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
Liu 2012	0.1	1.47	60	-0.13	2.5	60	52.7%	0.23 [-0.50, 0.96]	2012
Sathyapalan 2017	-0.13	3.92	86	-2.55	4.35	85	47.3%	2.42 [1.18, 3.66]	2017
Total (95% CI)			**146**			**145**	**100.0%**	**1.27 [-0.88, 3.41]**	

Heterogeneity: Tau² = 2.13; Chi² = 8.86, df = 1 (P = 0.003); I² = 89%

Test for overall effect: Z = 1.16 (P = 0.25)