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
2.1.1 Whey protein <30 g/d									
Ahmadi 2020	-6.44	7.21	23	-2.66	8.31	21	0.1%	-3.78 [-8.40, 0.84]	2020
Derosa 2020	-0.4	0.52	59	-0.1	0.41	58	26.0%	-0.30 [-0.47, -0.13]	2020
Subtotal (95% CI)			**82**			**79**	**26.1%**	**-1.24 [-4.28, 1.79]**	
Heterogeneity: Tau² = 3.28; Chi² = 2.18, df = 1 (P = 0.14); I² = 54%									
Test for overall effect: Z = 0.80 (P = 0.42)									
2.1.2 Whey protein ≥30 g/d									
Fekete 2016	0.01	0.1	38	0.05	0.1	38	40.0%	-0.04 [-0.08, 0.00]	2016
Nabuco 2019	-1.3	0.89	13	-0.6	1.88	13	1.5%	-0.70 [-1.83, 0.43]	2019
Rakvaag 2019	-0.14	0.22	15	-0.11	0.24	16	26.9%	-0.03 [-0.19, 0.13]	2019
Bo 2019	-0.14	1.3	30	-0.35	1.37	30	3.9%	0.21 [-0.47, 0.89]	2019
Mizubuti 2021	-3.1	21	35	-0.07	1.38	40	0.0%	-3.03 [-10.00, 3.94]	2021
Kirk 2021	-0.55	2.49	23	-0.38	1.32	29	1.5%	-0.17 [-1.30, 0.96]	2021
Subtotal (95% CI)			**154**			**166**	**73.9%**	**-0.04 [-0.08, 0.00]**	
Heterogeneity: Tau² = 0.00; Chi² = 2.61, df = 5 (P = 0.76); I² = 0%									
Test for overall effect: Z = 1.79 (P = 0.07)									
Total (95% CI)			**236**			**245**	**100.0%**	**-0.11 [-0.25, 0.03]**	
Heterogeneity: Tau² = 0.01; Chi² = 13.62, df = 7 (P = 0.06); I² = 49%									
Test for overall effect: Z = 1.55 (P = 0.12)									
Test for subgroup differences: Chi² = 0.61, df = 1 (P = 0.44), I² = 0%									