

Study	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Houghton 2017	2.30	0.7000	12	2.40	0.7000	12	94.5%	−0.10 [−0.66; 0.46]
Keating 2023	12.00	3.7000	7	11.10	4.2000	5	1.4%	0.90 [−3.69; 5.49]
Rezende 2016	9.02	3.6900	12	9.57	3.2100	14	4.1%	−0.55 [−3.23; 2.13]
Total (95% CI)			31				31 100.0%	−0.10 [−0.56; 0.35]
Prediction interval								[−3.63; 3.42]
Heterogeneity: Tau ² = 0; Chi ² = 0.29, df = 2 (P = 0.86); I ² = 0%								

