Zinc supplementation is associated with a reduction in serum markers of inflammation and oxidative stress in adults: a systematic review and meta-analysis of randomized controlled trials

Hosseini, Razieh, Ferns, Gordon A, Sahebkar, Amirhossein, Mirshekar, Mohammad Ali and Jalali, Mohammad (2021) Zinc supplementation is associated with a reduction in serum markers of inflammation and oxidative stress in adults: a systematic review and meta-analysis of randomized controlled trials. Cytokine, 138. a155396 1-9. ISSN 1043-4666

This version is available from Sussex Research Online: http://sro.sussex.ac.uk/id/eprint/96658/

This document is made available in accordance with publisher policies and may differ from the published version or from the version of record. If you wish to cite this item you are advised to consult the publisher's version. Please see the URL above for details on accessing the published version.

Copyright and reuse:
Sussex Research Online is a digital repository of the research output of the University.

Copyright and all moral rights to the version of the paper presented here belong to the individual author(s) and/or other copyright owners. To the extent reasonable and practicable, the material made available in SRO has been checked for eligibility before being made available.

Copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational, or not-for-profit purposes without prior permission or charge, provided that the authors, title and full bibliographic details are credited, a hyperlink and/or URL is given for the original metadata page and the content is not changed in any way.
Records identified through PubMed, Scopus, Web of Science and Cochrane Library searching (n = 8692)

Additional records identified through other sources (n = 0)

Duplicates removed (n = 3339)

Records screened by title and abstract (n = 5353)

Excluded based on title and abstract (n = 5300)

Full-text articles assessed for eligibility (n = 53)

Full-text articles excluded, with reasons (n = 32)
- Non-English language (n = 2)
- Insufficient statistical data (n = 2)
- Subjects aged less than 18 years (n = 3)
- Non-randomized trial (n = 5)
- Mixture supplement (n = 10)
- Not suitable controls (n = 10)

Finally, 21 full-text articles considering 23 effect sizes were included.