Date: August 13, 2025

Table S2. Search strategies and numbers of records retrieved from PubMed, Web of Science, and Scopus

(A) PubMed

No.	Search strategy	No. of articles
#1	"N-acetyl-5-methoxytryptamine"[Title/Abstract] OR "Melatonin"[Title/Abstract] OR "Melatonin"[MeSH Terms]	35,193
#2	"Intervention"[Title/Abstract] OR "Intervention Study"[Title/Abstract] OR "Intervention Studies"[Title/Abstract] OR "controlled trial"[Title/Abstract] OR "randomized"[Title/Abstract] OR "randomized"[Title/Abstract] OR "random"[Title/Abstract] OR "randomly"[Title/Abstract] OR "placebo"[Title/Abstract] OR "clinical trial"[Title/Abstract] OR "Trial"[Title/Abstract] OR "randomized controlled trial"[Title/Abstract] OR "randomized clinical trial"[Title/Abstract] OR "RCT"[Title/Abstract] OR "blinded"[Title/Abstract] OR "double blind"[Title/Abstract] OR "double blinded"[Title/Abstract] OR "Trial"[Title/Abstract] OR "clinical trial"[Title/Abstract] OR "trials"[Title/Abstract] OR "Pragmatic Clinical Trial"[Title/Abstract] OR "Cross-Over Studies"[Title/Abstract] OR "Cross-Over"[Title/Abstract] OR "Cross-Over Study"[Title/Abstract] OR "parallel"[Title/Abstract] OR "parallel study"[Title/Abstract] OR "parallel trial"[Title/Abstract]	3,488,836
#3	#1 AND #2	4,949

(B) Web of Science

No.	Search strategy	No. of articles
#1	TS= ("N-acetyl-5-methoxytryptamine" OR "Melatonin")	51,441
#2	TS=("Intervention" OR "Intervention Study" OR "Intervention Studies" OR "controlled trial" OR "randomized" OR "randomized" OR "random" OR "randomly" OR "placebo" OR "clinical trial" OR "Trial" OR "randomized controlled trial" OR "randomized clinical trial" OR "RCT" OR "blinded" OR "double blind" OR "double blinded" OR "trial" OR "clinical trial" OR "trials" OR "Pragmatic Clinical Trial" OR "Cross-Over Studies" OR "Cross-Over" OR "Cross-Over Study" OR "parallel" OR "parallel study" OR "parallel trial")	6,094,018
#3	#1 AND #2	7,626

(C) Scopus

No.	Search strategy	No. of articles
#1	TITLE-ABS-KEY ("N-acetyl-5-methoxytryptamine" OR "Melatonin")	38,441
#2	TITLE-ABS-KEY ("Intervention") OR TITLE-ABS-KEY ("Intervention Study") OR TITLE-ABS-KEY ("Intervention Studies") OR TITLE-ABS-KEY ("controlled trial") OR TITLE-ABS-KEY ("randomized") OR TITLE-ABS-KEY ("random") OR TITLE-ABS-KEY ("randomly") OR TITLE-ABS-KEY ("placebo") OR TITLE-ABS-KEY ("clinical trial") OR TITLE-ABS-KEY ("Trial") OR TITLE-ABS-KEY ("randomized controlled trial") OR TITLE-ABS-KEY ("randomized clinical trial") OR TITLE-ABS-KEY ("RCT") OR TITLE-ABS-KEY ("blinded") OR TITLE-ABS-KEY ("double blind") OR TITLE-ABS-KEY ("clinical trial") OR TITLE-ABS-KEY ("trial") OR TITLE-ABS-KEY ("Pragmatic Clinical Trial") OR TITLE-ABS-KEY ("Cross-Over Studies") OR TITLE-ABS-KEY ("Cross-Over") OR TITLE-ABS-KEY ("Cross-Over Study") OR TITLE-ABS-KEY ("parallel") OR TITLE-ABS-KEY ("parallel study") OR TITLE-ABS-KEY ("parallel trial")	4,898,913
#3	#1 AND #2	5,336