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
Sathyapalan 2011	0.2	0.01	25	0	0.01	25	42.3%	0.20 [0.19, 0.21]	2011
Liu 2012	0.1	1.47	60	-0.13	2.5	60	33.5%	0.23 [-0.50, 0.96]	2012
Sathyapalan 2017	-0.13	3.92	86	-2.55	4.35	85	24.2%	2.42 [1.18, 3.66]	2017
Total (95% CI)			**171**			**170**	**100.0%**	**0.75 [-0.19, 1.68]**	

Heterogeneity: Tau² = 0.53; Chi² = 12.29, df = 2 (P = 0.002); I² = 84%

Test for overall effect: Z = 1.57 (P = 0.12)