

Appendix. Reasons to exclude full-texts assessed for eligibility.

No aim of interest

- Bakalov D, Hadjiolova R and Pechlivanova D (2020) Pathophysiology of Depression and Novel Sources of Phytochemicals for its Treatment-A Systematic Review. *Acta Medica Bulgarica* 47(4): 69-74.
- Andrade S, Ramalho MJ, Loureiro JA, et al. (2019) Natural compounds for alzheimer's disease therapy: A systematic review of preclinical and clinical studies. *International Journal of Molecular Sciences* 20(9). (Also, no clear explanation of methodology).
- Matraszek-Gawron R, Chwil M, Terlecka P, et al. (2019) Recent Studies on Anti-Depressant Bioactive Substances in Selected Species from the Genera *Hemerocallis* and *Gladiolus*: A Systematic Review. *Pharmaceuticals* 12(4).
- Nanda S and Madan K (2021) The role of Safranin and saffron stigma extracts in oxidative stress, diseases and photoaging: A systematic review. *Heliyon* 7(2).
- Posadzki P, Watson L and Ernst E (2013) Herb-drug interactions: An overview of systematic reviews. *British Journal of Clinical Pharmacology* 75(3): 603-618.
- Posadzki P, Watson LK and Ernst E (2013) Adverse effects of herbal medicines: An overview of systematic reviews. *Clinical Medicine, Journal of the Royal College of Physicians of London* 13(1): 7-12.
- Webster L, Groskreutz D, Grinbergs-Saull A, et al. (2017) Development of a core outcome set for disease modification trials in mild to moderate dementia: A systematic review, patient and public consultation and consensus recommendations. *Health Technology Assessment* 21(26).

No design of interest

- Haller H, Anheyer D, Dobos G, et al. (2018) Complementary therapies for depression: A systematic review of reviews. *Global Advances in Health and Medicine* 7: 109.
- Haller H, Anheyer D, Cramer H, et al. (2019) Complementary therapies for clinical depression: An overview of systematic reviews. *BMJ Open* 9(8).
- Ng JY, Nazir Z and Nault H (2020) Complementary and alternative medicine recommendations for depression: A systematic review and assessment of clinical practice guidelines. *BMC Complementary Medicine and Therapies* 20(1).
- Sarris J, Marx W, Ashton MM, et al. (2021) Plant-based Medicines (Phytochemicals) in the Treatment of Psychiatric Disorders: A Meta-review of Meta-analyses of Randomized Controlled Trials: Les médicaments à base de plantes (phytoceutiques) dans le traitement des troubles psychiatriques: une méta-revue des méta-analyses d'essais randomisés contrôlés. *Canadian Journal of Psychiatry*. DOI: 10.1177/0706743720979917.

No participant of interest

- Asbaghi O, Soltani S, Norouzi N, et al. (2019) The effect of saffron supplementation on blood glucose and lipid profile: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine* 47.
- Khazaei H, Pesce M, Patruno A, et al. (2021) Medicinal plants for diabetes associated neurodegenerative diseases: A systematic review of preclinical studies. *Phytotherapy Research* 35(4): 1697-1718.
- Ng QX, Soh AYS, Loke W, et al. (2018) A meta-analysis of the clinical use of curcumin for irritable bowel syndrome (IBS). *Journal of Clinical Medicine* 7(10). (Also, no intervention of interest).

No intervention of interest

- Ng QX, Koh SSH, Chan HW, et al. (2017) Clinical Use of Curcumin in Depression: A Meta-Analysis. *Journal of the American Medical Directors Association* 18(6): 503-508.
- Yeung WF, Chung KF, Ng KY, et al. (2014) A systematic review on the efficacy, safety and types of Chinese herbal medicine for depression. *Journal of Psychiatric Research* 57: 165-175.
- Zarei L, Pourjabali M, Naghdi N, et al. (2017) A systematic review of the most important medicinal plants native to Iran effective on testicular morphology and hormonal testicular function. *Journal of Pharmaceutical Sciences and Research* 9(5): 562-567.

Inclusion of only one study of the intervention of interest

- Dante G and Facchinetti F (2011) Herbal treatments for alleviating premenstrual symptoms: A systematic review. *Journal of Psychosomatic Obstetrics and Gynecology* 32(1): 42-51.
- Jang SH, Kim DI and Choi MS (2014) Effects and treatment methods of acupuncture and herbal medicine for premenstrual syndrome/premenstrual dysphoric disorder: Systematic review. *BMC Complementary and Alternative Medicine* 14.
- Perri D (2009) Herbs, vitamins and minerals in the treatment of premenstrual syndrome: A systematic review. *Canadian Journal of Clinical Pharmacology* 16(3): e430-e431.
- Yang M, Xu DD, Zhang Y, et al. (2014) A systematic review on natural medicines for the prevention and treatment of Alzheimer's disease with meta-analyses of intervention effect of ginkgo. *American Journal of Chinese Medicine* 42(3): 505-521.