Identification
Screening
Eligibility
Included
Records identified through database searching
1. PubMed (n=1133),
2. Medline (EBSCO) (n=2399)
Overall retrieved (n=3532)
Additional records identified through other sources
Additional Known Sources (n=6)
Records after duplicates removed (n=1417)
Duplicates (n=2115)
Records screened (n=1417)
Records excluded: reviews, editorials, magazines, and conferences (n=387)
Full-text articles assessed for eligibility (n=1030)
Full-text articles excluded: Not included link between caffeine and exercise/physical performance, genetic sequencing and habitual caffeine consumption, caffeine consumption and mood change (n=1010)
Studies included in quantitative synthesis (n=20),
Studies included through known sources (n=6)
Overall studies included (n=26)