

reviews that could be arbitrarily judged as narrative with extensive flaws (a score of 1 or below), e.g. De Jonghe et al. [71], may include information about the number of primary studies and total sample size, i.e. 9/330. On the other hand, reviews that had no flaws (a score of 6–9) may not have that information, e.g. Liira et al. [38]. Taken together, these limitations reduce the conclusiveness of our findings, making them prone to criticism.

Conclusions

Despite the abundance of evidence, more systematic research is needed to understand and establish the connection between MLT and specific aspects of health, potentially as a function of important lifestyle choices.



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