Add File 1. PRISMA 2020 checklist (Page et al. 2021), indicating where each reporting item is addressed.

Table 1. This PRISMA 2020 checklist (Page et al. 2021, BMJ 372:n71) indicates where each reporting item is addressed in the manuscript and its Additional Files. Item descriptions are abbreviated from the PRISMA 2020 statement, the full wording of which is available at prisma-statement.org; locations are given by manuscript section. Items marked "Not applicable" reflect the review's narrative synthesis design, which did not involve a meta-analysis or a formal certainty (GRADE) assessment.

Section / topic	Item	Checklist item (PRISMA 2020; abbreviated)	Location reported
TITLE			
Title	**1**	Identify the report as a systematic review.	Title page
ABSTRACT			
Abstract	**2**	Provide a structured summary (see the PRISMA 2020 for Abstracts checklist).	Abstract
INTRODUCTION			
Rationale	**3**	Describe the rationale for the review in the context of existing knowledge.	Introduction
Objectives	**4**	State the objectives or questions the review addresses.	Introduction (aims and objectives)
METHODS			
Eligibility criteria	**5**	Specify the inclusion and exclusion criteria and how studies were grouped for synthesis.	Methods: Eligibility Criteria
Information sources	**6**	Specify all databases, registers, and other sources searched, with the last search date for each.	Methods: Search Strategy and Databases; Additional File 2
Search strategy	**7**	Present the full search strategy for every source, including any filters and limits.	Methods: Search Strategy and Databases; Additional File 2
Selection process	**8**	Describe how eligibility was decided, the number of reviewers, their independence, and any automation.	Methods: Screening, Data Extraction, and Quality Assessment
Data collection process	**9**	Describe how data were collected, the number of reviewers, their independence, and any automation.	Methods: Screening, Data Extraction, and Quality Assessment
Data items	**10a**	List and define all outcomes for which data were sought and how results were selected.	Methods: Screening, Data Extraction, and Quality Assessment; Data Synthesis
	10b	List and define all other variables for which data were sought and any assumptions about missing information.	Methods: Taxonomic Framework and Conservation Status Verification; and Screening, Data Extraction, and Quality Assessment

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Section / topic	Item	Checklist item (PRISMA 2020; abbreviated)	Location reported
Study risk of bias assessment	**11**	Specify the methods and tools used to assess risk of bias / study quality, the reviewers, and their independence.	Methods: Screening, Data Extraction, and Quality Assessment; Additional File 3
Effect measures	**12**	Specify the effect measure(s) used in the synthesis or presentation of results.	Not applicable (narrative synthesis; no pooled effect measures)
Synthesis methods	**13a**	Describe how studies were grouped for each synthesis.	Methods: Data Synthesis
	13b	Describe methods used to prepare the data for synthesis.	Methods: Data Synthesis
	13c	Describe methods used to tabulate or visually display results.	Methods: Data Synthesis; Results (tables and figures)
	13d	Describe methods used to tabulate or visually display results.	Methods: Data Synthesis; Results (tables and figures)
	13e	Describe methods used to explore heterogeneity.	Not applicable (no meta-analysis)
	13f	Describe sensitivity analyses.	Not applicable (no meta-analysis)
Reporting bias assessment	**14**	Describe methods to assess risk of bias due to missing results in a synthesis.	Not applicable (narrative synthesis); addressed qualitatively in Discussion (limitations)
Certainty assessment	**15**	Describe methods to assess certainty in the body of evidence for an outcome.	Not applicable (no GRADE); evidence limitations addressed in Discussion
RESULTS			
Study selection	**16a**	Report the numbers of records screened, assessed, and included, ideally with a flow diagram.	Results: Literature Search and Study Selection; Figure 1
	16b	Cite studies that appeared to meet the criteria but were excluded, and give the reasons.	Results: Literature Search and Study Selection; Figure 1

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Study characteristics	**17**	Cite each included study and present its characteristics.	Results: Table 2 (species characteristics) and Table 3 (pharmacological and phytochemical evidence)
Risk of bias in studies	**18**	Present the risk-of-bias / quality assessment for each included study.	Results: Literature Search and Study Selection; Additional File 3
Results of individual studies	**19**	Present each study's summary statistics and, where relevant, effect estimates.	Results: Table 3 and Figure 3 (bioactivity breadth)
Results of syntheses	**20a**	For each synthesis, summarize the contributing studies and their risk of bias.	Results
	20b	Present the results of each synthesis.	Results (all subsections)
	20c	Present results of any investigation of heterogeneity.	Not applicable (no meta-analysis)
	20d	Present results of any sensitivity analyses.	Not applicable (no meta-analysis)
Reporting biases	**21**	Present assessments of risk of bias due to missing results.	Not applicable; addressed in Discussion (limitations)
Certainty of evidence	**22**	Present certainty (confidence) assessments for each outcome.	Discussion (limitations)
DISCUSSION			
Discussion	**23a**	Provide a general interpretation of the results in the context of other evidence.	Discussion
	23b	Discuss any limitations of the evidence included in the review.	Discussion (limitations)
	23c	Discuss any limitations of the review processes used.	Discussion (limitations)
	23d	Discuss implications for practice, policy, and future research.	Discussion; Conclusions
OTHER INFORMATION			

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Section / topic	Item	Checklist item (PRISMA 2020; abbreviated)	Location reported
Registration and protocol	**24a**	Provide registration information (name and number) or state that the review was not registered.	Methods: Review Design and Reporting Framework (review not registered)
	24b	Indicate where the review protocol can be accessed, or state that none was prepared.	Not applicable (no registered protocol)
	24c	Describe and explain any amendments to the registered or protocol information.	Not applicable
Support	**25**	Describe sources of financial or non-financial support and the role of funders.	Not reported in the current version; **Funding declaration**
Competing interests	**26**	Declare any competing interests of the authors.	Conflicts of Interest
Availability of data, code and other materials	**27**	Report whether data, analytic code, and other materials are publicly available and where.	Data Availability; Additional Files 1-3