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
Fekete 2016	0.01	0.1	38	0.05	0.1	38	41.0%	-0.04 [-0.08, 0.00]	2016
Bo 2019	-0.14	1.3	30	-0.35	1.37	30	5.2%	0.21 [-0.47, 0.89]	2019
Nabuco 2019	-1.3	1.33	13	-0.6	2.3	13	1.3%	-0.70 [-2.14, 0.74]	2019
Rakvaag 2019	-0.14	0.3	15	-0.11	0.32	16	24.2%	-0.03 [-0.25, 0.19]	2019
Ahmadi 2020	-6.44	7.21	23	-2.66	8.31	21	0.1%	-3.78 [-8.40, 0.84]	2020
Derosa 2020	-0.4	0.57	59	-0.1	0.51	58	26.4%	-0.30 [-0.50, -0.10]	2020
Kirk 2021	-0.55	2.76	23	-0.38	1.58	29	1.6%	-0.17 [-1.44, 1.10]	2021
Mizubuti 2021	-3.1	10.82	35	-0.07	1.24	40	0.2%	-3.03 [-6.64, 0.58]	2021
Total (95% CI)			**236**			**245**	**100.0%**	**-0.11 [-0.28, 0.05]**	

Heterogeneity: Tau² = 0.02; Chi² = 12.98, df = 7 (P = 0.07); I² = 46%

Test for overall effect: Z = 1.37 (P = 0.17)