| 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 | 1.82 | 12 | 2.2 | 4.51 | 10 | 1.0% | -2.10 [-5.08, 0.88] | 2010 |
| Weinheimer 2012 | 0.3 | 3.05 | 26 | -0.6 | 5.56 | 70 | 2.7% | 0.90 [-0.85, 2.65] | 2012 |
| Duff 2014 | 0.4 | 2.54 | 21 | 0.1 | 2.31 | 19 | 3.6% | 0.30 [-1.20, 1.80] | 2014 |
| Rondanelli 2016 | -0.19 | 1.58 | 69 | 0.44 | 1.8 | 61 | 13.8% | -0.63 [-1.22, -0.04] | 2016 |
| Fekete 2016 | -0.11 | 0.2 | 38 | 0.18 | 0.2 | 38 | 28.0% | -0.29 [-0.38, -0.20] | 2016 |
| Stojkovic 2017 | 0.6 | 0.3 | 38 | 0.5 | 0.2 | 46 | 27.6% | 0.10 [-0.01, 0.21] | 2017 |
| Fernandes 2018 | -0.3 | 1.64 | 16 | -0.3 | 1.44 | 16 | 6.3% | 0.00 [-1.07, 1.07] | 2018 |
| Nabuco 2019 | 0.7 | 0.36 | 13 | -0.4 | 1.52 | 13 | 8.8% | 1.10 [0.25, 1.95] | 2019 |
| Bo 2019 | -0.43 | 3.93 | 30 | 3.75 | 24.18 | 30 | 0.1% | -4.18 [-12.95, 4.59] | 2019 |
| Kirk 2021 | 0.69 | 1.75 | 22 | 0.95 | 1.41 | 29 | 8.2% | -0.26 [-1.15, 0.63] | 2021 |
| **Total (95% CI)** | | | **285** | | | **332** | **100.0%** | **-0.06 [-0.36, 0.25]** | |

Heterogeneity: Tau² = 0.08; Chi² = 43.62, df = 9 (P < 0.00001); I² = 79%

Test for overall effect: Z = 0.36 (P = 0.72)