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
Bo 2019	-0.14	1.3	30	-0.35	1.37	30	62.9%	0.21 [-0.47, 0.89]
Nabuco 2019	-1.3	0.89	13	-0.6	1.88	13	37.1%	-0.70 [-1.83, 0.43]
Total (95% CI)			**43**			**43**	**100.0%**	**-0.13 [-0.99, 0.73]**

Heterogeneity: Tau² = 0.19; Chi² = 1.83, df = 1 (P = 0.18); I² = 45%

Test for overall effect: Z = 0.29 (P = 0.77)