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
3.1.1 Whey protein <30 g/d									
Laviolette 2010	-0.1	0.96	12	0.2	2.08	10	4.9%	-0.30 [-1.70, 1.10]	2010
Sohrabi 2016	-3.96	14.25	23	2.77	4.8	23	0.3%	-6.73 [-12.88, -0.58]	2016
Stojkovic 2017	0.3	0.1	38	0.2	0.2	46	17.4%	0.10 [0.03, 0.17]	2017
Ahmadi 2020	-3.33	6.41	23	2.1	11.77	21	0.4%	-5.43 [-11.10, 0.24]	2020
Derosa 2020	-0.05	0.51	59	-0.2	0.66	58	16.5%	0.15 [-0.06, 0.36]	2020
Biesek 2021	-0.8	0.8	11	0.3	1.1	9	8.9%	-1.10 [-1.96, -0.24]	2021
Subtotal (95% CI)			**166**			**167**	**48.5%**	**-0.08 [-0.43, 0.26]**	
Heterogeneity: Tau² = 0.07; Chi² = 16.37, df = 5 (P = 0.006); I² = 69%									
Test for overall effect: Z = 0.48 (P = 0.63)									
3.1.2 Whey protein ≥30 g/d									
Bohl 2015	1.06	0.38	13	0.94	0.3	13	16.0%	0.12 [-0.14, 0.38]	2015
Fekete 2016	-0.11	0.1	38	0.04	0.1	38	17.5%	-0.15 [-0.19, -0.11]	2016
Bo 2019	-0.45	1.33	30	-1.23	17.2	30	0.3%	0.78 [-5.39, 6.95]	2019
Nabuco 2019	-1.2	0.83	13	-0.3	1.23	13	9.5%	-0.90 [-1.71, -0.09]	2019
Kirk 2021	0.24	1.5	23	1.18	5.16	29	2.9%	-0.94 [-2.92, 1.04]	2021
Mizubuti 2021	0.56	3.79	35	10.96	1.3	40	5.3%	-10.40 [-11.72, -9.08]	2021
Subtotal (95% CI)			**152**			**163**	**51.5%**	**-2.15 [-3.41, -0.89]**	
Heterogeneity: Tau² = 1.87; Chi² = 240.09, df = 5 (P < 0.00001); I² = 98%									
Test for overall effect: Z = 3.34 (P = 0.0008)									
Total (95% CI)			**318**			**330**	**100.0%**	**-0.79 [-1.15, -0.42]**	
Heterogeneity: Tau² = 0.20; Chi² = 297.89, df = 11 (P < 0.00001); I² = 96%									
Test for overall effect: Z = 4.22 (P < 0.0001)									
Test for subgroup differences: Chi² = 9.60, df = 1 (P = 0.002), I² = 89.6%									