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	0.8%	-2.10 [-5.47, 1.27]	2010
Duff 2014	0.4	2.05	21	0.1	2.94	19	3.2%	0.30 [-1.29, 1.89]	2014
Rondanelli 2016	-0.19	1.58	69	0.44	1.8	61	14.4%	-0.63 [-1.22, -0.04]	2016
Fekete 2016	-0.11	0.2	38	0.18	0.2	38	30.9%	-0.29 [-0.38, -0.20]	2016
Stojkovic 2017	0.6	0.3	38	0.5	0.2	46	30.4%	0.10 [-0.01, 0.21]	2017
Fernandes 2018	-0.3	1.31	16	-0.3	1.85	16	6.0%	0.00 [-1.11, 1.11]	2018
Bo 2019	-0.43	3.93	30	3.75	24.18	30	0.1%	-4.18 [-12.95, 4.59]	2019
Nabuco 2019	0.7	0.65	13	-0.4	1.93	13	6.0%	1.10 [-0.01, 2.21]	2019
Kirk 2021	0.69	1.58	22	0.95	1.7	29	8.2%	-0.26 [-1.16, 0.64]	2021
Total (95% CI)			**259**			**262**	**100.0%**	**-0.12 [-0.42, 0.18]**	

Heterogeneity: Tau² = 0.07; Chi² = 38.52, df = 8 (P < 0.00001); I² = 79%

Test for overall effect: Z = 0.76 (P = 0.45)