Study or Subgroup	Soy Protein Mean	Soy Protein SD	Soy Protein Total	Comparator Mean	Comparator SD	Comparator Total	Weight	Mean Difference IV, Random, 95% CI
6.1.1 Soy protein age <60 years								
Charles 2009	0.06	0.22	32	-0.05	0.1	43	63.1%	0.11 [0.03, 0.19]
Christie 2010	-0.07	0.29	17	0.12	2.78	16	3.1%	-0.19 [-1.56, 1.18]
Subtotal (95% CI)			**49**			**59**	**66.2%**	**0.11 [0.03, 0.19]**
Heterogeneity: Tau² = 0.00; Chi² = 0.18, df = 1 (P = 0.67); I² = 0%								
Test for overall effect: Z = 2.61 (P = 0.009)								
6.1.2 Soy protein age ≥60 years								
Fanti 2006	-3.7	13.14	15	10.5	43.27	10	0.0%	-14.20 [-41.83, 13.43]
Napora 2011	-0.4	0.62	17	-0.2	0.14	16	33.8%	-0.20 [-0.50, 0.10]
Subtotal (95% CI)			**32**			**26**	**33.8%**	**-0.20 [-0.50, 0.10]**
Heterogeneity: Tau² = 0.00; Chi² = 0.99, df = 1 (P = 0.32); I² = 0%								
Test for overall effect: Z = 1.31 (P = 0.19)								
Total (95% CI)			**81**			**85**	**100.0%**	**-0.01 [-0.25, 0.24]**
Heterogeneity: Tau² = 0.02; Chi² = 4.94, df = 3 (P = 0.18); I² = 39%								
Test for overall effect: Z = 0.04 (P = 0.97)								
Test for subgroup differences: Chi² = 3.77, df = 1 (P = 0.05), I² = 73.5%								