Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Comparator Mean	Comparator SD	Comparator Total	Weight	Mean Difference IV, Random, 95% CI	Year
7.1.1 Whey protein age <60 years									
Sohrabi 2016	-0.34	0.87	23	0.06	0.34	23	31.0%	-0.40 [-0.78, -0.02]	2016
Bumrungpert 2018	1.6	0.8	23	2.2	12.2	19	0.9%	-0.60 [-6.10, 4.90]	2018
Derosa 2020	0.3	0.44	59	-0.2	0.46	58	35.5%	0.50 [0.34, 0.66]	2020
Subtotal (95% CI)			**105**			**100**	**67.5%**	**0.05 [-0.79, 0.90]**	
Heterogeneity: Tau² = 0.36; Chi² = 18.17, df = 2 (P = 0.0001); I² = 89%									
Test for overall effect: Z = 0.12 (P = 0.90)									
7.1.2 Whey protein age ≥60 years									
Bohl 2015	1.18	0.65	13	0.88	0.68	13	27.7%	0.30 [-0.21, 0.81]	2015
Rakvaag 2019	-0.23	4.11	15	0.01	1.98	16	4.8%	-0.24 [-2.54, 2.06]	2019
Subtotal (95% CI)			**28**			**29**	**32.5%**	**0.27 [-0.22, 0.77]**	
Heterogeneity: Tau² = 0.00; Chi² = 0.20, df = 1 (P = 0.65); I² = 0%									
Test for overall effect: Z = 1.08 (P = 0.28)									
Total (95% CI)			**133**			**129**	**100.0%**	**0.12 [-0.42, 0.66]**	
Heterogeneity: Tau² = 0.21; Chi² = 18.48, df = 4 (P = 0.0010); I² = 78%									
Test for overall effect: Z = 0.43 (P = 0.67)									
Test for subgroup differences: Chi² = 0.19, df = 1 (P = 0.66), I² = 0%									