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
Bohl 2015	1.18	0.65	13	0.88	0.68	13	42.1%	0.30 [-0.21, 0.81]	2015
Sohrabi 2016	-0.34	0.87	23	0.06	0.34	23	52.7%	-0.40 [-0.78, -0.02]	2016
Bumrungpert 2018	1.6	0.8	23	2.2	12.2	19	0.8%	-0.60 [-6.10, 4.90]	2018
Rakvaag 2019	-0.23	4.11	15	0.01	1.98	16	4.4%	-0.24 [-2.54, 2.06]	2019
Total (95% CI)			**74**			**71**	**100.0%**	**-0.10 [-0.59, 0.39]**	

Heterogeneity: Tau² = 0.08; Chi² = 4.65, df = 3 (P = 0.20); I² = 36%

Test for overall effect: Z = 0.40 (P = 0.69)