Supplementary Table 1. Search strategy.

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| PubMed/MEDLINE | Scopus | Web of Science | Embase |
| (((("Zinc"[Mesh]) OR Zinc[tiab])) AND (("Insulin-Like Growth Factor I"[Mesh] OR "Insulin-Like Growth Factor I"[Title/Abstract] OR IGF-1[Title/Abstract] OR IGF1[Title/Abstract] OR "Insulin-Like Growth Factor Binding Proteins"[Mesh] OR "Insulin-Like Growth Factor Binding Proteins"[tiab] OR IGFBP[tiab] OR "IGF-Binding Proteins"[tiab] OR "IGF Binding Proteins"[tiab] OR "Somatomedin-Binding Proteins"[tiab] OR "Somatomedin Binding Proteins"[tiab] OR "Somatomedins"[Mesh] OR "Somatomedin"[tiab]))) AND (("Clinical Trials as Topic"[Mesh] OR "Cross-Over Studies"[Mesh] OR "Double-Blind Method"[Mesh] OR "Single-Blind Method"[Mesh] OR "Random Allocation"[Mesh] OR RCT[Title/Abstract] OR "Clinical Trial" [Publication Type] OR "Controlled Clinical Trials as Topic"[Mesh] OR "Intervention Studies"[Title/Abstract] OR "intervention"[Title/Abstract] OR Trial[Title/Abstract] OR "controlled trial"[Title/Abstract] OR "randomized"[Title/Abstract] OR "randomised"[Title/Abstract] OR "random"[Title/Abstract] OR "randomly"[Title/Abstract] OR "placebo"[Title/Abstract] OR "assignment"[Title/Abstract])) | ( TITLE-ABS-KEY ( zinc ) ) AND ( ( ( TITLE-ABS-KEY ( "Insulin-Like Growth Factor I" ) OR TITLE-ABS-KEY ( "Insulin Like Growth Factor I" ) OR TITLE-ABS-KEY ( igf-1 ) OR TITLE-ABS-KEY ( igf1 ) OR TITLE-ABS-KEY ( "Insulin-Like Growth Factor Binding Proteins" ) OR TITLE-ABS-KEY ( "Insulin Like Growth Factor Binding Proteins" ) OR TITLE-ABS-KEY ( igfbp ) OR TITLE-ABS-KEY ( "IGF-Binding Proteins" ) OR TITLE-ABS-KEY ( "IGF Binding Proteins" ) OR TITLE-ABS-KEY ( "Somatomedin-Binding Proteins" ) OR TITLE-ABS-KEY ( "Somatomedin Binding Proteins" ) OR TITLE-ABS-KEY ( somatomedins ) OR TITLE-ABS-KEY ( somatomedin ) ) ) ) AND ( ( ( ( ( ( ( TITLE-ABS-KEY ( "Clinical Trials" ) ) OR ( TITLE-ABS-KEY ( "Clinical Trial" ) ) OR ( TITLE-ABS-KEY ( "Cross-Over Studies" ) ) OR ( TITLE-ABS-KEY ( "Double-Blind Method" ) ) OR ( TITLE-ABS-KEY ( "Single-Blind Method" ) ) OR ( TITLE-ABS-KEY ( "Random Allocation" ) ) OR ( TITLE-ABS-KEY ( rct ) ) ) OR ( TITLE-ABS-KEY ( random ) ) OR ( TITLE-ABS-KEY ( randomly ) ) OR ( TITLE-ABS-KEY ( placebo ) ) OR ( TITLE-ABS-KEY ( assignment ) ) ) OR ( ( TITLE-ABS-KEY ( "Intervention Studies" ) ) OR ( TITLE-ABS-KEY ( intervention ) ) OR ( TITLE-ABS-KEY ( "controlled trial" ) ) OR ( TITLE-ABS-KEY ( randomized ) ) OR ( TITLE-ABS-KEY ( trial ) ) OR ( TITLE-ABS-KEY ( randomised ) ) ) ) ) ) ) | TS=(zinc) AND TS=("Insulin-Like Growth Factor I" OR "Insulin Like Growth Factor I" OR igf-1 OR igf1 OR "Insulin-Like Growth Factor Binding Proteins" OR "Insulin Like Growth Factor Binding Proteins" OR igfbp OR "IGF-Binding Proteins" OR "IGF Binding Proteins" OR "Somatomedin-Binding Proteins" OR "Somatomedin Binding Proteins" OR somatomedins OR somatomedin ) AND TS=("Clinical Trials" OR "Clinical Trial" OR "Cross-Over Studies" OR "Double-Blind Method" OR "Single-Blind Method" OR "Random Allocation" OR "RCT" OR "random" OR "randomly" OR "placebo" OR "assignment" OR "Intervention Studies" OR "intervention" OR "controlled trial" OR "randomized" OR "Trial" OR "randomised") | (zinc)  AND  ('insulin-like growth factor i' OR 'insulin like growth factor i' OR 'igf 1' OR igf1 OR 'insulin-like growth factor binding proteins' OR 'insulin like growth factor binding proteins' OR igfbp OR 'igf-binding proteins' OR 'igf binding proteins' OR 'somatomedin-binding proteins' OR 'somatomedin binding proteins' OR somatomedins OR somatomedin)  AND  ('clinical trials' OR 'clinical trial' OR 'cross-over studies' OR 'double-blind method' OR 'single-blind method' OR 'random allocation' OR 'rct' OR 'random' OR 'randomly' OR 'placebo' OR 'assignment' OR 'intervention studies' OR 'intervention' OR 'controlled trial' OR 'randomized' OR 'trial' OR 'randomised') |