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	Year
5.1.1 Soy protein ≤8 weeks									
Fanti 2006	0.05	6.2	15	-3.5	9.49	10	0.0%	3.55 [-3.12, 10.22]	2006
Ma 2011	-0.32	0.14	45	-0.22	0.11	45	34.1%	-0.10 [-0.15, -0.05]	2011
Subtotal (95% CI)			**60**			**55**	**34.1%**	**0.14 [-1.63, 1.91]**	
Heterogeneity: Tau² = 0.88; Chi² = 1.15, df = 1 (P = 0.28); I² = 13%									
Test for overall effect: Z = 0.16 (P = 0.88)									
5.1.2 Soy protein >8 weeks									
Hermansen 2005	0.2	1.86	49	0.2	1.72	51	2.2%	0.00 [-0.70, 0.70]	2005
Charles 2009	-0.21	0.2	32	0.05	0.1	43	31.3%	-0.26 [-0.34, -0.18]	2009
Christie 2010	-0.1	0.49	17	-0.2	0.51	16	7.9%	0.10 [-0.24, 0.44]	2010
Napora 2011	-0.1	0.14	17	0.1	0.22	16	24.5%	-0.20 [-0.33, -0.07]	2011
Subtotal (95% CI)			**115**			**126**	**65.9%**	**-0.20 [-0.31, -0.09]**	
Heterogeneity: Tau² = 0.00; Chi² = 4.82, df = 3 (P = 0.19); I² = 38%									
Test for overall effect: Z = 3.61 (P = 0.0003)									
Total (95% CI)			**175**			**181**	**100.0%**	**-0.16 [-0.26, -0.05]**	
Heterogeneity: Tau² = 0.01; Chi² = 15.71, df = 5 (P = 0.008); I² = 68%									
Test for overall effect: Z = 2.83 (P = 0.005)									
Test for subgroup differences: Chi² = 0.14, df = 1 (P = 0.71), I² = 0%									