

Difference between volume NMA estimated relative effect compared to placebo and ranks																	
Ranks in <i>italics</i> , and bold diagonal is relative effect and rank compared to placebo																	
Intervention	antioxidants	coenzyme q10	folic acid	l-carnitine/l-acetylcarnitine	micronutrient supplement	myoinositol	n-acetyl cysteine	nigella sativa seed oil	omega-3 fatty acids	prelox	saffron	selenium supplements	vitamin c/e	vitamin d3	vitamin d3 + calcium	zinc/zinc + folic acid	placebo/no treatment
antioxidants	0.11 (-0.21, 0.43) 9 (4, 16)	-0.2 (-0.17, -0.25) 4 (3, 1)	-0.01 (-0.39, 0.35) 1 (-1, 1)	-0.15 (-0.02, -0.29) 3 (3, 0)	-0.19 (-0.22, -0.19) 4 (2, 1)	-0.11 (-0.28, 0.05) 2 (0, 1)	0.49 (0.33, 0.64) -5 (-2, -8)	1.04 (0.48, 1.55) -7 (-3, -10)	-0.12 (0.05, -0.28) 2 (3, 0)	1.23 (1.06, 1.42) -7 (-3, -14)	-0.21 (-0.3, -0.14) 4 (2, 1)	0.39 (0.33, 0.45) -4 (-2, -8)	-0.19 (-0.48, 0.12) 3 (0, 1)	-0.18 (-0.34, -0.04) 3 (1, 1)	0.29 (0.19, 0.4) -4 (-2, -5)	-0.11 (-0.06, -0.16) 2 (2, 0)	NA 2 (4, -2)
coenzyme q10	0.2 (0.17, 0.25) -4 (-3, -1)	-0.09 (-0.39, 0.19) 13 (7, 17)	0.18 (-0.21, 0.6) -3 (-4, 0)	0.05 (0.15, -0.04) -1 (0, -1)	0 (-0.05, 0.06) 0 (-1, 0)	0.08 (-0.11, 0.3) -2 (-3, 0)	0.69 (0.5, 0.88) -9 (-5, -9)	1.24 (0.65, 1.8) -11 (-6, -11)	0.08 (0.23, -0.03) -2 (0, -1)	1.43 (1.24, 1.67) -11 (-6, -15)	-0.01 (-0.13, 0.11) 0 (-1, 0)	0.59 (0.5, 0.7) -8 (-5, -9)	0.01 (-0.31, 0.36) -1 (-3, 0)	0.02 (-0.16, 0.2) -1 (-2, 0)	0.49 (0.36, 0.65) -8 (-5, -6)	0.09 (0.11, 0.09) -2 (-1, -1)	NA -2 (1, -3)
folic acid	0.01 (0.39, -0.35) -1 (1, -1)	-0.18 (0.21, -0.6) 3 (4, 0)	0.09 (-0.6, 0.79) 10 (3, 17)	-0.14 (0.37, -0.64) 2 (4, -1)	-0.18 (0.16, -0.54) 3 (3, 0)	-0.1 (0.1, -0.3) 1 (1, 0)	0.51 (0.71, 0.28) -6 (-1, -9)	1.06 (0.87, 1.2) -8 (-2, -11)	-0.1 (0.44, -0.63) 1 (4, -1)	1.25 (1.45, 1.07) -8 (-2, -15)	-0.19 (0.09, -0.49) 3 (3, 0)	0.41 (0.71, 0.1) -5 (-1, -9)	-0.18 (-0.09, -0.24) 2 (1, 0)	-0.16 (0.05, -0.4) 2 (2, 0)	0.31 (0.57, 0.05) -4 (-1, -6)	-0.09 (0.33, -0.51) 1 (3, -1)	NA 1 (5, -3)
l-carnitine/l-acetylcarnitine	0.15 (0.02, 0.29) -3 (-3, 0)	-0.05 (-0.15, 0.04) 1 (0, 1)	-0.14 (-0.37, 0.64) -2 (-4, 1)	-0.04 (-0.23, 0.15) 12 (7, 16)	-0.04 (-0.21, 0.1) -1 (-1, 1)	-0.24 (-0.27, 0.34) -1 (-3, 1)	0.64 (0.35, 0.93) -8 (-5, -8)	1.19 (0.5, 1.84) -10 (-6, -10)	0.04 (0.07, 0.01) -1 (0, 0)	1.38 (1.08, 1.71) -11 (-6, -14)	-0.06 (-0.28, 0.15) 1 (-1, 1)	0.55 (0.35, 0.74) -8 (-5, -8)	-0.04 (-0.46, 0.41) 0 (-3, 1)	-0.02 (-0.32, 0.25) 0 (-2, 1)	0.44 (0.21, 0.69) -7 (-5, -5)	0.05 (-0.04, 0.13) -1 (-1, 0)	NA -1 (1, -2)
micronutrient supplement	0.19 (0.22, 0.19) -4 (-2, -1)	0 (0.05, -0.06) 0 (1, 0)	0.18 (-0.16, 0.54) -3 (-3, 0)	0.04 (0.21, -0.1) -1 (1, -1)	-0.09 (-0.44, 0.25) 13 (6, 17)	0.08 (-0.06, 0.24) -2 (-2, 0)	0.68 (0.55, 0.82) -9 (-4, -9)	1.23 (0.7, 1.74) -11 (-5, -11)	0.08 (0.28, -0.09) -2 (1, -1)	1.43 (1.29, 1.61) -11 (-5, -15)	-0.02 (-0.07, 0.05) 0 (0, 0)	0.59 (0.55, 0.64) -8 (-4, -9)	0 (-0.26, 0.3) -1 (-2, 0)	0.02 (-0.11, 0.14) -1 (-1, 0)	0.49 (0.41, 0.59) -7 (-4, -6)	0.09 (0.16, 0.03) -2 (0, -1)	NA -2 (2, -3)
myoinositol	0.11 (0.28, -0.05) -2 (0, -1)	-0.08 (0.11, -0.3) 2 (3, 0)	0.1 (-0.1, 0.3) -1 (-1, 0)	-0.04 (0.27, -0.34) 1 (3, -1)	-0.08 (0.06, -0.24) 2 (2, 0)	-0.01 (-0.5, 0.49) 11 (4, 17)	0.6 (0.61, 0.58) -7 (-2, -9)	1.15 (0.76, 1.5) -9 (-3, -11)	0 (0.34, -0.33) 2 (2, 0)	1.35 (1.35, 1.36) -10 (-2, -15)	-0.1 (-0.02, -0.19) 2 (2, 0)	0.51 (0.61, 0.4) -7 (-2, -9)	-0.08 (-0.2, 0.06) 1 (1, 0)	-0.06 (-0.05, -0.1) 1 (1, 0)	0.41 (0.47, 0.34) -6 (-2, -6)	0.01 (0.22, -0.21) 0 (2, -1)	NA 0 (4, -3)
n-acetyl cysteine	-0.49 (-0.33, -0.64) 5 (2, 8)	-0.69 (-0.5, -0.88) 9 (5, 9)	-0.51 (-0.71, -0.28) 6 (1, 9)	-0.64 (-0.35, -0.93) 8 (5, 8)	-0.68 (-0.55, -0.82) 9 (4, 9)	-0.6 (-0.61, -0.58) 7 (2, 9)	0.6 (0.11, 1.07) 4 (2, 8)	0.55 (0.15, 0.92) -2 (-1, -2)	-0.61 (-0.27, -0.91) 7 (5, 8)	0.74 (0.73, 0.78) -2 (-1, -6)	-0.7 (-0.63, -0.77) 9 (4, 9)	-0.1 (0, -0.18) 1 (0, 0)	-0.68 (-0.81, -0.52) 8 (2, 9)	-0.67 (-0.66, -0.68) 8 (3, 9)	-0.2 (-0.14, -0.24) 1 (0, 3)	-0.6 (-0.39, -0.79) 7 (4, 8)	NA 7 (6, 6)
nigella sativa seed oil	-1.04 (-0.48, -1.55) 7 (3, 10)	-1.24 (-0.65, -1.8) 11 (6, 11)	-1.06 (-0.87, -1.2) 8 (2, 11)	-1.19 (-0.5, -1.84) 10 (6, 10)	-1.23 (-0.7, -1.74) 11 (5, 11)	-1.15 (-0.76, -1.5) 9 (3, 11)	1.15 (0.27, 1.99) 2 (1, 6)	-1.16 (-0.43, -1.83) 9 (6, 10)	-1.25 (0.58, -0.14) -1 (0, -4)	0.19 (-0.78, -1.69) 11 (5, 11)	-1.25 (-0.15, -1.1) 2 (1, 2)	-0.65 (-0.96, -1.44) 10 (3, 11)	-1.22 (-0.82, -1.6) 10 (4, 11)	-1.22 (-0.29, -1.16) 3 (1, 5)	-0.75 (-0.54, -1.71) 9 (5, 10)	-1.15 (-0.54, -1.71) 9 (5, 10)	NA 9 (7, 8)
omega-3 fatty acids	0.12 (-0.05, 0.28) -2 (-3, 0)	-0.08 (-0.23, 0.03) 2 (0, 1)	0.1 (-0.44, 0.63) -1 (-4, 1)	-0.04 (-0.07, -0.01) 1 (0, 0)	-0.08 (-0.28, 0.09) 2 (-1, 1)	0 (-0.34, 0.33) 0 (-3, 1)	0.61 (0.27, 0.91) -7 (-5, -8)	1.16 (0.43, 1.83) -9 (-6, -10)	-0.01 (-0.16, 0.16) 11 (7, 16)	1.35 (1.01, 1.7) -10 (-6, -14)	-0.09 (-0.35, 0.14) 2 (-1, 1)	0.51 (0.27, 0.73) -7 (-5, -8)	-0.07 (-0.53, 0.39) 1 (-3, 1)	-0.06 (-0.39, 0.23) 1 (-2, 1)	0.41 (0.13, 0.68) -6 (-5, -5)	0.01 (-0.11, 0.12) 0 (-1, 0)	NA 0 (1, -2)
prelox	-1.23 (-1.06, -1.42) 7 (3, 14)	-1.43 (-1.24, -1.67) 11 (6, 15)	-1.25 (-1.45, -1.07) 8 (2, 15)	-1.38 (-1.08, -1.71) 11 (6, 14)	-1.43 (-1.29, -1.61) 11 (5, 15)	-1.35 (-1.35, -1.36) 10 (3, 15)	0.7 (0.63, 0.77) -9 (-4, -9)	1.25 (0.78, 1.69) -11 (-5, -11)	-0.19 (-0.58, 0.14) 1 (0, 4)	-1.35 (-1.01, -1.7) 10 (6, 14)	1.34 (0.85, 1.85) 1 (1, 2)	-1.44 (-1.36, -1.56) 3 (1, 6)	-1.42 (-1.54, -1.3) 11 (3, 15)	-1.41 (-1.4, -1.46) 11 (4, 15)	-0.94 (-0.88, -1.02) 4 (1, 9)	-1.34 (-1.12, -1.58) 9 (5, 14)	NA 9 (7, 12)
saffron	0.21 (0.3, 0.14) -4 (-2, -1)	0.01 (0.13, -0.11) 0 (1, 0)	0.19 (-0.09, 0.49) -3 (-3, 0)	0.06 (0.28, -0.15) -1 (1, -1)	0.02 (0.07, -0.05) 0 (0, 0)	0.1 (0.02, 0.19) -2 (-2, 0)	0.7 (0.63, 0.77) -9 (-4, -9)	1.25 (0.78, 1.69) -11 (-5, -11)	0.09 (0.35, -0.14) -2 (1, -1)	1.44 (1.36, 1.56) -11 (-5, -15)	-0.1 (-0.51, 0.3) 13 (6, 17)	0.6 (0.63, 0.59) -8 (-4, -9)	0.02 (-0.18, 0.25) -1 (-2, 0)	0.03 (-0.04, 0.09) -1 (-1, 0)	0.5 (0.49, 0.54) -7 (-4, -6)	0.1 (0.24, -0.02) -2 (0, -1)	NA -2 (2, -3)
selenium supplements	-0.39 (-0.33, -0.45) 4 (2, 8)	-0.59 (-0.5, -0.7) 8 (5, 9)	-0.41 (-0.71, -0.1) 5 (1, 9)	-0.55 (-0.35, -0.74) 8 (5, 8)	-0.59 (-0.55, -0.64) 8 (4, 9)	-0.51 (-0.61, -0.4) 7 (2, 9)	0.1 (0, 0.18) -1 (0, 0)	0.65 (0.15, 1.1) -2 (-1, -2)	-0.51 (0.73, 0.96) 3 (-1, -6)	0.84 (0.73, 0.96) -3 (-1, -6)	-0.6 (-0.63, -0.59) 8 (4, 9)	0.5 (0.11, 0.89) 4 (2, 8)	-0.58 (-0.81, -0.34) 8 (2, 9)	-0.57 (-0.66, -0.5) 8 (3, 9)	-0.1 (-0.14, -0.05) 1 (0, 3)	-0.5 (-0.39, -0.61) 6 (4, 8)	NA 6 (6, 6)
vitamin c/e	0.19 (0.48, -0.12) -3 (0, -1)	-0.01 (0.31, -0.36) 1 (3, 0)	0.18 (0.09, 0.24) -2 (-1, 0)	0.04 (0.46, -0.41) 0 (3, -1)	0 (0.26, -0.3) 1 (2, 0)	0.08 (0.2, -0.06) -1 (0, 0)	0.68 (0.81, 0.52) -8 (-2, -9)	1.23 (0.96, 1.44) -10 (-3, -11)	0.07 (0.53, -0.39) -1 (3, -1)	1.42 (1.54, 1.3) -11 (-3, -15)	-0.02 (0.18, -0.25) 1 (2, 0)	0.58 (0.81, 0.34) -8 (-2, -9)	-0.08 (-0.7, 0.55) 12 (4, 17)	0.02 (0.14, -0.16) 0 (1, 0)	0.48 (0.67, 0.28) -7 (-2, -6)	0.09 (0.42, -0.27) -1 (2, -1)	NA -1 (4, -3)
vitamin d3	0.18 (0.34, 0.04) -3 (-1, -1)	-0.02 (0.16, -0.2) 1 (2, 0)	0.16 (-0.05, 0.4) -2 (-2, 0)	0.02 (0.32, -0.25) 0 (2, -1)	-0.02 (0.11, -0.14) 1 (1, 0)	0.06 (0.05, 0.1) -1 (-1, 0)	0.67 (0.66, 0.68) -8 (-3, -9)	1.22 (0.82, 1.6) -10 (-4, -11)	0.06 (0.39, -0.23) -1 (2, -1)	1.41 (1.4, 1.46) -11 (-4, -15)	-0.03 (0.04, -0.09) 1 (1, 0)	0.57 (0.66, 0.5) -8 (-3, -9)	-0.02 (-0.14, 0.16) 0 (-1, 0)	-0.07 (-0.55, 0.39) 12 (5, 17)	0.47 (0.52, 0.44) -7 (-3, -6)	0.07 (0.28, -0.11) -1 (1, -1)	NA -1 (3, -3)
vitamin d3 + calcium	-0.29 (-0.19, -0.4) 4 (2, 5)	-0.49 (-0.36, -0.65) 8 (5, 6)	-0.31 (-0.57, -0.05) 4 (1, 6)	-0.44 (-0.21, -0.69) 7 (5, 5)	-0.49 (-0.41, -0.59) 7 (4, 6)	-0.47 (-0.47, -0.34) 6 (2, 6)	0.2 (0.14, 0.24) -1 (0, -3)	0.75 (0.29, 1.16) -3 (-1, -5)	-0.41 (-0.13, -0.68) 6 (5, 5)	0.94 (0.88, 1.02) -4 (-1, -9)	-0.5 (-0.49, -0.54) 7 (4, 6)	0.1 (0.14, 0.05) -1 (0, -3)	-0.48 (-0.67, -0.28) 7 (2, 6)	-0.47 (-0.52, -0.44) 7 (3, 6)	0.4 (-0.03, 0.83) 5 (2, 11)	-0.4 (-0.25, -0.56) 6 (4, 5)	NA 5 (6, 3)
zinc/zinc + folic acid	0.11 (0.06, 0.16) -2 (-2, 0)	-0.09 (-0.11, -0.09) 2 (1, 1)	0.09 (-0.33, 0.51) -1 (-3, 1)	-0.05 (0.04, -0.13) 1 (1, 0)	-0.09 (-0.16, -0.03) 2 (0, 1)	-0.01 (-0.22, 0.21) 0 (-2, 1)	0.6 (0.39, 0.79) -7 (-4, -8)	1.15 (0.54, 1.71) -9 (-5, -10)	-0.01 (0.11, -0.12) 0 (1, 0)	1.34 (1.12, 1.58) -9 (-5, -14)	-0.1 (-0.24, 0.02) 2 (0, 1)	0.5 (0.39, 0.61) -6 (-4, -8)	-0.09 (-0.42, 0.27) 1 (-2, 1)	-0.07 (-0.28, 0.11) 1 (-1, 1)	0.4 (0.25, 0.56) -6 (-4, -5)	0 (-0.28, 0.28) 11 (6, 16)	NA 0 (2, -2)
placebo/no treatment	NA -2 (-4, 2)	NA 2 (-1, 3)	NA -1 (-5, 3)	NA 1 (-1, 2)	NA 2 (-2, 3)	NA 0 (-4, 3)	NA -7 (-6, -6)	NA -9 (-7, -8)	NA 0 (-1, 2)	NA -9 (-7, -12)	NA 2 (-2, 3)	NA -6 (-6, -6)	NA 1 (-4, 3)	NA 1 (-3, 3)	NA -5 (-6, -3)	NA 0 (-2, 2)	NA 11 (8, 14)