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
Fanti 2006	-3.7	13.14	15	10.5	43.27	10	0.0%	-14.20 [-41.83, 13.43]	2006
Charles 2009	0.06	0.22	32	-0.05	0.1	43	63.1%	0.11 [0.03, 0.19]	2009
Christie 2010	-0.07	0.29	17	0.12	2.78	16	3.1%	-0.19 [-1.56, 1.18]	2010
Napora 2011	-0.4	0.62	17	-0.2	0.14	16	33.8%	-0.20 [-0.50, 0.10]	2011
Total (95% CI)			**81**			**85**	**100.0%**	**-0.01 [-0.25, 0.24]**	

Heterogeneity: Tau² = 0.02; Chi² = 4.94, df = 3 (P = 0.18); I² = 39%

Test for overall effect: Z = 0.04 (P = 0.97)