	Experimental	Control		
Study	Total Mean SD	Total Mean SD	Mean Difference	MD 95%-CI Weigh
Caynar, 2022	43 23.00 153.8900	40 23.50 77.9200	- +	-0.50 [-52.45; 51.45] 4.9%
'on Siebenthal, 2023	73 32.40 45.9800	70 24.50 29.8800	-	7.90 [-4.76; 20.56] 47.6%
ongkraijakra, 2023	30 51.30 32.1000	29 30.20 19.0000		21.10 [7.69; 34.51] 44.79
'asupathy, 2023	95 78.11 203.6500	100 99.83 291.7500 —	*	-21.72 [-92.05; 48.61] 2.8 ⁹
landom effects model (Hartung-Knapp) leterogeneity: $I^2 = 7\%$ [0%; 86%]	241	239		12.57 [-4.25; 29.38] 100.09
		Favors	-50 0 50 Alternate day Favors daily	