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
Bo 2019	-0.45	1.33	30	-1.23	17.2	30	0.9%	0.78 [-5.39, 6.95]	2019
Nabuco 2019	-1.2	0.83	13	-0.3	1.23	13	52.7%	-0.90 [-1.71, -0.09]	2019
Biesek 2021	-0.8	0.8	11	0.3	1.1	9	46.4%	-1.10 [-1.96, -0.24]	2021
Total (95% CI)			**54**			**52**	**100.0%**	**-0.98 [-1.56, -0.39]**	

Heterogeneity: Tau² = 0.00; Chi² = 0.42, df = 2 (P = 0.81); I² = 0%

Test for overall effect: Z = 3.27 (P = 0.001)