

Study	Experimental			Control			Weight	Mean Difference	
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	
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 <sup>2</sup> = 0; Chi <sup>2</sup> = 0.29, df = 2 (P = 0.86); I <sup>2</sup> = 0%									

