# **S3 Table- Symptoms reported in <3 controlled studies and therefore not included in the meta-analysis**

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| Menstruation changes |
| Chills |
| Hoarse voice |
| Earache / ringing in ears |
| Discoloured fingers and toes |
| Cold hands and feet |
| Mood swings |
| “Neurological symptoms” |
| Seizures / fits |
| Light sensitivity  |
| Eye soreness |
| Cracked red lips |
| Problems speaking communicating  |
| Urination problem |
| Weight loss |
| Joint pain / swelling |
| Hair loss |
| “Psychiatric symptoms” |
| Pulmonary Embolism |
| Decreased physical resilience |
| Less motivation |
| Nervousness |
| Weight gain |