

Supplementary

Appendix 1 Risk of bias assessments

Risk of bias assessment (Cochrane Risk of Bias)

Reference	Selection		Performance	Detection	Attrition	Reporting
	Randomization	Allocation concealment	Blinding -participants and personnel	Blinding – AMD outcome	Incomplete outcome data	Selective reporting
Bucheli <i>et al.</i> (2011)	Low	Low	Low	Low	Low	Low
Li <i>et al.</i> (2018)	Low	Unclear	Unclear	Unclear	Low	Low
Peng <i>et al.</i> (2016)	Unclear	Unclear	Unclear	Unclear	Low	Low

Risk of bias assessment (ROBINS-I)

Reference	Confounding	Selection of Participants	Classification of Intervention	Deviation from Intended Intervention	Missing Data	Measurement of Outcomes	Selection of the Reported Result	Overall Risk of Bias
Li <i>et al.</i> (2021)	Moderate	Low	Low	Moderate	Low	Moderate	Low	Low
Sesso <i>et al.</i> (2024)	Low	Low	Low	Unclear	Low	Low	Low	Low

Appendix 2 Search strategy for MEDLINE via Ovid MEDLINE via Ovid

Set	Search Statement
1.	exp Geographic Atrophy/
2.	(atrophies, geographic or atrophy, geographic or degeneration, dry macular or degenerations, dry macular or dry macular degeneration or dry macular degenerations or geographic atrophies or geographic atrophy or macular degeneration, dry or macular degenerations, dry).ab,kf,ti.
3.	exp Choroidal neovascular membrane/
4.	(choroid neovascularization or choroid neovascularizations or choroidal neovascularization or choroidal neovascularizations or neovascularization, choroid or neovascularization, choroidal).ab,kf,ti.
5.	exp GA/
6.	exp CNVM/
7.	exp ArMD/
8.	exp AMD/
9.	exp Choroidal Neovascularization/
10.	(choroid neovascularization or choroid neovascularizations or choroidal neovascularization or choroidal neovascularizations or neovascularization, choroid or neovascularization, choroidal).ab,kf,ti.
11.	exp Macular Degeneration/
12.	(age related macular degeneration or age related maculopathies or age related maculopathy or age-related macular degenerations or degeneration, macular or dystrophy, macular or macular degeneration or macular degeneration, age related or macular degenerations or macular dystrophies or macular dystrophy or maculopathies or maculopathies, age-related or maculopathy or maculopathy, age related).ab,kf,ti.
13.	exp Retinal Neovascularization/

Appendix 2 (continued)

Appendix 2 (continued)

Set	Search Statement
14.	(disk neovascularization, optic or neovascularization, optic disc or neovascularization, optic disk or neovascularization, retinal or neovascularization, sea fan or optic disc neovascularization or optic disc neovascularizations or optic disk neovascularization or optic disk neovascularizations or retinal neovascularization or sea fan neovascularization or sea fan neovascularizations).ab,kf,ti.
15.	exp Macula Lutea/
16.	(lutea, macula or luteas, macula or macula lutea or macula luteas).ab,kf,ti.
17.	exp Retinal Degeneration/
18.	(degeneration, retinal or degenerations, retinal or retinal degeneration or retinal degenerations).ab,kf,ti.
19.	exp Choroid/
20.	(choriocapillaris or choroid or choroids or haller layer or haller's layer or sattler layer or sattler's layer).ab,kf,ti.
21.	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20
22.	goji berries.ab,kf,ti.
23.	exp Lycium/
24.	(berries, goji or berry, goji or berry plant, goji or berry plants, goji or goji berries or goji berry or goji berry plant or goji berry plants or lycium or lycium barbarum or lycium chinense or plant, goji berry or plants, goji berry or wolfberries or wolfberry or txid112863 or txid112883 or txid24646).ab,kf,ti.
25.	(blueberr* or blue berr*).ab,kf,ti.
26.	Vaccinium angustifolium.ab,kf,ti.
27.	exp Blueberry Plants/
28.	(blueberries or blueberry or blueberry plant or blueberry plants or plant, blueberry or plants, blueberry or vaccinium angustifolium or vaccinium ashei or vaccinium corymbosum or vaccinium uliginosum or vaccinium virgatum or txid1493660 or txid190548 or txid472369 or txid69266).ab,kf,ti.
29.	22 or 23 or 24 or 25 or 26 or 27 or 28
30.	21 and 29
31.	limit 30 to humans
