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
Rondanelli 2016	-0.19	1.58	69	0.44	1.8	61	52.3%	-0.63 [-1.22, -0.04]	2016
Bo 2019	-0.43	3.93	30	3.75	24.18	30	3.2%	-4.18 [-12.95, 4.59]	2019
Nabuco 2019	0.7	0.65	13	-0.4	1.93	13	44.5%	1.10 [-0.01, 2.21]	2019
Total (95% CI)			**112**			**104**	**100.0%**	**0.02 [-1.60, 1.65]**	

Heterogeneity: Tau² = 1.22; Chi² = 8.10, df = 2 (P = 0.02); I² = 75%

Test for overall effect: Z = 0.03 (P = 0.98)