**Supplement Table 1**: Electronic search strategies.

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| **Database** | **Search strategy** |
| MEDLINE via PubMed  (searched on 2/8/2018 and 2/10/2019) limited to English language and Humans | (Herbal supplement\* or dietary supplement\* or nutraceutical\* or vitamin\* or multivitamin\* or perilla oil or longovital or camel thorn or zinc sulphate or beta-glucan or bee-propolis or “drugs, chinese herbal” [Mesh] or “plant extracts” [Mesh] or “dietary supplements” [Mesh] or honey or “complementary therapies” [Mesh] or aloe vera or myrrh or “sapogenins/therapeutic use”[MAJR] or medicinal plants or “plants, medicinal” [Mesh]) and (recurrent aphthous stomatitis or recurrent aphthous ulcer\* or “stomatitis, aphthous” [Mesh]) |
| The Web of Science  (searched on 2/8/2018 and 2/10/2019) | Topic: (Herbal supplement\* or dietary supplement\* or nutraceutical\* or vitamin\* or multivitamin\* or perilla oil or longovital or camel thorn or zinc sulphate or beta-glucan or bee-propolis or plant extract\* or chinese herbal or honey or complementary therapies or aloe vera or myrrh or medicinal plant\*) and topic: (recurrent aphthous stomatitis or recurrent aphthous ulcer\*) |
| The Cochrane Library  (searched on 2/8/2018 and 2/10/2019) | #1. (Herbal supplement\* or dietary supplement\* or nutraceutical\* or vitamin\* or multivitamin\* or perilla oil or longovital or camel thorn or zinc sulphate or beta-glucan or bee-propolis or plant extract\* or chinese herbal or honey or complementary therapies or aloe vera or myrrh or medicinal plant\*)  #2. (Recurrent aphthous stomatitis or recurrent aphthous ulcer\*)  #3. #1 and #2 |
| EMBASE  (searched on 2/8/2018 and 2/10/2019) | #1. ‘Herbaceous agent’ or ‘nutraceutical’ or ‘dietary supplement’ or ‘chinese drug’ or ‘chinese herb’ or ‘vitamin’ or ‘plant extract’ or ‘alternative medicine’ or ‘medicinal plant’ or (perilla and oil) or logovital or (camel and thorn) or (zinc and sulphate) or ‘beta glucan’ or ‘bee propolis’ or honey or (aloe and vera) or myrrh  #2. ‘aphthous stomatitis’  #3. #1 and #2  #4. #3 and (‘clinical trial’/de or ‘controlled clinical trial’/de or ‘double blind procedure’/de or ‘evidence based medicine’/de or ‘major clinical study’/de or ‘randomized controlled trial’/de or ‘randomized controlled trial (topic)’/de or ‘systematic review’/de) |