

Difference between volume NMA estimated relative effect compared to placebo and ranks																			
Ranks in italics, and bold diagonal is relative effect and rank compared to placebo																			
Intervention	Antioxidants	Coenzyme Q10	Folic acid	L-carnitine/L-acetylcarnitine	Micronutrient supplement	Minerals	Myoinositol	N-acetyl cysteine	Nigella sativa seed oil	Omega-3 fatty acids	Prelox	Saffron	Selenium supplements	Vitamin C/E	Vitamin D3	Vitamin D3 + calcium	Vitamin/Mineral supplements	Zinc/Zinc + folic acid	Placebo/No treatment
Antioxidants	0.09 (-0.32, 0.51) 10 (4, 18)	-0.18 (-0.09, -0.31) 4 (3, 1)	-0.02 (-0.34, 0.28) 1 (-1, 1)	-0.16 (0.05, -0.39) 4 (4, 0)	-0.19 (-0.14, -0.27) 4 (3, 1)	0.11 (-0.15, 0.36) -1 (-1, 1)	-0.09 (-0.21, 0.02) 2 (0, 1)	0.51 (0.46, 0.58) -6 (-2, -10)	1.05 (0.61, 1.5) -8 (-3, -12)	-0.1 (0.13, -0.34) 2 (4, -1)	1.24 (1.16, 1.33) -9 (-3, -16)	-0.19 (-0.22, -0.2) 4 (2, 1)	0.41 (0.44, 0.39) -6 (-2, -9)	-0.19 (-0.43, 0.03) 3 (0, 1)	-0.17 (-0.22, -0.11) 3 (1, 1)	0.31 (0.28, 0.34) -5 (-2, -5)	0.06 (-0.14, 0.25) -1 (-1, 1)	-0.09 (0.04, -0.22) 2 (2, 0)	NA 2 (5, -3)
Coenzyme Q10	0.18 (0.09, 0.31) -4 (-3, -1)	-0.09 (-0.41, 0.2) 14 (7, 19)	0.17 (-0.25, 0.59) -3 (-4, 0)	0.02 (0.14, -0.08) 0 (1, -1)	-0.01 (-0.05, 0.04) 0 (0, 0)	0.29 (-0.06, 0.67) -5 (-4, 0)	0.09 (-0.12, 0.33) -2 (-3, 0)	0.7 (0.55, 0.89) -10 (-5, -11)	1.24 (0.7, 1.8) -12 (-6, -17)	0.08 (0.22, -0.03) -2 (1, -2)	1.43 (1.25, 1.64) -13 (-6, -17)	-0.01 (-0.13, 0.11) 0 (-1, 0)	0.6 (0.53, 0.7) -9 (-5, -10)	0 (-0.34, 0.33) -1 (-3, 0)	0.02 (-0.13, 0.2) -1 (-2, 0)	0.49 (0.37, 0.65) -8 (-5, -6)	0.24 (-0.05, 0.55) -4 (-4, 0)	0.09 (0.13, 0.09) -2 (-1, -1)	NA -2 (2, -4)
Folic acid	0.02 (0.34, -0.28) -1 (1, -1)	-0.17 (0.25, -0.59) 3 (4, 0)	0.08 (-0.65, 0.79) 11 (3, 19)	-0.15 (0.39, -0.67) 3 (5, -1)	-0.18 (0.2, -0.55) 3 (4, 0)	0.12 (0.19, 0.08) -2 (0, 0)	-0.08 (0.13, -0.27) 1 (1, 0)	0.53 (0.8, 0.3) -7 (-1, -11)	1.07 (0.95, 1.21) -9 (-2, -13)	-0.08 (0.47, -0.62) 1 (5, -2)	1.26 (1.5, 1.05) -10 (-2, -17)	-0.18 (0.12, -0.48) 3 (3, 0)	0.43 (0.77, 0.11) -6 (-1, -10)	-0.17 (-0.09, -0.26) 3 (1, 0)	-0.15 (0.12, -0.39) 3 (2, 0)	0.32 (0.62, 0.06) -5 (-1, -6)	0.08 (0.2, -0.04) -1 (0, 0)	-0.07 (0.37, -0.5) 1 (3, -1)	NA 1 (6, -4)
L-carnitine/L-acetylcarnitine	0.16 (-0.05, -0.39) -4 (-4, 0)	-0.02 (-0.14, 0.08) 0 (-1, 1)	0.15 (-0.39, 0.67) -3 (-5, 1)	-0.07 (-0.26, 0.12) 14 (8, 18)	-0.03 (-0.19, 0.12) 0 (-1, 1)	0.27 (-0.2, 0.75) -5 (-5, 1)	0.07 (-0.26, 0.4) -2 (-3, 0)	0.67 (0.41, 0.97) -10 (-6, -10)	1.21 (0.55, 1.88) -12 (-7, -12)	0.06 (0.11, 1.72) -2 (0, -1)	1.41 (1.1, 1.72) -13 (-7, -16)	-0.03 (-0.27, 0.19) 0 (-2, 1)	0.57 (0.38, 0.78) -9 (-6, -9)	-0.03 (-0.48, 0.41) 0 (-4, 1)	0 (-0.27, 0.28) 0 (-3, 1)	0.47 (0.23, 0.73) -8 (-6, -5)	0.22 (-0.19, 0.63) -4 (-5, 1)	0.07 (-0.02, 0.16) -2 (-2, 0)	NA -2 (1, -3)
Micronutrient supplement	0.19 (0.14, 0.27) -4 (-3, -1)	0.01 (0.05, -0.04) 0 (0, 0)	0.18 (-0.2, 0.55) -3 (-4, 0)	0.03 (0.19, -0.12) 0 (1, -1)	-0.1 (-0.46, 0.25) 14 (7, 19)	0.3 (-0.01, 0.63) -5 (-4, 0)	0.09 (-0.07, 0.28) -2 (-3, 0)	0.71 (0.6, 0.85) -10 (-5, -11)	1.25 (0.75, 1.76) -12 (-6, -13)	0.09 (0.27, -0.08) -2 (1, -2)	1.44 (1.3, 1.6) -13 (-6, -17)	0 (-0.08, 0.07) 0 (-1, 0)	0.61 (0.58, 0.66) -9 (-5, -10)	0 (-0.29, 0.29) -1 (-3, 0)	0.03 (-0.08, 0.16) -1 (-2, 0)	0.5 (0.42, 0.6) -8 (-5, -6)	0.25 (0, 0.51) -5 (-4, 0)	0.1 (0.18, 0.04) -2 (-1, -1)	NA -2 (2, -4)
Minerals	-0.11 (0.15, -0.36) 1 (1, -1)	-0.29 (0.06, -0.67) 5 (4, 0)	-0.12 (-0.19, -0.08) 2 (0, 0)	-0.27 (0.2, -0.75) 5 (5, -1)	-0.3 (0.01, -0.63) 5 (4, 0)	0.2 (-0.47, 0.87) 9 (3, 19)	-0.2 (-0.06, -0.35) 3 (1, 0)	0.4 (0.61, 0.22) -5 (-1, -11)	0.94 (0.76, 1.13) -7 (-2, -13)	-0.21 (0.29, -0.7) 3 (5, -2)	1.14 (1.31, 0.97) -8 (-2, -14)	-0.3 (-0.07, -0.56) 5 (3, 0)	0.3 (0.59, 0.03) -4 (-1, -10)	-0.3 (-0.27, -0.34) 4 (1, 0)	-0.27 (-0.06, -0.47) 4 (2, 0)	0.2 (0.44, -0.03) -3 (-1, -6)	-0.05 (0.01, -0.12) 1 (0, 0)	-0.2 (0.19, -0.59) 3 (3, -1)	NA 3 (6, -4)
Myoinositol	0.09 (0.21, -0.02) 2 (3, 0)	-0.09 (0.12, -0.33) 2 (3, 0)	0.08 (-0.13, 0.27) -1 (-1, 0)	-0.07 (0.26, -0.4) 2 (4, -1)	-0.1 (0.07, -0.28) 2 (3, 0)	0.2 (0.06, 0.35) 2 (4, -1)	0 (-0.52, 0.53) 12 (4, 19)	0.6 (0.67, 0.56) -10 (-3, -13)	1.14 (0.82, 1.48) 2 (0, 4)	-0.1 (0.34, -0.36) 0 (4, -2)	1.34 (1.37, 1.31) -7 (-2, -11)	-0.1 (-0.01, -0.21) 2 (2, 0)	0.5 (0.65, 0.37) -7 (-2, -10)	-0.1 (-0.22, 0.01) 1 (0, 0)	-0.07 (-0.01, -0.13) 1 (1, 0)	0.4 (0.49, 0.32) -6 (-2, -6)	0.15 (0.07, 0.23) -2 (-1, 0)	0 (0.24, -0.24) 0 (2, -1)	NA 0 (5, -4)
N-acetyl cysteine	-0.51 (-0.46, -0.58) 6 (2, 10)	-0.7 (-0.55, -0.89) 10 (5, 11)	-0.53 (-0.8, -0.3) 7 (1, 11)	-0.67 (-0.41, -0.97) 10 (6, 10)	-0.71 (-0.6, -0.85) 10 (5, 11)	-0.4 (-0.61, -0.22) 5 (1, 11)	-0.6 (-0.67, -0.56) 8 (2, 11)	0.6 (0.15, 1.09) 4 (2, 8)	0.54 (0.15, 0.91) -2 (-1, -2)	-0.61 (-0.33, -0.92) 8 (6, 9)	0.73 (0.7, 0.75) -3 (-1, -6)	-0.71 (-0.68, -0.78) 10 (4, 11)	-0.1 (-0.02, -0.19) 1 (0, 1)	-0.7 (-0.89, -0.55) 9 (2, 11)	-0.68 (-0.68, -0.69) 9 (3, 11)	-0.2 (-0.18, -0.24) 2 (0, 5)	-0.45 (-0.6, -0.34) 6 (1, 11)	-0.6 (-0.43, -0.8) 8 (4, 10)	NA 8 (7, 7)
Nigella sativa seed oil	-1.05 (-0.61, -1.5) 8 (3, 12)	-1.24 (-0.7, -1.8) 12 (6, 13)	-1.07 (-0.95, -1.21) 9 (2, 13)	-1.21 (-0.55, -1.88) 12 (7, 12)	-1.25 (-0.75, -1.76) 12 (6, 13)	-0.94 (-0.76, -1.13) 7 (2, 13)	-1.14 (-0.82, -1.48) 10 (3, 13)	-0.54 (-0.15, -0.91) 2 (1, 2)	1.14 (0.29, 2.01) 2 (1, 6)	-1.15 (-0.47, -1.84) 10 (7, 11)	0.55 (0.55, -0.17) -1 (0, -4)	-1.25 (-0.83, -1.69) 12 (5, 13)	-0.64 (-0.17, -1.11) 3 (1, 3)	-1.24 (-1.03, -1.47) 11 (3, 13)	-1.22 (-0.82, -1.61) 11 (4, 13)	-0.74 (-0.32, -1.16) 4 (1, 7)	-0.99 (-0.75, -1.25) 8 (2, 13)	-1.14 (-0.57, -1.72) 10 (5, 12)	NA 10 (8, 9)
Omega-3 fatty acids	0.1 (-0.13, 0.34) -2 (-4, 1)	-0.08 (-0.22, 0.03) 2 (-1, 2)	0.08 (-0.47, 0.62) -1 (-5, 2)	-0.06 (-0.08, -0.05) 2 (0, 1)	-0.09 (-0.27, 0.08) 2 (-1, 2)	0.21 (-0.29, 0.7) -3 (-5, 2)	0.01 (0.34, 0.36) 0 (-4, 2)	0.61 (0.33, 0.92) -8 (-6, -9)	1.15 (0.47, 1.84) -10 (-7, -11)	-0.01 (-0.18, 0.17) 12 (8, 17)	1.34 (1.02, 1.67) -11 (-7, -15)	-0.09 (-0.35, 0.14) 2 (-2, 2)	0.51 (0.3, 0.73) -7 (-6, -8)	-0.09 (-0.56, 0.37) 1 (-4, 2)	-0.07 (-0.35, 0.23) 1 (-3, 2)	0.41 (0.15, 0.68) -6 (-6, -4)	0.16 (-0.27, 0.59) -3 (-5, 2)	0.01 (-0.1, 0.12) 0 (-2, 1)	NA 0 (1, -2)
Prelox	-1.24 (-1.16, -1.33) 9 (3, 16)	-1.43 (-1.25, -1.64) 13 (6, 17)	-1.26 (-1.5, -1.05) 10 (2, 17)	-1.41 (-1.1, -1.72) 13 (7, 16)	-1.44 (-1.3, -1.6) 13 (6, 17)	-1.14 (-1.31, -0.97) 8 (2, 17)	-1.34 (-1.37, -1.31) 11 (3, 17)	-0.73 (-0.7, -0.75) 3 (1, 6)	-0.19 (-0.55, 0.17) 1 (0, 4)	-1.34 (-1.02, -1.67) 11 (7, 15)	1.34 (0.84, 1.84) 1 (1, 2)	-1.44 (-1.38, -1.53) 13 (5, 17)	-0.83 (-0.72, -0.94) 3 (1, 7)	-1.43 (-1.58, -1.3) 12 (3, 17)	-1.41 (-1.37, -1.44) 12 (4, 17)	-0.94 (-0.87, -0.99) 4 (1, 11)	-1.18 (-1.3, -1.08) 8 (2, 17)	-1.33 (-1.12, -1.55) 11 (5, 16)	NA 11 (8, 13)
Saffron	0.19 (0.22, 0.2) -4 (-2, -1)	0.01 (0.13, -0.11) 0 (1, 0)	0.18 (-0.12, 0.48) -3 (-3, 0)	0.03 (0.27, -0.19) 0 (2, -1)	0 (0.08, -0.07) 0 (1, 0)	0.3 (0.07, 0.56) -5 (-3, 0)	0.1 (0.01, 0.21) -2 (-2, 0)	0.71 (0.68, 0.78) -10 (-4, -11)	1.25 (0.83, 1.69) -12 (-5, -13)	0.09 (0.35, -0.14) -2 (2, -2)	1.44 (1.38, 1.53) -13 (-5, -17)	-0.53, 0.31 14 (6, 19)	0.61 (0.65, 0.59) -9 (-4, -10)	0.01 (-0.21, 0.22) -1 (-2, 0)	0.03 (0, 0.09) -1 (-1, 0)	0.5 (0.5, 0.54) -8 (-4, -6)	0.25 (0.08, 0.44) -4 (-3, 0)	0.1 (0.25, -0.02) -2 (0, -1)	NA -2 (3, -4)
Selenium supplements	-0.41 (-0.44, -0.39) 6 (2, 9)	-0.6 (-0.53, -0.7) 9 (5, 10)	-0.43 (-0.77, -0.11) 6 (1, 10)	-0.57 (-0.38, -0.78) 9 (6, 9)	-0.61 (-0.58, -0.66) 9 (5, 10)	-0.3 (-0.59, -0.03) 4 (1, 10)	-0.5 (-0.65, -0.37) 7 (2, 10)	0.1 (0.02, 0.19) -1 (0, -1)	0.64 (0.17, 1.11) -3 (-1, -3)	0.83 (0.72, 0.94) -3 (-1, -7)	-0.61 (-0.65, -0.59) 9 (4, 10)	-0.6 (-0.86, -0.36) 9 (2, 10)	0.5 (0.12, 0.9) 5 (2, 9)	-0.6 (-0.86, -0.36) 9 (2, 10)	-0.58 (-0.65, -0.5) 9 (3, 10)	-0.1 (-0.15, -0.05) 1 (0, 4)	-0.35 (-0.58, -0.14) 5 (1, 10)	-0.5 (-0.4, -0.61) 7 (4, 9)	NA 7 (7, 6)
Vitamin C/E	0.19 (0.43, -0.03) -3 (0, -1)	0 (0.34, -0.33) 1 (3, 0)	0.17 (0.09, 0.26) -3 (-1, 0)	0.03 (0.48, -0.41) 0 (4, -1)	-0.01 (0.29, -0.29) 1 (3, 0)	0.3 (0.27, 0.34) -4 (-1, 0)	0.1 (0.22, -0.01) -1 (0, 0)	0.7 (0.89, 0.55) -9 (-2, -11)	1.24 (1.03, 1.47) -11 (-3, -13)	0.09 (0.56, -0.37) -1 (4, -2)	1.43 (1.58, 1.3) -12 (-3, -17)	-0.01 (0.21, -0.22) 1 (2, 0)	0.6 (0.86, 0.36) -9 (-2, -10)	-0.1 (-0.74, 0.54) 14 (4, 19)	0.02 (0.21, -0.14) 0 (1, 0)	0.5 (0.71, 0.31) -8 (-2, -6)	0.25 (0.29, 0.22) -4 (-1, 0)	0.1 (0.46, -0.25) -2 (-2, -1)	NA -2 (5, -4)
Vitamin D3	0.17 (0.22, 0.11) -3 (-1, -1)	-0.02 (0.13, -0.2) 1 (2, 0)	0.15 (-0.12, 0.39) -3 (-2, 0)	0 (0.27, -0.28) 0 (3, -1)	-0.03 (0.08, -0.16) 1 (2, 0)	0.27 (0.06, 0.47) -4 (-2, 0)	0.07 (0.01, 0.13) -1 (-1, 0)	0.68 (0.68, 0.69) -9 (-3, -11)	1.22 (0.82, 1.61) -11 (-4, -13)	0.07 (0.35, -0.23) -1 (3, -2)	1.41 (1.37, 1.44) -12 (-4, -17)	-0.03 (0, -0.09) 1 (1, 0)	0.58 (0.65, 0.5) -9 (-3, -10)	-0.02 (-0.21, 0.14) 0 (-1, 0)	-0.07 (-0.53, 0.4) 13 (5, 19)	0.47 (0.5, 0.45) -8 (-3, -6)	0.22 (0.08, 0.36) -4 (-2, 0)	0.07 (0.25, -0.11) -1 (1, -1)	NA -2 (4, -4)
Vitamin D3 + calcium	-0.31 (-0.28, -0.34) 5 (2, 5)	-0.49 (-0.37, -0.65) 8 (5, 6)	-0.32 (-0.62, -0.06) 5 (1, 6)	-0.47 (-0.23, -0.73) 8 (6, 5)	-0.5 (-0.42, 0.6) 8 (5, 6)	-0.2 (-0.44, 0.03) 3 (1, 6)	-0.4 (-0.49, -0.32) 6 (2, 6)	0.2 (0.18, 0.24) -2 (0, -5)	0.74 (0.32, 1.16) -4 (-1, -7)	-0.41 (-0.15, 0.68) 6 (6, 4)	0.94 (0.87, 0.99) -4 (-1, -11)	-0.5 (-0.5, -0.54) 8 (4, 6)	0.1 (0.15, 0.05) -1 (0, -4)	-0.5 (-0.71, -0.31) 8 (2, 6)	-0.47 (-0.5, -0.45) 8 (3, 6)	0.4 (-0.03, 0.85) 6 (2, 13)	-0.25 (-0.42, -0.09) 4 (1, 6)	-0.4 (-0.25, -0.56) 6 (4, 5)	NA 6 (7, 2)
Vitamin/Mineral supplements	-0.06 (0.14, -0.25) 1 (1, -1)	-0.24 (0.05, -0.55) 4 (4, 0)	-0.08 (-0.2, 0.04) 1 (0, 0)	-0.22 (0.19, -0.63) 4 (5, -1)	-0.25 (0, -0.51) 5 (4, 0)	0.05 (-0.01, 0.12) -1 (0, 0)	-0.15 (-0.07, -0.23) 2 (1, 0)	0.45 (0.6, 0.34) -6 (-1, -11)	0.99 (0.75, 1.25) -8 (-2, -13)	-0.16 (0.27, -0.59) 3 (5, -2)	1.18 (1.3, 1.08) -8 (-2, -17)	-0.25 (-0.08, -0.44) 4 (3, 0)	0.35 (0.58, 0.14) -5 (-1, -10)	-0.25 (-0.29, -0.22) 4 (1, 0)	-0.22 (-0.08, -0.36) 4 (2, 0)	0.25 (0.42, 0.09) -4 (-1, -6)	0.15 (-0.46, 0.76) 10 (3, 19)	-0.15 (0.18, -0.47) 2 (3, -1)	NA 2 (6, -4)
Zinc/Zinc + folic acid	0.09 (-0.04, 0.22) -2 (-2, 0)	-0.09 (-0.13, -0.09) 2 (1, 1)	0.07 (-0.37, 0.5) -1 (-3, 1)	-0.07 (0.02, -0.16) 2 (2, 0)	-0.1 (-0.18, -0.04) 2 (1, 1)	0.2 (-0.19, 0.59) -3 (-3, 1)	0 (-0.24, 0.24) 0 (-2, 1)	0.6 (0.43, 0.8) -8 (-4, -10)	1.14 (0.57, 1.72) -10 (-5, -12)	-0.01 (0.1, -0.12) 0 (2, -1)	1.33 (1.12, 1.55) -11 (-8, -13)	-0.1 (-0.25, 0.02) 2 (0, 1)	0.5 (0.4, 0.61) -7 (-4, -9)	-0.1 (-0.46, 0.25) 2 (-2, 1)	-0.07 (-0.25, 0.11) 1 (-1, 1)	0.4 (0.25, 0.56) -6 (-4, -5)	0.15 (-0.18, 0.47) -2 (-3, 1)	0 (-0.28, 0.29) 12 (6, 18)	NA 0 (3, -3)
Placebo/No treatment	NA -2 (-5, 3)	NA 2 (-2, 4)	NA -1 (-6, 4)	NA 2 (-1, 3)	NA 2 (-2, 4)	NA -3 (-6, 4)	NA 0 (-5, 4)	NA -8 (-7, -7)	NA -10 (-8, -9)	NA 0 (-1, 2)	NA -11 (-8, -13)	NA 2 (-3, 4)	NA -7 (-7, -6)	NA 2 (-5, 4)	NA 2 (-4, 4)	NA -6 (-7, -2)	NA -2 (-6, 4)	NA 0 (-3, 3)	NA 12 (9, 15)