

## Data and analyses

### 1 Capsaicin versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Pain VAS 0-100	3	301	Mean Difference (IV, Fixed, 95% CI)	-7.65 [-12.69, -2.61]
1.1.1 At 3 weeks	2	122	Mean Difference (IV, Fixed, 95% CI)	-6.81 [-14.58, 0.96]
1.1.2 At 4 weeks	2	179	Mean Difference (IV, Fixed, 95% CI)	-8.26 [-14.88, -1.65]
1.2 Percentage change in pain VAS	4	285	Mean Difference (IV, Fixed, 95% CI)	-15.76 [-30.03, -1.49]
1.2.1 At 3 weeks	1	42	Mean Difference (IV, Fixed, 95% CI)	-18.50 [-40.95, 3.95]
1.2.2 At 4 weeks	3	243	Mean Difference (IV, Fixed, 95% CI)	-13.90 [-32.39, 4.59]
1.3 Pain (0 to 4) change from baseline at 4 weeks	1	64	Mean Difference (IV, Fixed, 95% CI)	-0.35 [-0.80, 0.10]
1.4 Physician global (-1 to 3) at 4 weeks	1	64	Mean Difference (IV, Fixed, 95% CI)	0.39 [-0.10, 0.88]

### 2 Avocado/Soybean Unsaponifiables 300mg versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
2.1 Pain VAS 0-100	4		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
2.1.1 At 3 months	2	326	Mean Difference (IV, Fixed, 95% CI)	-10.79 [-14.91, -6.66]
2.1.2 At 6 months	1	162	Mean Difference (IV, Fixed, 95% CI)	-10.40 [-17.20, -3.60]
2.1.3 At 12 months	1	163	Mean Difference (IV, Fixed, 95% CI)	1.00 [-6.58, 8.58]
2.2 Lequesne algofunctional index	4	642	Mean Difference (IV, Fixed, 95% CI)	-1.24 [-1.74, -0.75]
2.2.1 At 3 months	2	317	Mean Difference (IV, Fixed, 95% CI)	-1.78 [-2.49, -1.06]
2.2.2 At 6 months	1	162	Mean Difference (IV, Fixed, 95% CI)	-2.10 [-3.21, -0.99]

2.2.3 At 12 months	1	163	Mean Difference (IV, Fixed, 95% CI)	0.10 [-0.78, 0.98]
2.3 Disability VAS 0-100	1	162	Mean Difference (IV, Fixed, 95% CI)	-13.20 [-20.00, -6.40]
2.4 Daily dose of NSAIDs (diclofenac equivalents)	3	462	Mean Difference (IV, Fixed, 95% CI)	-15.00 [-23.08, -6.93]
2.4.1 At 3 months	2	299	Mean Difference (IV, Fixed, 95% CI)	-28.17 [-39.24, -17.10]
2.4.2 At 12 months	1	163	Mean Difference (IV, Fixed, 95% CI)	0.00 [-11.82, 11.82]
2.5 Days on NSAIDs	2	294	Mean Difference (IV, Fixed, 95% CI)	-5.72 [-8.31, -3.12]
2.6 Cumulative dose of NSAIDs (diclofenac equivalents) over days 45-90	1	152	Mean Difference (IV, Fixed, 95% CI)	-442.00 [-726.67, -157.33]
2.7 Resumption of NSAIDs at day 60	2	315	Risk Ratio (M-H, Fixed, 95% CI)	0.77 [0.56, 1.04]
2.8 Resumption of NSAIDs at end of treatment period	2	315	Risk Ratio (M-H, Fixed, 95% CI)	0.71 [0.57, 0.89]
2.9 Require total hip replacement	1	163	Odds Ratio (M-H, Fixed, 95% CI)	0.90 [0.38, 2.15]
2.10 Pain VAS 0-100 grouped by joint	1	324	Mean Difference (IV, Fixed, 95% CI)	-9.06 [-15.24, -2.88]
2.10.1 VAS (hip OA)	1	162	Mean Difference (IV, Fixed, 95% CI)	-13.80 [-25.22, -2.38]
2.10.2 VAS (knee OA)	1	162	Mean Difference (IV, Fixed, 95% CI)	-7.10 [-14.45, 0.25]
2.11 Participants (n) reported adverse events	4	652	Odds Ratio (M-H, Fixed, 95% CI)	1.04 [0.73, 1.48]

### 3 Avocado/Soybean Unsaponifiables 600mg versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
3.1 Pain VAS 0-100	1	156	Mean Difference (IV, Fixed, 95% CI)	-14.20 [-20.82, -7.58]
3.2 Lequesne algofunctional index	1	156	Mean Difference (IV, Fixed, 95% CI)	-1.30 [-2.38, -0.22]
3.3 Daily dose of NSAIDs (diclofenac equivalents)	1	151	Mean Difference (IV, Fixed, 95% CI)	-28.50 [-48.05, -8.95]

3.4 Days on NSAIDs	1	146	Mean Difference (IV, Fixed, 95% CI)	-8.00 [-11.97, -4.03]
3.5 Participants (n) reported adverse events	1	174	Odds Ratio (M-H, Fixed, 95% CI)	1.09 [0.56, 2.14]

#### 4 Harpaophytum versus diacerhein

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
4.1 Pain VAS 0-100 change from baseline at 120 days	1	92	Mean Difference (IV, Fixed, 95% CI)	-5.10 [-6.52, -3.68]
4.2 Use of analgesics (acetaminophen / caffeine)	1	276	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.2.1 At 30 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.2.2 At 60 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.2.3 At 120 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.3 Use of NSAIDS (diclofenac)	1	276	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.3.1 At 30 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.3.2 At 60 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.3.3 At 120 days	1	92	Mean Difference (IV, Fixed, 95% CI)	Not estimable
4.4 Pain VAS 0-100 change from baseline at 120 days	1		Btw group difference (IV, Fixed, 95% CI)	-5.10 [-13.15, 2.95]

#### 5 Rosa canina versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
5.1 Relief of pain (0 to 4) at 3 months	1	97	Mean Difference (IV, Fixed, 95% CI)	0.43 [-0.12, 0.98]
5.2 Use of analgesics (paracetamol equivalents) at 3 months	1	97	Mean Difference (IV, Fixed, 95% CI)	-99.90 [-175.84, -23.96]
5.3 Relief of joint stiffness (0 to 4)	1	97	Mean Difference (IV, Fixed, 95% CI)	0.37 [-0.17, 0.91]

5.4 WOMAC pain score	1	94	Mean Difference (IV, Fixed, 95% CI)	-2.50 [-10.20, 5.20]
5.5 WOMAC stiffness score	1	94	Mean Difference (IV, Fixed, 95% CI)	1.80 [-7.35, 10.95]
5.6 WOMAC physical function score	1	94	Mean Difference (IV, Fixed, 95% CI)	-1.20 [-8.98, 6.58]
5.7 Patient evaluation of disease activity	1	94	Mean Difference (IV, Fixed, 95% CI)	-4.50 [-17.89, 8.89]
5.8 Participants (n) reported adverse events	2	194	Odds Ratio (M-H, Fixed, 95% CI)	1.76 [0.61, 5.10]
5.9 Participants (n) reported improvement of joint pain	1	96	Odds Ratio (M-H, Fixed, 95% CI)	2.34 [1.03, 5.33]
5.10 Responders (improvement in at least one domain)	1	94	Odds Ratio (M-H, Fixed, 95% CI)	4.24 [1.78, 10.10]

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

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
6.1 WOMAC pain score	2	236	Mean Difference (IV, Fixed, 95% CI)	-4.00 [-14.56, 6.56]
6.1.1 At 14 days	2	152	Mean Difference (IV, Fixed, 95% CI)	Not estimable
6.1.2 At 42 days	1	84	Mean Difference (IV, Fixed, 95% CI)	-4.00 [-14.56, 6.56]
6.2 WOMAC stiffness score	2	236	Mean Difference (IV, Fixed, 95% CI)	0.00 [-10.49, 10.49]
6.2.1 At 14 days	2	152	Mean Difference (IV, Fixed, 95% CI)	Not estimable
6.2.2 At 42 days	1	84	Mean Difference (IV, Fixed, 95% CI)	0.00 [-10.49, 10.49]
6.3 WOMAC physical function score	2	236	Mean Difference (IV, Fixed, 95% CI)	-5.00 [-14.63, 4.63]
6.3.1 At 14 days	2	152	Mean Difference (IV, Fixed, 95% CI)	Not estimable
6.3.2 At 42 days	1	84	Mean Difference (IV, Fixed, 95% CI)	-5.00 [-14.63, 4.63]
6.4 Pain VAS 0-100 at 14 days	1	68	Mean Difference (IV, Fixed, 95% CI)	Not estimable

6.5 Physical function VAS 0-100 at 14 days	1	68	Mean Difference (IV, Fixed, 95% CI)	Not estimable
6.6 Patient assessment of efficacy VAS 0-100	1	168	Mean Difference (IV, Fixed, 95% CI)	1.00 [-9.05, 11.05]
6.6.1 At 14 days	1	84	Mean Difference (IV, Fixed, 95% CI)	Not estimable
6.6.2 At 42 days	1	84	Mean Difference (IV, Fixed, 95% CI)	1.00 [-9.05, 11.05]
6.7 Physician assessment of efficacy VAS 0-100 at 42 days	1	84	Mean Difference (IV, Fixed, 95% CI)	4.00 [-3.54, 11.54]
6.8 WOMAC pain score adjusted for baseline scores	1		Btw group difference (IV, Fixed, 95% CI)	Subtotals only
6.8.1 ITT model	1		Btw group difference (IV, Fixed, 95% CI)	-7.50 [-14.05, -0.95]
6.8.2 Per-protocol model	1		Btw group difference (IV, Fixed, 95% CI)	-8.80 [-14.86, -2.74]

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

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
7.1 WOMAC pain score	1	172	Mean Difference (IV, Fixed, 95% CI)	15.00 [5.91, 24.09]
7.1.1 At 14 days	1	86	Mean Difference (IV, Fixed, 95% CI)	Not estimable
7.1.2 At 42 days	1	86	Mean Difference (IV, Fixed, 95% CI)	15.00 [5.91, 24.09]
7.2 WOMAC stiffness score	1	172	Mean Difference (IV, Fixed, 95% CI)	18.00 [8.06, 27.94]
7.2.1 At 14 days	1	86	Mean Difference (IV, Fixed, 95% CI)	Not estimable
7.2.2 At 42 days	1	86	Mean Difference (IV, Fixed, 95% CI)	18.00 [8.06, 27.94]
7.3 WOMAC physical function scores	1	172	Mean Difference (IV, Fixed, 95% CI)	12.00 [2.70, 21.30]
7.3.1 At 14 days	1	86	Mean Difference (IV, Fixed, 95% CI)	Not estimable
7.3.2 At 42 days	1	86	Mean Difference (IV, Fixed, 95% CI)	12.00 [2.70, 21.30]

7.4 Patient assessment of efficacy VAS 0-100	1	172	Mean Difference (IV, Fixed, 95% CI)	20.00 [10.85, 29.15]
7.4.1 At 14 days	1	86	Mean Difference (IV, Fixed, 95% CI)	Not estimable
7.4.2 At 42 days	1	86	Mean Difference (IV, Fixed, 95% CI)	20.00 [10.85, 29.15]
7.5 Physician assessment of efficacy VAS 0-100 at 42 days	1	86	Mean Difference (IV, Fixed, 95% CI)	12.00 [4.34, 19.66]

## 8 SKI306X versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
8.1 Pain VAS 0-100 change from baseline	1	139	Mean Difference (IV, Fixed, 95% CI)	-17.36 [-22.57, -12.15]
8.1.1 Low dose (200mg) SKI306X	1	47	Mean Difference (IV, Fixed, 95% CI)	-16.10 [-25.19, -7.01]
8.1.2 Medium dose (400mg) SKI306X	1	46	Mean Difference (IV, Fixed, 95% CI)	-14.50 [-23.04, -5.96]
8.1.3 High dose (600mg) SKI306X	1	46	Mean Difference (IV, Fixed, 95% CI)	-22.30 [-31.82, -12.78]
8.2 Lequesne algofunctional index change from baseline	1	139	Mean Difference (IV, Fixed, 95% CI)	-2.73 [-3.71, -1.74]
8.2.1 Low dose (200mg) SKI306X	1	47	Mean Difference (IV, Fixed, 95% CI)	-2.40 [-4.05, -0.75]
8.2.2 Medium dose (400mg) SKI306X	1	46	Mean Difference (IV, Fixed, 95% CI)	-2.80 [-4.62, -0.98]
8.2.3 High dose (600mg) SKI306X	1	46	Mean Difference (IV, Fixed, 95% CI)	-3.00 [-4.68, -1.32]
8.3 Participants (n) reported adverse events	2	139	Odds Ratio (M-H, Fixed, 95% CI)	0.90 [0.40, 2.04]
8.3.1 Low dose (200mg) SKI306X	1	47	Odds Ratio (M-H, Fixed, 95% CI)	0.95 [0.23, 3.83]
8.3.2 Medium dose (400mg) SKI306X	1	46	Odds Ratio (M-H, Fixed, 95% CI)	1.27 [0.33, 4.95]
8.3.3 High dose (600mmg) SKI306X	1	46	Odds Ratio (M-H, Fixed, 95% CI)	0.54 [0.11, 2.59]

## 9 SKI306X versus diclofenac

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
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9.1 Pain VAS 0-100 change from baseline	1	249	Mean Difference (IV, Fixed, 95% CI)	1.31 [-2.78, 5.40]
9.2 Lequesne algofunctional index change from baseline	1	249	Mean Difference (IV, Fixed, 95% CI)	0.77 [0.10, 1.44]
9.3 Participants (n) reported adverse events	1	249	Odds Ratio (M-H, Fixed, 95% CI)	0.52 [0.29, 0.95]

## 10 Phytodolor N versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
10.1 Pain on movement (0 to 3)	1	144	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.1.1 At 4 weeks	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.1.2 Change from baseline	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.2 Enduring pain (0 to 3)	1	144	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.2.1 At 4 weeks	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.2.2 Change from baseline	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.3 Use of NSAIDS (diclofenac)	2	68	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.3.1 Total mg diclofenac for 1 weeks intervention	1	30	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.3.2 Total mg diclofenac for 3 weeks intervention	1	38	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.4 Cumulative dose analgesics (acetaminophen mg) over 3 weeks	1	38	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.5 Use of rescue medication (any type, not standardised)	1	38	Odds Ratio (M-H, Fixed, 95% CI)	0.38 [0.06, 2.23]
10.6 Finger-ground distance (centimeters)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
10.6.1 At 3 weeks	1	38	Mean Difference (IV, Fixed, 95% CI)	3.53 [-26.64, 33.70]
10.6.2 Change from baseline	1	38	Mean Difference (IV, Fixed, 95% CI)	Not estimable

10.7 Mobility limitations (0 to 3)	1	144	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.7.1 At 4 weeks	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.7.2 Change from baseline	1	72	Mean Difference (IV, Fixed, 95% CI)	Not estimable
10.8 Reported adverse events	2	68	Odds Ratio (M-H, Fixed, 95% CI)	Not estimable

## 11 EV.EXT77 (ginger) versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
11.1 WOMAC pain score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.1.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	-4.70 [-11.01, 1.61]
11.1.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.2 WOMAC stiffness score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.2.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	-8.30 [-15.09, -1.51]
11.2.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.3 WOMAC physical function score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.3.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	-5.70 [-11.81, 0.41]
11.3.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.4 WOMAC total score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.4.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	-6.20 [-12.24, -0.16]
11.4.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.5 SF-12 physical component summary score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.5.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	1.60 [-0.79, 3.99]



11.5.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.6 SF-12 mental component summary score	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.6.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	0.40 [-2.27, 3.07]
11.6.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.7 Pain after walking 50 feet VAS 0-100	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.7.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	-9.60 [-16.81, -2.39]
11.7.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.8 Patient global (1 to 5)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
11.8.1 At 4 weeks	1	247	Mean Difference (IV, Fixed, 95% CI)	0.30 [0.06, 0.54]
11.8.2 Change from baseline	1	247	Mean Difference (IV, Fixed, 95% CI)	Not estimable
11.9 Participants (n) reported adverse events (all)	1		Odds Ratio (M-H, Fixed, 95% CI)	Subtotals only
11.10 Daily dose of analgesics (acetaminophen mg) over 6 weeks	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only

## 12 Zintona EC (ginger) versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
12.1 Pain on movement VAS 0-100 at 12 weeks	1	24	Mean Difference (IV, Fixed, 95% CI)	Not estimable
12.2 Handicap VAS 0-100 at 12 weeks	1	24	Mean Difference (IV, Fixed, 95% CI)	Not estimable
12.3 Participants (n) reported adverse events (all)	1	24	Odds Ratio (M-H, Fixed, 95% CI)	3.86 [0.14, 104.65]

## 13 Boswellia-curcumin versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
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13.1 Pain free walking time (minutes)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
13.1.1 At 1 month	1	45	Mean Difference (IV, Fixed, 95% CI)	2.50 [-0.07, 5.07]
13.1.2 At 2 months	1	45	Mean Difference (IV, Fixed, 95% CI)	4.00 [1.31, 6.69]
13.1.3 At 3 months	1	45	Mean Difference (IV, Fixed, 95% CI)	3.50 [0.65, 6.35]
13.2 Pain on passive movement (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
13.2.1 At 3 months	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable
13.2.2 Change from baseline	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable
13.3 Pain on active movement (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
13.3.1 At 3 months	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable
13.3.2 Change from baseline	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable

#### 14 Boswellia serrata versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
14.1 Pain (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
14.1.1 At 8 weeks	1	30	Mean Difference (IV, Fixed, 95% CI)	-2.54 [-2.85, -2.23]
14.1.2 Change from baseline	1	30	Mean Difference (IV, Fixed, 95% CI)	-2.14 [-2.53, -1.75]
14.2 Loss of movement (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
14.2.1 At 8 weeks	1	30	Mean Difference (IV, Fixed, 95% CI)	-2.16 [-2.56, -1.76]
14.2.2 Change from baseline	1	30	Mean Difference (IV, Fixed, 95% CI)	-2.00 [-2.41, -1.59]
14.3 Swelling (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
14.3.1 At 8 weeks	1	30	Mean Difference (IV, Fixed, 95% CI)	Not estimable

14.3.2 Change from baseline	1	30	Mean Difference (IV, Fixed, 95% CI)	-1.30 [-1.99, -0.61]
14.4 Participants (n) reported adverse effects	1	30	Odds Ratio (M-H, Fixed, 95% CI)	5.74 [0.25, 130.37]

## 15 Arnica versus ibuprofen

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
15.1 Pain VAS 0-100	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
15.1.1 At 3 weeks	1	174	Mean Difference (IV, Fixed, 95% CI)	-3.80 [-10.10, 2.50]
15.1.2 Change from baseline	1	174	Mean Difference (IV, Fixed, 95% CI)	-2.70 [-9.50, 4.10]
15.2 28 painful joint count change from baseline	1	174	Mean Difference (IV, Fixed, 95% CI)	-0.50 [-1.64, 0.64]
15.3 Intensity of morning stiffness (1 to 5) change from baseline	1	174	Mean Difference (IV, Fixed, 95% CI)	0.10 [-0.18, 0.38]
15.4 Duration of morning stiffness (1 to 5) change from baseline	1	174	Mean Difference (IV, Fixed, 95% CI)	-0.10 [-0.46, 0.26]
15.5 Hand algofunctional index (0 to 3)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
15.5.1 At 3 weeks	1	174	Mean Difference (IV, Fixed, 95% CI)	-0.40 [-1.75, 0.95]
15.5.2 Change from baseline	1	174	Mean Difference (IV, Fixed, 95% CI)	0.30 [-0.70, 1.30]
15.6 Cumulative dose of analgesics (acetaminophen mg) over 3 weeks	1	174	Mean Difference (IV, Fixed, 95% CI)	-25.00 [-1066.47, 1016.47]
15.7 Participants (n) reported adverse events	1	204	Odds Ratio (M-H, Fixed, 95% CI)	1.75 [0.70, 4.37]

## 16 Cat's claw versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
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16.1 Pain at night (assumed VAS 0-10)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
16.1.1 At 4 weeks	1	45	Mean Difference (IV, Fixed, 95% CI)	-1.11 [-2.64, 0.42]
16.1.2 Change from baseline	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable
16.2 Pain at rest (assumed VAS 0-10)	1		Mean Difference (IV, Fixed, 95% CI)	Subtotals only
16.2.1 At 4 weeks	1	45	Mean Difference (IV, Fixed, 95% CI)	-0.52 [-2.02, 0.98]
16.2.2 Change from baseline	1	45	Mean Difference (IV, Fixed, 95% CI)	Not estimable
16.3 Participants (n) reported adverse events	1	45	Odds Ratio (M-H, Fixed, 95% CI)	2.00 [0.46, 8.75]

## 17 Comfrey versus placebo

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
17.1 Pain at rest VAS 0-100 change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.2 Pain on movement VAS 0-100 change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.3 WOMAC pain score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.4 WOMAC stiffness score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.5 WOMAC physical function score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.6 WOMAC total score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.7 SF-36 physical component summary score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.8 SF-36 mental component summary score change from baseline	1	220	Mean Difference (IV, Fixed, 95% CI)	Not estimable
17.9 Participants (n) reported adverse events	1	220	Odds Ratio (M-H, Fixed, 95% CI)	0.43 [0.17, 1.10]

**18 Reumalex versus placebo**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
18.1 AIMS2 arthritis pain score change from baseline	1	52	Mean Difference (IV, Fixed, 95% CI)	-0.89 [-1.73, -0.05]
18.2 AIMS2 arthritis pain score change from extended baseline	1	52	Mean Difference (IV, Fixed, 95% CI)	-1.04 [-1.95, -0.13]
18.3 Modified Ritchie score change from baseline	1	52	Mean Difference (IV, Fixed, 95% CI)	-0.59 [-2.90, 1.72]

**19 DJW versus diclofenac**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
19.1 Pain VAS 0-100 (total)	1	200	Mean Difference (IV, Fixed, 95% CI)	11.81 [-9.67, 33.29]
19.2 Pain VAS 0-100 (standing)	1	200	Mean Difference (IV, Fixed, 95% CI)	4.03 [-1.16, 9.22]
19.3 Pain VAS 0-100 (walking)	1	200	Mean Difference (IV, Random, 95% CI)	3.75 [-1.40, 8.90]
19.4 Pain VAS 0-100 (at rest)	1	200	Mean Difference (IV, Fixed, 95% CI)	0.84 [-2.91, 4.59]
19.5 Pain VAS 0-100 (stairs)	1	200	Mean Difference (IV, Fixed, 95% CI)	2.58 [-3.13, 8.29]
19.6 Pain VAS 0-100 (night)	1	200	Mean Difference (IV, Fixed, 95% CI)	0.62 [-3.50, 4.74]
19.7 Stiffness VAS 0-100 (total)	1	200	Mean Difference (IV, Fixed, 95% CI)	0.16 [-10.23, 10.55]
19.8 Stiffness VAS 0-100 (post rest)	1	200	Mean Difference (IV, Fixed, 95% CI)	0.72 [-5.34, 6.78]
19.9 Stiffness VAS 0-100 (morning)	1	200	Mean Difference (IV, Fixed, 95% CI)	-0.56 [-5.42, 4.30]
19.10 Lequesne algofunctional index	1	200	Mean Difference (IV, Fixed, 95% CI)	0.28 [-0.89, 1.45]
19.11 Stair climb time	1	200	Mean Difference (IV, Fixed, 95% CI)	0.32 [-0.91, 1.55]