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
Laviolette 2010	-0.1	1.14	12	0.2	2	10	4.5%	-0.30 [-1.70, 1.10]	2010
Bohl 2015	1.06	0.38	13	0.94	0.3	13	16.6%	0.12 [-0.14, 0.38]	2015
Fekete 2016	-0.11	0.1	38	0.04	0.1	38	18.3%	-0.15 [-0.19, -0.11]	2016
Sohrabi 2016	-3.96	14.25	23	2.77	4.8	23	0.3%	-6.73 [-12.88, -0.58]	2016
Stojkovic 2017	0.3	0.1	38	0.2	0.2	46	18.2%	0.10 [0.03, 0.17]	2017
Bo 2019	-0.45	1.33	30	-1.23	17.2	30	0.3%	0.78 [-5.39, 6.95]	2019
Nabuco 2019	-1.2	0.89	13	-0.3	1.17	13	9.2%	-0.90 [-1.70, -0.10]	2019
Ahmadi 2020	-3.33	6.41	23	2.1	11.77	21	0.4%	-5.43 [-11.10, 0.24]	2020
Derosa 2020	-0.05	0.54	59	-0.2	0.64	58	17.1%	0.15 [-0.06, 0.36]	2020
Biesek 2021	-0.8	0.8	11	0.3	1.1	9	8.5%	-1.10 [-1.96, -0.24]	2021
Kirk 2021	0.24	1.68	23	1.18	5.27	29	2.4%	-0.94 [-2.98, 1.10]	2021
Mizubuti 2021	0.56	4.3	35	10.96	1.24	40	4.2%	-10.40 [-11.88, -8.92]	2021
Total (95% CI)			**318**			**330**	**100.0%**	**-0.65 [-0.99, -0.30]**	

Heterogeneity: Tau² = 0.17; Chi² = 250.46, df = 11 (P < 0.00001); I² = 96%

Test for overall effect: Z = 3.70 (P = 0.0002)