

**Table S1.** Search terms

<b>PubMed</b>
("flax" OR "flaxseed" OR "linseed" OR "lignan" OR " <i>Linum usitatissimum</i> ") AND ("blood pressure" OR "systolic blood pressure" OR "diastolic blood pressure" OR "hypertension" OR "cardiovascular disease")
<b>Scopus</b>
("flax" OR "flaxseed" OR "linseed" OR "lignan" OR " <i>Linum usitatissimum</i> ") AND ("blood pressure" OR "systolic blood pressure" OR "diastolic blood pressure" OR "hypertension" OR "cardiovascular disease"):ti,ab,kw
<b>Web of Science</b>
#1. TS = (flax OR flaxseed OR linseed OR lignan OR <i>Linum usitatissimum</i> ) #2. TS = (blood pressure OR systolic blood pressure OR diastolic blood pressure OR hypertension OR cardiovascular disease) #3. #1 AND #2
<b>Cochrane Library</b>
#1 flax OR flaxseed OR linseed OR lignan OR <i>Linum usitatissimum</i> : ti,ab,kw #2 blood pressure OR systolic blood pressure OR diastolic blood pressure OR hypertension OR cardiovascular disease): ti,ab,kw