



Figure S1. PRISMA flow diagram of literature search and selection for inclusion in the present narrative review (adapted from: The PRISMA 2020 statement: an updated guideline for reporting systematic reviews, BMJ 2021; 372 doi: <https://doi.org/10.1136/bmj.n71>). All the included studies are research articles. Excluded reports are irrelevant to the aim of the present review (N=3) or are reviews (N=8). After full text evaluation 4 more articles were excluded because of the following features: 1) copy of an included article [91] published on a different journal (N=1), 2) use of a delivery system of EGCG (N=2), 3) autophagy is marginally mentioned (N=1).