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
Rakvaag 2019	-0.14	0.22	15	-0.11	0.24	16	41.7%	-0.03 [-0.19, 0.13]	2019
Bo 2019	-0.14	1.3	30	-0.35	1.37	30	9.4%	0.21 [-0.47, 0.89]	2019
Nabuco 2019	-1.3	0.89	13	-0.6	1.88	13	3.8%	-0.70 [-1.83, 0.43]	2019
Ahmadi 2020	-6.44	7.21	23	-2.66	8.31	21	0.2%	-3.78 [-8.40, 0.84]	2020
Derosa 2020	-0.4	0.52	59	-0.1	0.41	58	40.9%	-0.30 [-0.47, -0.13]	2020
Mizubuti 2021	-3.1	21	35	-0.07	1.38	40	0.1%	-3.03 [-10.00, 3.94]	2021
Kirk 2021	-0.55	2.49	23	-0.38	1.32	29	3.8%	-0.17 [-1.30, 0.96]	2021
Total (95% CI)			**198**			**207**	**100.0%**	**-0.16 [-0.39, 0.07]**	

Heterogeneity: Tau² = 0.03; Chi² = 10.13, df = 6 (P = 0.12); I² = 41%

Test for overall effect: Z = 1.38 (P = 0.17)