| 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 |
|---|---|---|---|---|---|---|---|---|---|
| Laviolette 2010 | 0.1 | 1.45 | 12 | 2.2 | 5.28 | 10 | 1.3% | -2.10 [-5.47, 1.27] | 2010 |
| Weinheimer 2012 | 0.3 | 2.47 | 26 | -0.6 | 6.33 | 70 | 4.4% | 0.90 [-0.86, 2.66] | 2012 |
| Duff 2014 | 0.4 | 2.05 | 21 | 0.1 | 2.94 | 19 | 5.2% | 0.30 [-1.29, 1.89] | 2014 |
| Rondanelli 2016 | -0.19 | 1.58 | 69 | 0.44 | 1.8 | 61 | 20.6% | -0.63 [-1.22, -0.04] | 2016 |
| Stojkovic 2017 | 0.6 | 0.3 | 38 | 0.5 | 0.2 | 46 | 37.1% | 0.10 [-0.01, 0.21] | 2017 |
| Fernandes 2018 | -0.3 | 1.31 | 16 | -0.3 | 1.85 | 16 | 9.4% | 0.00 [-1.11, 1.11] | 2018 |
| Bo 2019 | -0.43 | 3.93 | 30 | 3.75 | 24.18 | 30 | 0.2% | -4.18 [-12.95, 4.59] | 2019 |
| Nabuco 2019 | 0.7 | 0.65 | 13 | -0.4 | 1.93 | 13 | 9.4% | 1.10 [-0.01, 2.21] | 2019 |
| Kirk 2021 | 0.69 | 1.58 | 22 | 0.95 | 1.7 | 29 | 12.5% | -0.26 [-1.16, 0.64] | 2021 |
| **Total (95% CI)** | | | **247** | | | **294** | **100.0%** | **-0.00 [-0.39, 0.39]** | |

Heterogeneity: Tau² = 0.10; Chi² = 13.01, df = 8 (P = 0.11); I² = 39%

Test for overall effect: Z = 0.01 (P = 0.99)