Study or Subgroup	Soy Protein Mean	Soy Protein SD	Soy Protein Total	Comparator Mean	Comparator SD	Comparator Total	Weight	Mean Difference IV, Random, 95% CI	Year
4.1.1 Soy protein ≤8 weeks									
Hanson 2006	0.5	0.7	14	0.2	0.4	14	16.9%	0.30 [-0.12, 0.72]	2006
Greany 2008	0.35	2.57	34	-0.29	1.67	34	10.8%	0.64 [-0.39, 1.67]	2008
Tormala 2009	0.06	0.28	40	-0.1	0.2	40	18.9%	0.16 [0.05, 0.27]	2009
Ma 2011	-0.68	0.54	45	0.32	0.29	45	18.6%	-1.00 [-1.18, -0.82]	2011
Subtotal (95% CI)			**133**			**133**	**65.2%**	**-0.03 [-0.81, 0.75]**	
Heterogeneity: Tau² = 0.57; Chi² = 125.13, df = 3 (P < 0.00001); I² = 98%									
Test for overall effect: Z = 0.08 (P = 0.93)									
4.1.2 Soy protein >8 weeks									
Teede 2004	0.42	0.2	30	0.48	0.2	20	18.9%	-0.06 [-0.17, 0.05]	2004
Fanti 2006	-8.5	11.02	15	-3.1	11.65	10	0.3%	-5.40 [-14.52, 3.72]	2006
Christie 2010	0.4	16.32	17	4.9	19.82	16	0.2%	-4.50 [-16.93, 7.93]	2010
Napora 2011	2.1	1.14	17	-0.18	0.39	16	15.4%	2.28 [1.71, 2.85]	2011
Subtotal (95% CI)			**79**			**62**	**34.8%**	**0.60 [-1.59, 2.79]**	
Heterogeneity: Tau² = 2.67; Chi² = 63.19, df = 3 (P < 0.00001); I² = 95%									
Test for overall effect: Z = 0.53 (P = 0.59)									
Total (95% CI)			**212**			**195**	**100.0%**	**0.28 [-0.23, 0.79]**	
Heterogeneity: Tau² = 0.36; Chi² = 192.26, df = 7 (P < 0.00001); I² = 96%									
Test for overall effect: Z = 1.07 (P = 0.29)									
Test for subgroup differences: Chi² = 0.28, df = 1 (P = 0.60), I² = 0%									