

## Data and analyses

### 1 Gamma-linolenic acid versus placebo

#### 1.1 Pain VAS 0-100 percentage change from baseline

##### 1.1.1 At 24 weeks

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-15	29	14	60	140	13
Leventhal 1994	-33	39	7	-4	40	7

##### 1.1.2 At 6 months

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-26.8	58.5	22	1.6	40.6	19

#### 1.2 Pain VAS 0-100 at 12 weeks

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Jantti 1989	29.3	25.7	9	23.3	22.6	9

#### 1.3 Pain (0 to 4) percentage change from baseline

##### 1.3.1 At 24 weeks

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-14	45	14	56	73	13
Leventhal 1994	-23	53	7	10	51	7

##### 1.3.2 At 6 months

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-24.1	42.9	22	-13.7	41.5	19

#### 1.4 Morning stiffness (minutes) percentage change from baseline

##### 1.4.1 At 24 weeks

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-33	72	14	4	69	13

Leventhal 1994	-21	69	7	0	45	7
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#### 1.4.2 At 6 months

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-55.4	0.98	22	7.9	1.4	19

#### 1.5 Morning stiffness (minutes) at 12 weeks

Study ID	GLA 1400mg+			Placebo		
	Mean	SD	Total	Mean	SD	Total
Jantti 1989	35	39.7	9	40	39.7	9

#### 1.6 68 tender joint count percentage change from baseline

##### 1.6.1 At 24 weeks

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-36	43	14	30	75	13
Leventhal 1994	-55	35	7	34	64	7

##### 1.6.2 At 6 months

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-35.2	32.5	22	-11.9	36.8	19

#### 1.7 66 swollen joint count percentage change from baseline

##### 1.7.1 At 24 weeks

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-28	53	14	48	161	13
Leventhal 1994	42	109	7	34	142	7

##### 1.7.2 At 6 months

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-20.9	34.3	22	-8.3	22.1	19

#### 1.8 Joint tenderness (0 to 3) percentage change from baseline

**1.8.1 At 24 weeks**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-45	38	14	55	109	13
Leventhal 1994	-53	42	7	12	44	7

**1.8.2 At 6 months**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-37.5	35.6	22	-10.7	45.4	19

**1.9 Joint swelling (0 to 3) percentage change from baseline****1.9.1 At 24 weeks**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-41	48	14	40	132	13
Leventhal 1994	19	86	7	18	130	7

**1.9.2 At 6 months**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-23.1	31.2	22	-16.1	28.5	19

**1.10 HAQ disability score percentage change from baseline**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-11	19	22	4.75	17.9	19

**1.11 Patient global (0 to 4) percentage change from baseline****1.11.1 At 24 weeks**

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-21	33	14	30	85	13
Leventhal 1994	-1	38	7	24	61	7

**1.11.2 At 6 months**

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Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	-18.9	35.6	22	-4.5	34.9	19

## 1.12 Physician global (0 to 4) percentage change from baseline

### 1.12.1 At 24 weeks

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Leventhal 1993	-33	28	14	43	81	13
Leventhal 1994	0	56	7	7	19	7

### 1.12.2 At 6 months

Study ID	GLA			Placebo		
	Mean	SD	Total	Mean	SD	Total
Zurier 1996	2.1	34.6	22	-7.8	29.3	19

## 1.13 Participants (n) reported reduced NSAID use

### 1.13.1 At 6 months

Study ID	GLA 540mg		Placebo	
	Events	Total	Events	Total
Brzeski 1991	3	13	3	17

### 1.13.2 At 12 months

Study ID	GLA 540mg		Placebo	
	Events	Total	Events	Total
Belch 1988	11	15	5	15

## 1.14 Participants (n) reported adverse events

### 1.14.1 GLA 540mg

Study ID	GLA 540mg		Placebo	
	Events	Total	Events	Total
Belch 1988	2	16	0	18

### 1.14.2 GLA 1400mg+

Study ID	GLA 540mg		Placebo	
	Events	Total	Events	Total
Leventhal 1993	4	14	1	13

**1.15 Participants (n) withdrawn due to worsening disease**

Study ID	GLA 540mg		Placebo	
	Events	Total	Events	Total
Belch 1988	1	16	10	18

**2 Tripterygium wilfordii Hook F 60mg versus placebo****2.1 Joint tenderness (0 to 3)**

Study ID	TWHF			Placebo		
	Mean	SD	Total	Mean	SD	Total
Tao 1989	7.9	6.9	27	21.9	12.2	31

**2.2 60 swollen joint count**

Study ID	TWHF			Placebo		
	Mean	SD	Total	Mean	SD	Total
Tao 1989	4.3	3.2	27	7.4	6	31

**2.3 Morning stiffness (hours)**

Study ID	TWHF			Placebo		
	Mean	SD	Total	Mean	SD	Total
Tao 1989	0.9	1.2	27	2.3	7.8	31

**2.4 Grip strength (mmHg)**

Study ID	TWHF			Placebo		
	Mean	SD	Total	Mean	SD	Total
Tao 1989	84.4	39	27	81.2	51	31

**2.5 15 metre walking time (seconds)**

Study ID	TWHF			Placebo		
	Mean	SD	Total	Mean	SD	Total
Tao 1989	20.6	7.7	27	31	32.1	31

**3 Tripterygium wilfordii Hoof F 180mg versus placebo****3.1 ACR20 responders**

Study ID	TWHF		Placebo	
	Events	Total	Events	Total
Tao 2002	4	10	0	12

**3.2 Participants (n) reported adverse events**

Study ID	TWHF		Placebo	
	Events	Total	Events	Total
Tao 2002	6	12	4	12

#### 4 Tripterygium wilfordii Hook F 360mg versus placebo

##### 4.1 ACR20 responders

Study ID	TWHF		Placebo	
	Events	Total	Events	Total
Tao 2002	8	10	0	12

##### 4.2 Participants (n) reported adverse events

Study ID	TWHF		Placebo	
	Events	Total	Events	Total
Tao 2002	5	11	4	12

#### 5 Phytodolor N versus placebo

##### 5.1 Pain (0 to 3)

###### 5.1.1 At 13-14 days

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Meier 1987	1.2	0.4	5	1.1	0.7	5

###### 5.1.2 Change from baseline

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Meier 1987	-1.1	0	5	-0.5	0	5

##### 5.2 Cumulative NSAID use (diclofenac)

###### 5.2.1 At 2 weeks (mg)

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Meier 1987	296.43	0	5	239.29	0	5

###### 5.2.2 At 1 month (tablets)

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Eberl 1988	116.8	42.6	20	106	36.4	16

### 5.2.3 At 12 months (tablets)

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Eberl 1988	1,268.1	507.4	20	1,251.3	455.5	16

### 5.3 Joint swelling (0 to 3)

#### 5.3.1 At 13-14 days

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Meier 1987	1	0.9	5	0.6	0.5	5

#### 5.3.2 Change from baseline

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Meier 1987	-0.6	0	5	-0.7	0	5

### 5.4 Morning stiffness (minutes)

#### 5.4.1 At 12 months

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Eberl 1988	54.5	54.6	20	30.6	29.2	16

#### 5.4.2 Change from baseline

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Eberl 1988	-7.6	0	20	-29.4	0	16

### 5.5 Ritchie index

#### 5.5.1 At 12 months

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total
Eberl 1988	19.1	3	20	22.1	5.3	16

#### 5.5.2 Change from baseline

Study ID	Phytodolor N			Placebo		
	Mean	SD	Total	Mean	SD	Total

Eberl 1988	-3.2	0	20	-2.5	0	16
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## 6 SKI306X versus celecoxib

### 6.1 Pain VAS 0-100 change from baseline

#### 6.1.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	13.64	16.62	87	14.45	15.89	87

#### 6.1.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	18.83	20.8	87	17.89	19.06	87

### 6.2 28 tender joint count

#### 6.2.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	8.15	5.09	87	8.13	6.11	87

#### 6.2.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	7.43	5.36	87	7.44	6.16	87

### 6.3 28 swollen joint count

#### 6.3.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	5.87	3.41	87	5.54	4.15	87

#### 6.3.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	4.89	3.34	87	5.28	4.29	87

### 6.4 Patient global VAS 0-100



## 6.4.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	56	18.13	87	55.41	19.29	87

## 6.4.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	52.93	20.94	87	51.87	21.67	87

## 6.5 Physician global VAS 0-100

## 6.5.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	49.85	17.98	87	46.23	19.48	87

## 6.5.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	48.04	19.87	87	43.92	20.7	87

## 6.6 Disability HAQ-DI score (0-3)

## 6.6.1 At 3 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	1.14	0.38	87	1.1	0.72	87

## 6.6.2 At 6 weeks

Study ID	SKI306X			Celecoxib		
	Mean	SD	Total	Mean	SD	Total
Song 2007	1.11	0.71	87	1.05	0.76	87

## 6.7 ACR20 responders

## 6.7.1 At 3 weeks

Study ID	SKI306X		Celecoxib	
	Events	Total	Events	Total
Song 2007	16	87	24	87

### 6.7.2 At 6 weeks

Study ID	SKI306X		Celecoxib	
	Events	Total	Events	Total
Song 2007	29	87	29	87

### 6.8 Participants (n) reported adverse events

Study ID	SKI306X		Celecoxib	
	Events	Total	Events	Total
Song 2007	38	91	36	92

## 7 Salix purpurea x daphnoides (willow bark) versus placebo

### 7.1 Pain VAS 0-100 change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	-8	24	13	-2	27	13

### 7.2 28 tender joint count change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	-1	6.7	13	-2.1	2.8	13

### 7.3 28 swollen joint count change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	-0.7	7.4	13	-1.2	3.2	13

### 7.4 Patient assessment of efficacy VAS 0-100 change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	3	17	13	2	25	13

### 7.5 Physician assessment of efficacy VAS 0-100 change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	8	23	13	-2	16	13

### 7.6 ACR20 responders

Study ID	Willow bark		Placebo	
	Events	Total	Events	Total
Biegert 2004	2	13	1	13

### 7.7 HAQ disability index change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	0	0.3	13	0.1	0.2	13

### 7.8 SF-36 physical component summary score change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	2.6	5.4	13	-1.3	5.8	13

### 7.9 SF-36 mental component summary score change from baseline

Study ID	Willow bark			Placebo		
	Mean	SD	Total	Mean	SD	Total
Biegert 2004	0.6	9	13	-3.3	4.7	13

## 8 Cat's claw versus placebo

### 8.1 Pain VAS 0-100

#### 8.1.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	34.8	0	21	28.1	0	19

#### 8.1.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	1.2	0	21	-1.1	0	19

### 8.2 68 tender joint count

#### 8.2.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	3.6	0	21	6.3	0	19

## 8.2.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	-4.1	0	21	-2	0	19

## 8.3 66 swollen joint count

### 8.3.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	6.1	0	21	5.6	0	19

### 8.3.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	-0.8	0	21	-0.9	0	19

## 8.4 Morning stiffness (0 to 5)

### 8.4.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	1.2	0	21	1.8	0	19

### 8.4.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	-1.1	0	21	-0.5	0	19

## 8.5 Ritchie index

### 8.5.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	2.9	0	21	4.2	0	19

### 8.5.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	-2.6	0	21	-0.4	0	19

## 8.6 Disease activity VAS 0-100

### 8.6.1 At 24 weeks

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	35.3	0	21	33.9	0	19

### 8.6.2 Change from baseline

Study ID	Cat's claw			Placebo		
	Mean	SD	Total	Mean	SD	Total
Mur 2002	-3.6	0	21	-8.5	0	19

## 9 Feverfew versus placebo

### 9.1 Grip strength (mmHg) at 6 weeks

Study ID	Feverfew			Placebo		
	Mean	SD	Total	Mean	SD	Total
Patrick 1989	110	49	20	93	32	20

### 9.2 Participants (n) reported adverse events

Study ID	Feverfew		Placebo	
	Events	Total	Events	Total
Patrick 1989	1	20	1	21

## 10 RA-1 versus placebo

### 10.1 Pain VAS 0-100 change from baseline

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-1.37	2.55	89	-1.18	2.63	93

### 10.2 68 tender joint count change from baseline

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-13.47	16.82	89	-11.61	17.02	93

### 10.3 66 swollen joint count change from baseline

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-9.13	9.57	89	-8.2	9.32	93

**10.4 Modified HAQ (Pune) change from baseline**

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-3.72	7.29	89	-2.67	5.92	93

**10.5 Patient global (1 to 5) change from baseline**

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-0.5	0.93	89	-0.36	0.98	93

**10.6 Physician global (1 to 5) change from baseline**

Study ID	RA-1			Placebo		
	Mean	SD	Total	Mean	SD	Total
Chopra 2000	-0.86	0.89	89	-0.74	1.03	93

**10.7 ACR20 responders**

Study ID	RA-1		Placebo	
	Events	Total	Events	Total
Chopra 2000	39	80	30	85

**10.8 ACR50 responders**

Study ID	RA-1		Placebo	
	Events	Total	Events	Total
Chopra 2000	15	80	5	85

**11 Capsaicin versus placebo****11.1 Pain VAS 0-100 percentage change at 4 weeks**

Study ID	Capsaicin			Placebo		
	Mean	SD	Total	Mean	SD	Total
Deal 1991	-57.2	36.3	14	-32.2	37.2	15

**11.2 Pain (0 to 4) change from baseline at 4 weeks**

Study ID	Capsaicin			Placebo		
	Mean	SD	Total	Mean	SD	Total
Deal 1991	-1	0.97	14	-0.53	0.66	15

**11.3 Physician global (-1 to 3) change from baseline at 4 weeks**

Study ID	Capsaicin			Placebo		
	Mean	SD	Total	Mean	SD	Total
Deal 1991	1.43	1.23	14	0.07	1.05	15

## 12 Tripterygium wilfordii (topical) versus placebo

### 12.1 42 tender joint count at 6 weeks

Study ID	TW topical			Placebo		
	Mean	SD	Total	Mean	SD	Total
Cibere 2003	2.4	2.4	31	0.9	1	30

### 12.2 40 swollen joint count at 6 weeks

Study ID	TW topical			Placebo		
	Mean	SD	Total	Mean	SD	Total
Cibere 2003	6.3	3.9	31	1.9	2.5	30

### 12.3 Grip strength (kPa) at 6 weeks

Study ID	TW topical			Placebo		
	Mean	SD	Total	Mean	SD	Total
Cibere 2003	52	35	31	13	14	30

### 12.4 Morning stiffness (hours) at 6 weeks

Study ID	TW topical			Placebo		
	Mean	SD	Total	Mean	SD	Total
Cibere 2003	1	0.6	31	0.2	0.4	30

### 12.5 ACR20 responders at 6 weeks

Study ID	TW topical		Placebo	
	Events	Total	Events	Total
Cibere 2003	18	31	6	30

## 13 Boswellia serrata versus placebo

### 13.1 Ritchie index pain percentage improvement at 12 weeks

Study ID	Boswellia serrata			Placebo		
	Mean	SD	Total	Mean	SD	Total
Sandler 1998	92	0	18	89	0	19

### 13.2 Participants (n) reported adverse events

Study ID	Boswellia serrata		Placebo	
	Events	Total	Events	Total
Sandler 1998	1	18	3	19