**Table S1.** **The search strategy**

**Pubmed**

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| Search number | Query | Results |
| 1 | "Dietary Supplements"[Mesh] | 110094 |
| 2 | "supplementary diet"[Title/Abstract] OR "Nutriceutical\*"[Title/Abstract] OR "Nutraceutical\*"[Title/Abstract] OR "Neutraceutical\*"[Title/Abstract] OR "Herbal Supplement\*"[Title/Abstract] OR "food supplement\*"[Title/Abstract] OR "dietary supplement\*"[Title/Abstract] OR "diet supplement"[Title/Abstract] OR "diet additive"[Title/Abstract] | 49906 |
| 3 | #1 OR #2 | 142380 |
| 4 | (Probiotics[MeSH Terms]) OR ("Streptococc\*"[Title/Abstract] OR "Saccharomyce\*"[Title/Abstract] OR "Propionibacterium"[Title/Abstract] OR "probiotic\*"[Title/Abstract] OR "Lactococc\*"[Title/Abstract] OR "Lactobacill\*"[Title/Abstract] OR "Escherichia coli"[Title/Abstract] OR "Enterococc\*"[Title/Abstract] OR "Clostridium"[Title/Abstract] OR "Bifidobacteri\*"[Title/Abstract] OR "Bacillus bacterium"[Title/Abstract] OR "Bacillus"[Title/Abstract]) | 736370 |
| 5 | (Fatty Acids, Omega-3[MeSH Terms]) OR ("sanhelios omega 3"[Title/Abstract] OR "sakana"[Title/Abstract] OR "omega3 polyunsaturated fatty acid"[Title/Abstract] OR "omega forte"[Title/Abstract] OR "omega 3 polyunsaturated fatty acid"[Title/Abstract] OR "omega 3 plus"[Title/Abstract] OR "omega 3 feingold"[Title/Abstract] OR "omega 3 fatty acid\*"[Title/Abstract] OR "omega 3 carboxylic acid\*"[Title/Abstract] OR "omega 3"[Title/Abstract] OR "n3 PUFA"[Title/Abstract] OR "n3 Polyunsaturated Fatty Acid"[Title/Abstract] OR "n3 Oil\*"[Title/Abstract] OR "n3 Fatty Acid"[Title/Abstract] OR "n 3 PUFA"[Title/Abstract] OR "n 3 polyunsaturated fatty acid"[Title/Abstract] OR "n 3 Oil\*"[Title/Abstract] OR "n 3 fatty acid\*"[Title/Abstract] OR "epanova"[Title/Abstract] OR "epaisdin"[Title/Abstract] OR "eicosapen"[Title/Abstract] OR "eicosa e"[Title/Abstract] OR "conchol 36"[Title/Abstract] OR "bilantin omega"[Title/Abstract])quan"[Title/Abstract] OR "Taijiquan"[Title/Abstract] OR "Weight Bearing Exercise Program"[Title/Abstract] OR "Weight Bearing Strengthening Program"[Title/Abstract] OR "Weight Lifting Exercise Program"[Title/Abstract] OR "Weight Lifting Strengthening Program"[Title/Abstract] OR "Yoga"[Title/Abstract] | 43405 |
| 6 | (Vitamins[MeSH Terms]) OR ("vitamin\*"[Title/Abstract] OR "davitamin"[Title/Abstract]) | 282246 |
| 7 | #3 OR #4 OR #5 OR #6 | 1130442 |
| 8 | (Postmenopause[MeSH Terms]) OR ("postmenopause"[Title/Abstract] OR "Postmenopausal Period"[Title/Abstract] OR "postmenopausal women"[Title/Abstract] OR "postmenopausal female"[Title/Abstract] OR "post menopause\*"[Title/Abstract] OR "Post menopausal Period"[Title/Abstract]) | 55196 |
| 9 | #7 AND #8 | 4375 |

**Embase**

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| Search number | Query | Results |
| 1 | 'dietary supplement'/exp OR 'supplementary diet':ti,ab,kw OR 'nutriceutical\*':ti,ab,kw OR 'nutraceutical\*':ti,ab,kw OR 'neutraceutical\*':ti,ab,kw OR 'herbal supplement\*':ti,ab,kw OR 'food supplement\*':ti,ab,kw OR 'dietary supplement\*':ti,ab,kw OR 'diet supplement':ti,ab,kw OR 'diet additive':ti,ab,kw | 76798 |
| 2 | 'probiotic agent'/exp OR 'streptococc\*':ti,ab,kw OR 'saccharomyce\*':ti,ab,kw OR 'propionibacterium':ti,ab,kw OR 'probiotic\*':ti,ab,kw OR 'lactococc\*':ti,ab,kw OR 'lactobacill\*':ti,ab,kw OR 'escherichia coli':ti,ab,kw OR 'enterococc\*':ti,ab,kw OR 'clostridium':ti,ab,kw OR 'bifidobacteri\*':ti,ab,kw OR 'bacillus bacterium':ti,ab,kw OR 'bacillus':ti,ab,kw | 834404 |
| 3 | 'omega 3 fatty acid'/exp OR 'sanhelios omega 3':ti,ab,kw OR 'sakana':ti,ab,kw OR 'omega3 polyunsaturated fatty acid':ti,ab,kw OR 'omega forte':ti,ab,kw OR 'omega 3 polyunsaturated fatty acid':ti,ab,kw OR 'omega 3 plus':ti,ab,kw OR 'omega 3 feingold':ti,ab,kw OR 'omega 3 fatty acid\*':ti,ab,kw OR 'omega 3 carboxylic acid\*':ti,ab,kw OR 'omega 3':ti,ab,kw OR 'n3 pufa':ti,ab,kw OR 'n3 polyunsaturated fatty acid':ti,ab,kw OR 'n3 oil\*':ti,ab,kw OR 'n3 fatty acid':ti,ab,kw OR 'n 3 pufa':ti,ab,kw OR 'n 3 polyunsaturated fatty acid':ti,ab,kw OR 'n 3 oil\*':ti,ab,kw OR 'n 3 fatty acid\*':ti,ab,kw OR 'epanova':ti,ab,kw OR 'epaisdin':ti,ab,kw OR 'eicosapen':ti,ab,kw OR 'eicosa e':ti,ab,kw OR 'conchol 36':ti,ab,kw OR 'bilantin omega':ti,ab,kw | 52072 |
| 4 | 'vitamin'/exp OR 'vitamin\*':ti,ab,kw OR 'davitamin':ti,ab,kw | 923296 |
| 5 | 'postmenopause'/exp OR 'postmenopause':ti,ab,kw OR 'postmenopausal period':ti,ab,kw OR 'postmenopausal women':ti,ab,kw OR 'postmenopausal female':ti,ab,kw OR 'post menopause\*':ti,ab,kw OR 'post menopausal period':ti,ab,kw | 99503 |
| 6 | #1 OR #2 OR #3 OR #4 | 1827302 |
| 7 | #5 AND #6 | 11484 |

**Cochrane Library**

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| Search number | Query | Results |
| 1 | MeSH descriptor: [Dietary Supplements] explode all trees | 20572 |
| 2 | ('supplementary diet' OR 'Nutriceutical\*' OR 'Nutraceutical\*' OR 'Neutraceutical\*' OR 'Herbal Supplement\*' OR 'food supplement\*' OR 'dietary supplement\*' OR 'diet supplement' OR 'diet additive'):ti,ab,kw | 38595 |
| 3 | MeSH descriptor: [Probiotics] explode all trees | 3812 |
| 4 | ('Streptococc\*' OR 'Saccharomyce\*' OR 'Propionibacterium' OR 'probiotic\*' OR 'Lactococc\*' OR 'Lactobacill\*' OR 'Escherichia coli' OR 'Enterococc\*' OR 'Clostridium' OR 'Bifidobacteri\*' OR 'Bacillus bacterium' OR 'Bacillus'):ti,ab,kw | 28061 |
| 5 | MeSH descriptor: [Fatty Acids, Omega-3] explode all trees | 4503 |
| 6 | ('sanhelios omega 3' OR 'sakana' OR 'omega3 polyunsaturated fatty acid' OR 'omega forte' OR 'omega 3 polyunsaturated fatty acid' OR 'omega 3 plus' OR 'omega 3 feingold' OR 'omega 3 fatty acid\*' OR 'omega 3 carboxylic acid\*' OR 'omega 3' OR 'n3 PUFA' OR 'n3 Polyunsaturated Fatty Acid' OR 'n3 Oil\*' OR 'n3 Fatty Acid' OR 'n 3 PUFA' OR 'n 3 polyunsaturated fatty acid' OR 'n 3 Oil\*' OR 'n 3 fatty acid\*' OR 'epanova' OR 'epaisdin' OR 'eicosapen' OR 'eicosa e' OR 'conchol 36' OR 'bilantin omega'):ti,ab,kw | 12303 |
| 7 | MeSH descriptor: [Vitamins] explode all trees | 5966 |
| 8 | ('vitamin\*' OR 'davitamin'):ti,ab,kw | 39621 |
| 9 | MeSH descriptor: [Postmenopause] explode all trees | 6194 |
| 10 | ('postmenopause' OR 'Postmenopausal Period' OR 'postmenopausal women' OR 'postmenopausal female' OR 'post menopause\*' OR 'Post menopausal Period'):ti,ab,kw | 24645 |
| 11 | #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 | 102173 |
| 12 | #9 OR #10 | 24645 |
| 13 | #11 AND #12 | 3419 |

**Web of Science**

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| Search number | Query | Results |
| 1 | TS=((supplementary diet) OR (Nutriceutical\*) OR (Nutraceutical\*) OR (Neutraceutical\*) OR (Herbal Supplement\*) OR (food supplement\*) OR (dietary supplement\*) OR (diet supplement) OR (diet additive)) and Preprint Citation Index (Exclude – Database) | 648259 |
| 2 | TS=((Streptococc\*) OR (Saccharomyce\*) OR (Propionibacterium) OR (probiotic\*) OR (Lactococc\*) OR (Lactobacill\*) OR (Escherichia coli) OR (Enterococc\*) OR (Clostridium) OR (Bifidobacteri\*) OR (Bacillus bacterium) OR (Bacillus)) and Preprint Citation Index (Exclude – Database) | 2617509 |
| 3 | TS=((sanhelios omega 3) OR (sakana) OR (omega3 polyunsaturated fatty acid) OR (omega forte) OR (omega 3 polyunsaturated fatty acid) OR (omega 3 plus) OR (omega 3 feingold) OR (omega 3 fatty acid\*) OR (omega 3 carboxylic acid\*) OR (omega 3) OR (n3 PUFA) OR (n3 Polyunsaturated Fatty Acid) OR (n3 Oil\*) OR (n3 Fatty Acid) OR (n 3 PUFA) OR (n 3 polyunsaturated fatty acid) OR (n 3 Oil\*) OR (n 3 fatty acid\*) OR (epanova) OR (epaisdin) OR (eicosapen) OR (eicosa e) OR (conchol 36) OR (bilantin omega)) and Preprint Citation Index (Exclude – Database) | 368145 |
| 4 | TS=((vitamin\*) OR (davitamin)) and Preprint Citation Index (Exclude – Database) | 1001491 |
| 5 | TS=((postmenopause) OR (Postmenopausal Period) OR (postmenopausal women) OR (postmenopausal female) OR (post menopause\*) OR (Post menopausal Period)) and Preprint Citation Index (Exclude – Database) | 156311 |
| 6 | #1 OR #2 OR #3 OR #4 and Preprint Citation Index (Exclude – Database) | 4352503 |
| 7 | #5 AND #6 and Preprint Citation Index (Exclude – Database) | 19440 |