before and After Use of One Dose With ColdZyme Mouth Spray (2025). Available from: https://clinicaltrials.gov/study/NCT07041671	Study protocol
Bhatt A, Nainwal N, Purohit P. The Impact of Carrageenan on Pharmascience. <i>Curr Tradit Med.</i> 2024;10(6):206–23. Available from: https://doi.org/doi:10.2174/0122150838266638231117180516	Review article
Bunge KE, Wang L, Rohan LC, Patel S, Meyn LA, Macio IS, et al. PREVENT: Phase I Clinical Trial of a Q-Griffithsin (Q-GRFT) Nasal Spray for Prevention of SARS-CoV-2. <i>Topics in Antiviral Medicine.</i> 2024;32(1):191.	Study protocol

Bilaga 4 Redovisning av risk för bias i de identifierade primärstudierna

Bedömning av risk för bias

Tre studier bedömdes som relevanta och granskades för risk för bias (för fullständig referens till studierna, se tabell 4.1). Två personer vid SBU bedömde oberoende av varandra risken för bias utifrån en svensk översättning av Cochranes mall, RoB 2². Eventuella skillnader vid bedömning av enskilda domäner och vid totalbedömning löstes genom dialog i granskningsparet och togs vid behov upp för diskussion med ytterligare en person. Resultat från studier med hög risk för bias redovisas inte. Övergripande bedömning av risk för bias, samt bedömning för varje domän i granskningsmallen redovisas i Figur 4.1 nedan. I Tabell 4.1 redovisas kommentarer till dessa risk för bias-bedömningar per studie.

Figur 4.1 Risk för bias i de identifierade randomiserade kontrollerade studierna visualiserat med verktyget Robvis³.

		Risk of bias						
		D1	D2	D3	D4	D5	D6	Overall
Study	Davison, 2025							
	El Barche, 2025							
	Karna, 2024							

D1: Bias arising from the randomization process
D2: Bias due to deviations from intended interventions
D3: Bias due to missing outcome data
D4: Bias in measurement of the outcome
D5: Bias in selection of the reported result
D6: Conflict of interests

Risk of bias
 High
 Moderate
 Low

² SBU. Bedömning av risk för bias i randomiserade kontrollerade studier (RCT). Stockholm: Statens beredning för medicinsk och social utvärdering. [accessed Jun 25]. Available from: <https://www.sbu.se/globalassets/ebm/bedomning-av-risk-for-bias-rct.pdf>

³ Risk-of-bias plot generated using *robvis*: McGuinness, LA, Higgins, JPT. Risk-of-bias VISualization (*robvis*): An R package and Shiny web app for visualizing risk-of-bias assessments. Res Syn Meth. 2020; 1- 7. <https://doi.org/10.1002/jrsm.1411>

Tabell 4.1 Kommentarer till SBU:s bedömning av risk för bias i de inkluderade randomiserade, kontrollerade studierna.

Studie	Kommentarer till SBU:s bedömning av risk för bias
<p>Davison G, Schoeman M, Chidley C, Dulson DK, Schweighofer P, Witting C, et al. ColdZyme® reduces viral load and upper respiratory tract infection duration and protects airway epithelia from infection with human rhinoviruses. <i>J Physiol.</i> 2025;603(6):1483–501. Available from: https://doi.org/doi:10.1113/JP288136</p>	<p>Ett prospektivt studieprotokoll har registrerats, men ingen statistisk analysplan (SAP) rapporteras här.</p> <p>Studien saknar en mer omfattande redovisning för baslinjevärden och således är informationen om studiedeltagarnas karakteristiska och randomiseringens utfall begränsad.</p> <p>Det framgår inte heller hur studieförfattarna hanterat bortfallet i studien och man exkluderar också episoder där studiedeltagaren inte hade tillräcklig följsamhet till behandlingsprotokollet, vilket inte redovisas som en på förhand bestämd strategi enligt studieprotokollet.</p> <p>Studien finansieras av den studerade produktens tillverkare, men de rapporteras inte ha något inflytande på analyser, datavalidering eller tolkning.</p>
<p>El Barche F-Z, D'Almeida M, Dameron S, Shrivastava R. Clinical Evaluation of NESOSPRAY HE-C, a Nasal Spray, for Rhinopharyngitis and Rhinosinusitis: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Medicina (Kaunas, Lithuania).</i> 2025;61(6). Available from: https://doi.org/10.3390/medicina61061071</p>	<p>Studieförfattarnas redovisning av hur studiedeltagarna rekryterats samt deras baslinjekarakteristiska är bristfällig.</p> <p>Redovisningen av hur insamlingen av data gått till samt hur studieförfattarna hanterat bortfall är oklar.</p> <p>Inget studieprotokoll finns tillgängligt och eventuella intressekonflikter redovisas inte.</p>
<p>Karna S, Havle AD. Antiviral Efficacy of Iota-Carrageenan Lozenges in Treating Acute Viral Pharyngitis: A Randomized Controlled Study. <i>J Neonatal Surg.</i> 2024;13. Available from: https://doi.org/10.52783/jns.v13.143</p>	<p>Allokering av studiedeltagarna samt randomiseringsprocessen har stora svagheter, även redovisningen av denna har brister och inga baslinjedata redovisas.</p> <p>Hantering av bortfall och följsamhet till behandlingsprotokollet är också bristfälligt redovisat.</p> <p>Inget studieprotokoll redovisas och eventuella intressekonflikter redovisas inte.</p>