Study	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
Houghton 2017	45.70	3.4000	12	46.70	3.3000	12	29.7%	−1.00 [−3.68; 1.68]	
Reljic 2021	42.00	2.0000	29	40.00	3.0000	17	48.4%	2.00 [0.40; 3.60]	
Stine 2022	47.00	3.0000	18	46.00	5.0000	10	21.8%	1.00 [−2.39; 4.39]	
Total (95% CI)			59			39	100.0%	0.89 [−3.03; 4.81]	
Prediction interval								[−17.85; 19.63]	

Heterogeneity: Tau^2 = 1.2472; Chi^2 = 3.56, df = 2 (P = 0.17); I^2 = 44%