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	27.0%	0.30 [-0.21, 0.81]	2015
Sohrabi 2016	-0.34	0.87	23	0.06	0.34	23	30.5%	-0.40 [-0.78, -0.02]	2016
Bumrungpert 2018	1.6	0.8	23	2.2	12.2	19	0.9%	-0.60 [-6.10, 4.90]	2018
Sahathevan 2018	23.5	77	37	27.2	162.6	37	0.0%	-3.70 [-61.67, 54.27]	2018
Rakvaag 2019	-0.23	3.32	15	0.01	1.89	16	6.2%	-0.24 [-2.16, 1.68]	2019
Derosa 2020	0.3	0.36	59	-0.2	0.44	58	35.4%	0.50 [0.35, 0.65]	2020
Total (95% CI)			**170**			**166**	**100.0%**	**0.12 [-0.41, 0.64]**	

Heterogeneity: Tau² = 0.20; Chi² = 19.27, df = 5 (P = 0.002); I² = 74%

Test for overall effect: Z = 0.43 (P = 0.67)