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
Hermansen 2005	0.2	1.86	49	0.2	1.72	51	2.5%	0.00 [-0.70, 0.70]	2005
Fanti 2006	0.05	6.2	15	-3.5	9.49	10	0.0%	3.55 [-3.12, 10.22]	2006
Charles 2009	-0.21	0.2	32	0.05	0.1	43	51.7%	-0.26 [-0.34, -0.18]	2009
Christie 2010	-0.1	0.49	17	-0.2	0.51	16	9.4%	0.10 [-0.24, 0.44]	2010
Napora 2011	-0.1	0.14	17	0.1	0.22	16	36.4%	-0.20 [-0.33, -0.07]	2011
Total (95% CI)			**130**			**136**	**100.0%**	**-0.20 [-0.31, -0.08]**	

Heterogeneity: Tau² = 0.00; Chi² = 6.05, df = 4 (P = 0.20); I² = 34%

Test for overall effect: Z = 3.42 (P = 0.0006)