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
Fekete 2016	0.01	0.1	38	0.05	0.1	38	42.5%	-0.04 [-0.08, 0.00]	2016
Rakvaag 2019	-0.14	0.22	15	-0.11	0.24	16	26.3%	-0.03 [-0.19, 0.13]	2019
Bo 2019	-0.14	1.3	30	-0.35	1.37	30	3.4%	0.21 [-0.47, 0.89]	2019
Nabuco 2019	-1.3	0.89	13	-0.6	1.88	13	1.3%	-0.70 [-1.83, 0.43]	2019
Derosa 2020	-0.4	0.52	59	-0.1	0.41	58	25.3%	-0.30 [-0.47, -0.13]	2020
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	1.3%	-0.17 [-1.30, 0.96]	2021
Total (95% CI)			**213**			**224**	**100.0%**	**-0.11 [-0.23, 0.02]**	

Heterogeneity: Tau² = 0.01; Chi² = 11.12, df = 6 (P = 0.08); I² = 46%

Test for overall effect: Z = 1.61 (P = 0.11)