Study or Subgroup	Whey Protein Mean	Whey Protein SD	Whey Protein Total	Comparator Mean	Comparator SD	Comparator Total	Weight	Mean Difference IV, Random, 95% CI	Year
Sohrabi 2016	-0.34	0.87	23	0.06	0.34	23	42.5%	-0.40 [-0.78, -0.02]	2016
Bumrungpert 2018	1.6	0.8	23	2.2	12.2	19	1.9%	-0.60 [-6.10, 4.90]	2018
Rakvaag 2019	-0.23	4.11	15	0.01	1.98	16	9.3%	-0.24 [-2.54, 2.06]	2019
Derosa 2020	0.3	0.44	59	-0.2	0.46	58	46.3%	0.50 [0.34, 0.66]	2020
Total (95% CI)			**120**			**116**	**100.0%**	**0.03 [-0.75, 0.81]**	

Heterogeneity: Tau² = 0.34; Chi² = 18.43, df = 3 (P = 0.0004); I² = 84%

Test for overall effect: Z = 0.07 (P = 0.94)