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
Charles 2009	-0.21	0.2	32	0.05	0.1	43	61.1%	-0.26 [-0.34, -0.18]
Christie 2010	-0.1	0.49	17	-0.2	0.51	16	38.9%	0.10 [-0.24, 0.44]
Total (95% CI)			**49**			**59**	**100.0%**	**-0.12 [-0.46, 0.22]**

Heterogeneity: Tau² = 0.05; Chi² = 4.07, df = 1 (P = 0.04); I² = 75%

Test for overall effect: Z = 0.68 (P = 0.49)