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	0.96	12	0.2	2.08	10	9.6%	-0.30 [-1.70, 1.10]	2010
Bohl 2015	1.06	0.38	13	0.94	0.3	13	14.7%	0.12 [-0.14, 0.38]	2015
Sohrabi 2016	-3.96	14.25	23	2.77	4.8	23	1.3%	-6.73 [-12.88, -0.58]	2016
Stojkovic 2017	0.3	0.1	38	0.2	0.2	46	14.9%	0.10 [0.03, 0.17]	2017
Nabuco 2019	-1.2	0.83	13	-0.3	1.23	13	12.6%	-0.90 [-1.71, -0.09]	2019
Bo 2019	-0.45	1.33	30	-1.23	17.2	30	1.3%	0.78 [-5.39, 6.95]	2019
Derosa 2020	-0.05	0.51	59	-0.2	0.66	58	14.7%	0.15 [-0.06, 0.36]	2020
Ahmadi 2020	-3.33	6.41	23	2.1	11.77	21	1.5%	-5.43 [-11.10, 0.24]	2020
Kirk 2021	0.24	1.5	23	1.18	5.16	29	7.1%	-0.94 [-2.92, 1.04]	2021
Mizubuti 2021	0.56	3.79	35	10.96	1.3	40	10.0%	-10.40 [-11.72, -9.08]	2021
Biesek 2021	-0.8	0.8	11	0.3	1.1	9	12.3%	-1.10 [-1.96, -0.24]	2021
Total (95% CI)			**280**			**292**	**100.0%**	**-1.49 [-2.21, -0.76]**	

Heterogeneity: Tau² = 0.92; Chi² = 265.94, df = 10 (P < 0.00001); I² = 96%

Test for overall effect: Z = 4.01 (P < 0.0001)