Study	Experimenta Mean Si	ıl D Total N	Control lean SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Houghton 2017 Keating 2023 Kelardeh 2020 Reljic 2021 Stine 2022	0.93 0.360 0.90 0.400 0.96 0.120 0.94 0.220 0.76 0.220	0 7 0 12 0 29	0.92 0.3600 0.70 0.3000 0.95 0.1200 1.28 0.6800 0.71 0.3200	12 5 11 17	7.4% 50.0%	0.20 [-0.20; 0.60] 0.01 [-0.09; 0.11] -0.34 [-0.67; -0.01]	
Total (95% CI) Prediction inte Heterogeneity: Ta	erval	78		55	100.0%	-0.00 [-0.17; 0.17] [-0.28; 0.27]	-0.6-0.4-0.2 0 0.2 0.4 0.6