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
1.1.1 Whey protein <30 g/d									
Laviolette 2010	0.1	1.45	12	2.2	5.28	10	0.8%	-2.10 [-5.47, 1.27]	2010
Rondanelli 2016	-0.19	1.58	69	0.44	1.8	61	14.1%	-0.63 [-1.22, -0.04]	2016
Stojkovic 2017	0.6	0.3	38	0.5	0.2	46	29.6%	0.10 [-0.01, 0.21]	2017
Subtotal (95% CI)			**119**			**117**	**44.4%**	**-0.29 [-1.01, 0.43]**	
Heterogeneity: Tau² = 0.24; Chi² = 7.35, df = 2 (P = 0.03); I² = 73%									
Test for overall effect: Z = 0.79 (P = 0.43)									
1.1.2 Whey protein ≥30 g/d									
Weinheimer 2012	0.3	2.47	26	-0.6	6.33	70	2.6%	0.90 [-0.86, 2.66]	2012
Duff 2014	0.4	2.05	21	0.1	2.94	19	3.2%	0.30 [-1.29, 1.89]	2014
Fekete 2016	-0.11	0.2	38	0.18	0.2	38	30.0%	-0.29 [-0.38, -0.20]	2016
Fernandes 2018	-0.3	1.31	16	-0.3	1.85	16	5.8%	0.00 [-1.11, 1.11]	2018
Nabuco 2019	0.7	0.65	13	-0.4	1.93	13	5.9%	1.10 [-0.01, 2.21]	2019
Bo 2019	-0.43	3.93	30	3.75	24.18	30	0.1%	-4.18 [-12.95, 4.59]	2019
Kirk 2021	0.69	1.58	22	0.95	1.7	29	8.0%	-0.26 [-1.16, 0.64]	2021
Subtotal (95% CI)			**166**			**215**	**55.6%**	**0.03 [-0.43, 0.49]**	
Heterogeneity: Tau² = 0.12; Chi² = 9.25, df = 6 (P = 0.16); I² = 35%									
Test for overall effect: Z = 0.12 (P = 0.91)									
Total (95% CI)			**285**			**332**	**100.0%**	**-0.09 [-0.39, 0.21]**	
Heterogeneity: Tau² = 0.07; Chi² = 39.86, df = 9 (P < 0.00001); I² = 77%									
Test for overall effect: Z = 0.59 (P = 0.55)									
Test for subgroup differences: Chi² = 0.53, df = 1 (P = 0.47), I² = 0%									