Difference between motility NMA estimated relative effect compared to placebo and ranks Ranks in italics, and bold diagonal is relative effect and rank compared to placebo																											
				Coenzyme- Q10 + L- carnitine +																							
Intervention	Antioxidants	Carob	Coenzyme Q10	lycopene + zinc high dose	Folic acid	Herb/Mineral supplement	L- carnitine/L- acetylcarnitine	L- e carnitine+cinne	c Magnesium	Micronutrient supplement	Minerals	Myoinositol	N-acetyl cysteine	Nigella sativa seed oil	Omega-3 fatty acids	Prelox	Saffron	Selenium supplements	Spirulina	Vitamin C/E	Vitamin D3	Vitamin D3 + calcium	Vitamin/Minera	Vitamin/Minera supplements	Walnuts	Zinc/Zinc + folic acid	Placebo/No treatment
Antioxidants	4.32 (-2.44, 10.8) 13 (5, 24)	-0.83 (-3.27, 1.79) 1 (-1, 2)	-2.79 (-2.13, -2.98) 4 (3, 2)	5.26 (2.84, 8.43) -6 (-4, -4)	-2.75 (-2.3, -2.8) 4 (3, 2)	-4.63 (-11.07, 1.69) 6 (-1, 3)	2.48 (5.15, -0.03) -4 (0, -8)	13.51 (14.3, 12.95) -11 (-4, -19)	-0.4 (-6.66, 6.41) 1 (-3, 3)	10.67 (8.72, 12.8) -10 (-4, -14)	-2.04 (-8.08, 4.05) 3 (-2, 3)	-1.21 (-4.6, 2.52) 2 (-1, 3)	-2.1 (-5.3, 1.35) 3 (-1, 3)	1.45 (-2.5, 5.44) -1 (-3, 2)	-1.47 (1.37, -3.96) 2 (3, -1)	8.7 (2.05, 15.28) -8 (-4, -3)	-3.73 (-7.88, 0.35) 5 (0, 3)	1.96 (0.92, 3.27) -3 (-2, -1)	-2.75 (-6.69, 1.36) 4 (-1, 3)	-6.89 (-5.08, -8.25) 10 (11, 3)	-1.53 (-1.86, -0.91) 2 (0, 1)	-7.29 (-10.74, -3.32) 9 (4, 3)	-1.53 (-6.09, 3.37) 2 (-2, 3)	1.87 (1.07, 3.11) -3 (-2, -1)	8.72 (0.68, 16.43) -7 (-4, -1)	-3.11 (-1.44, -4.72) 5 (5, 2)	NA 7 (12, 0)
Carob	0.83 (3.27, -1.79) -1 (1, -2)	3.5 (-5.71, 12.59) 15 (4, 26)	-1.96 (1.14, -4.76) 3 (4, 0)	6.09 (6.11, 6.64) -7 (-3, -6)	-1.93 (0.97, -4.59) 3 (4, 0)	-3.8 (-7.8, -0.1) 4 (0, 1)	3.31 (8.42, -1.82) -5 (1, -10)	14.33 (17.57, 11.16) -13 (-3, -21)	0.43 (-3.39, 4.62) 0 (-2, 1)	11.5 (11.99, 11.01) -11 (-3, -16)	-1.21 (-4.81, 2.27) 2 (-1, 1)	-0.38 (-1.34, 0.74) 1 (0, 1)	-1.27 (-2.04, -0.43) 2 (0, 1)	2.28 (0.77, 3.66) -3 (-2, 0)	-0.64 (4.63, -5.74) 1 (4, -3)	9.53 (5.31, 13.49) -9 (-3, -5)	-2.9 (-4.61, -1.44) 4 (1, 1)	2.78 (4.19, 1.48) -4 (-1, -3)	-1.92 (-3.42, -0.43) 2 (0, 1)	-6.06 (-1.82, -10.04) 9 (12, 1)	-0.7 (1.41, -2.69) 1 (1, -1)	-6.46 (-7.47, -5.11) 8 (5, 1)	-0.7 (-2.82, 1.58) 1 (-1, 1)	2.7 (4.33, 1.32) -4 (-1, -3)	9.54 (3.94, 14.64) -9 (-3, -3)	-2.28 (1.83, -6.51) 4 (6, 0)	NA 6 (13, -2)
Coenzyme Q10	2.79 (2.13, 2.98) -4 (-3, -2)	1.96 (-1.14, 4.76) -3 (-4, 0)	1.54 (-4.57, 7.82) 18 (8, 26)	8.05 (4.97, 11.41) -10 (-7, -6)	0.03 (-0.17, 0.17) 0 (0, 0)	-1.85 (-8.94, 4.66) 1 (-4, 1)	5.27 (7.28, 2.95) -8 (-3, -10)	16.29 (16.43, 15.93) -16 (-7, -21)	2.39 (-4.53, 9.38) -3 (-6, 1)	13.46 (10.85, 15.77) -14 (-7, -16)	0.75 (-5.95, 7.03) -1 (-5, 1)	1.58 (-2.48, 5.5) -2 (-4, 1)	0.69 (-3.18, 4.33) -1 (-4, 1)	4.24 (-0.37, 8.42) -6 (-6, 0)	1.32 (3.49, -0.98) -2 (0, -3)	11.49 (4.17, 18.26) -12 (-7, -5)	-0.94 (-5.75, 3.32) 1 (-3, 1)	4.74 (3.05, 6.25) -7 (-5, -3)	0.04 (-4.56, 4.34) -1 (-4, 1)	-4.1 (-2.95, -5.27) 6 (8, 1)	1.26 (0.27, 2.07) -2 (-3, -1)	-4.5 (-8.61, -0.34) 5 (1, 1)	1.26 (-3.96, 6.34) -2 (-5, 1)	4.65 (3.19, 6.09) -7 (-5, -3)	11.5 (2.8, 19.41) -12 (-7, -3)	-0.32 (0.69, -1.75) 1 (2, 0)	NA 3 (9, -2)
Coenzyme- Q10 + L- carnitine + lycopene + zinc high dose	-5.26 (-2.84, -8.43) 6 (4, 4)	-6.09 (-6.11, -6.64) 7 (3, 6)	-8.05 (-4.97, -11.41) 10 (7, 6)	9.58 (0.4, 19.23) 7 (1, 20)	-8.01 (-5.14, -11.24) 10 (7, 6)	-9.89 (-13.91, -6.74) 12 (3, 7)	-2.78 (2.31, -8.46) 2 (4, -4)	8.25 (11.46, 4.52) -5 (0, -15)	-5.66 (-9.5, -2.03) 7 (1, 7)	5.41 (5.88, 4.37) -4 (0, -10)	-7.3 (-10.92, -4.38) 9 (2, 7)	-6.47 (-7.45, -5.91) 8 (3, 7)	-7.36 (-8.15, -7.08) 9 (3, 7)	-3.81 (-5.34, -2.99) 4 (1, 6)	-6.73 (-1.48, -12.39) 8 (7, 3)	3.44 (-0.8, 6.85) -2 (0, 1)	-8.99 (-10.72, -8.08) 11 (4, 7)	-3.3 (-1.93, -5.16) 3 (2, 3)	-8.01 (-9.53, -7.07) 10 (3, 7)	-12.15 (-7.93, -16.68) 16 (15, 7)	-6.79 (-4.7, -9.34) 8 (4, 5)	-12.55 (-13.58, -11.75) 15 (8, 7)	-6.79 (-8.93, -5.07) 8 (2, 7)	-3.39 (-1.78, -5.32) 3 (2, 3)	3.46 (-2.17, 8) -2 (0, 3)	-8.37 (-4.28, -13.15) 11 (9, 6)	NA 13 (16, 4)
Folic acid	2.75 (2.3, 2.8) -4 (-3, -2)	1.93 (-0.97, 4.59) -3 (-4, 0)	-0.03 (0.17, -0.17) 0 (0, 0)	8.01 (5.14, 11.24) -10 (-7, -6)	1.57 (-4.74, 8) 18 (8, 26)	-1.88 (-8.77, 4.49) 1 (-4, 1)	5.24 (7.45, 2.78) -8 (-3, -10)	16.26 (16.6, 15.75) -15 (-7, -21)	2.36 (-4.36, 9.21) -3 (-6, 1)	13.43 (11.02, 15.6) -14 (-7, -16)	0.72 (-5.78, 6.86) -1 (-5, 1)	1.54 (-2.3, 5.33) -2 (-4, 1)	0.65 (-3, 4.16) -1 (-4, 1)	4.21 (-0.2, 8.25) -6 (-6, 0)	1.29 (3.67, -1.15) -2 (0, -3)	11.46 (4.34, 18.08) -12 (-7, -5)	-0.97 (-5.58, 3.15) 1 (-3, 1)	4.71 (3.22, 6.08) -7 (-5, -3)	0 (-4.39, 4.16) 0 (-4, 1)	-4.14 (-2.78, -5.45) 6 (8, 1)	1.23 (0.44, 1.9) -2 (-3, -1)	-4.54 (-8.44, -0.51) 5 (1, 1)	1.23 (-3.79, 6.17) -2 (-5, 1)	4.62 (3.37, 5.91) -7 (-5, -3)	11.47 (2.98, 19.23) -12 (-7, -3)	-0.36 (0.86, -1.92) 1 (2, 0)	NA 3 (9, -2)
Herb/Mineral supplement	4.63 (11.07, -1.69) -6 (1, -3)	3.8 (7.8, 0.1) -4 (0, -1)	1.85 (8.94, -4.66) -1 (4, -1)	9.89 (13.91, 6.74) -12 (-3, -7)	1.88 (8.77, -4.49) -1 (4, -1)	-0.31 (-13.51, 12.49) 19 (4, 27)	7.12 (16.22, -1.72) -10 (1, -11)	18.14 (25.37, 11.26) -17 (-3, -22)	4.23 (4.41, 4.72) -5 (-2, 0)	15.31 (19.79, 11.11) -16 (-3, -17)	2.59 (2.99, 2.36) -3 (-1, 0)	3.42 (6.47, 0.83) -4 (0, 0)	2.53 (5.76, -0.33) -3 (0, 0)	6.08 (8.57, 3.75) -7 (-2, -1)	3.17 (12.44, -5.65) -4 (4, -4)	13.34 (13.11, 13.59) -13 (-3, -6)	0.91 (3.19, -1.34) -1 (1, 0)	6.59 (11.99, 1.58) -8 (-1, -4)	1.88 (4.38, -0.33) -2 (0, 0)	-2.26 (5.99, -9.94) 4 (12, 0)	3.1 (9.21, -2.6) -3 (1, -2)	-2.66 (0.33, -5.01) 3 (5, 0)	3.1 (4.98, 1.68) -3 (-1, 0)	6.5 (12.13, 1.42) -8 (-1, -4)	13.35 (11.74, 14.74) -13 (-3, -4)	1.52 (9.63, -6.41) -1 (6, -1)	NA 2 (13, -3)
L-carnitine/L- acetylcarnitine	-2.48 (-5.15, 0.03) 4 (0, 8)	-3.31 (-8.42, 1.82) 5 (-1, 10)	-5.27 (-7.28, -2.95) 8 (3, 10)	2.78 (-2.31, 8.46) -2 (-4, 4)	-5.24 (-7.45, -2.78) 8 (3, 10)	-7.12 (-16.22, 1.72) 10 (-1, 11)	6.81 (2.71, 10.77) 9 (5, 16)	11.02 (9.15, 12.98) -7 (-4, -11)	-2.88 (-11.81, 6.43) 5 (-3, 11)	8.19 (3.57, 12.83) -6 (-4, -6)	-4.52 (-13.23, 4.08) 7 (-2, 11)	-3.69 (-9.76, 2.55) 6 (-1, 11)	-4.58 (-10.46, 1.38) 7 (-1, 11)	-1.03 (-7.65, 5.47) 2 (-3, 10)	-3.95 (-3.79, -3.93) 6 (3, 7)	6.22 (-3.11, 15.31) -4 (-4, 5)	-6.21 (-13.03, 0.38) 9 (0, 11)	-0.53 (-4.23, 3.3) 1 (-2, 7)	-5.23 (-11.84, 1.39) 8 (-1, 11)	-9.37 (-10.24, -8.22) <i>14 (11, 11)</i>	-4.01 (-7.01, -0.88) 6 (0, 9)	-9.77 (-15.89, -3.29) 13 (4, 11)	-4.01 (-11.24, 3.39) 6 (-2, 11)	-0.61 (-4.09, 3.14) 1 (-2, 7)	6.23 (-4.48, 16.46) -4 (-4, 7)	-5.59 (-6.59, -4.69) 9 (5, 10)	NA 11 (12, 8)
L- carnitine+cinno	-13.51 (-14.3, -12.95) 11 (4, 19)	-14.33 (-17.57, -11.16) 13 (3, 21)	-16.29 (-16.43, -15.93) 16 (7, 21)	-8.25 (-11.46, -4.52) 5 (0, 15)	-16.26 (-16.6, -15.75) 15 (7, 21)	-18.14 (-25.37, -11.26) 17 (3, 22)	-11.02 (-9.15, -12.98) 7 (4, 11)	17.83 (11.86, 23.75) 2 (1, 5)	-13.91 (-20.96, -6.54) 12 (1, 22)	-2.83 (-5.58, -0.15) 1 (0, 5)	-15.55 (-22.38, -8.9) 14 (2, 22)	-14.72 (-18.9, -10.43) 13 (3, 22)	-15.61 (-19.6, -11.6) 14 (3, 22)	-12.06 (-16.8, -7.51) 10 (1, 21)	-14.97 (-12.93, -16.91) 13 (7, 18)	-4.8 (-12.25, 2.33) 4 (0, 16)	-17.23 (-22.18, -12.6) 16 (4, 22)	-11.55 (-13.38, -9.68) 9 (2, 18)	-16.26 (-20.99, -11.59) 15 (3, 22)	-20.4 (-19.38, -21.2) 21 (15, 22)	-15.04 (-16.16, -13.86) 14 (4, 20)	-20.8 (-25.04, -16.27) 20 (8, 22)	-15.03 (-20.39, -9.58) 14 (2, 22)	-11.64 (-13.23, -9.84) 9 (2, 18)	-4.79 (-13.62, 3.48) 4 (0, 18)	-16.62 (-15.74, -17.67) 16 (9, 21)	NA 19 (16, 19)
Magnesium	0.4 (6.66, -6.41) -1 (3, -3)	-0.43 (3.39, -4.62) 0 (2, -1)	-2.39 (4.53, -9.38) 3 (6, -1)	5.66 (9.5, 2.03) -7 (-1, -7)	-2.36 (4.36, -9.21) 3 (6, -1)	-4.23 (-4.41, -4.72) 5 (2, 0)	2.88 (11.81, -6.43) -5 (3, -11)	13.91 (20.96, 6.54) -12 (-1, -22)	3.93 (-9.1, 17.2) 14 (2, 27)	11.07 (15.38, 6.39) -11 (-1, -17)	-1.64 (-1.42, -2.35) 2 (1, 0)	-0.81 (2.06, -3.88) 1 (2, 0)	-1.7 (1.36, -5.05) 2 (2, 0)	1.85 (4.16, -0.96) -2 (0, -1)	-1.07 (8.03, -10.36) 1 (6, -4)	9.1 (8.7, 8.88) -9 (-1, -6)	-3.33 (-1.22, -6.06) 4 (3, 0)	2.35 (7.58, -3.13) -3 (1, -4)	-2.35 (-0.03, -5.04) 3 (2, 0)	-6.49 (1.58, -14.65) 9 (14, 0)	-1.13 (4.8, -7.31) 1 (3, -2)	-6.89 (-4.08, -9.72) 8 (7, 0)	-1.13 (0.57, -3.04) 1 (1, 0)	2.27 (7.72, -3.3) -3 (1, -4)	9.11 (7.33, 10.02) <i>-8 (-1, -4)</i>	-2.71 (5.22, -11.13) 4 (8, -1)	NA 6 (15, -3)
Micronutrient supplement	-10.67 (-8.72, -12.8) 10 (4, 14)	-11.5 (-11.99, -11.01) <i>11 (3, 16)</i>	-13.46 (-10.85, -15.77) 14 (7, 16)	-5.41 (-5.88, -4.37) 4 (0, 10)	-13.43 (-11.02, -15.6) 14 (7, 16)	-15.31 (-19.79, -11.11) <i>16 (3, 17)</i>	-8.19 (-3.57, -12.83) 6 (4, 6)	2.83 (5.58, 0.15) -1 (0, -5)	-11.07 (-15.38, -6.39) 11 (1, 17)	15 (6.28, 23.6) 3 (1, 10)	-12.71 (-16.8, -8.75) 13 (2, 17)	-11.88 (-13.32, -10.28) 12 (3, 17)	-12.77 (-14.03, -11.44) 13 (3, 17)	-9.22 (-11.22, -7.36) 8 (1, 16)	-12.14 (-7.35, -16.76) 12 (7, 13)	-1.97 (-6.68, 2.48) 2 (0, 11)	-14.4 (-16.6, -12.45) 15 (4, 17)	-8.72 (-7.8, -9.53) 7 (2, 13)	-13.42 (-15.41, -11.44) 14 (3, 17)	-17.56 (-13.8, -21.05) 20 (15, 17)	-12.2 (-10.58, -13.71) 12 (4, 15)	-17.96 (-19.46, -16.12) 19 (8, 17)	-12.2 (-14.81, -9.43) 12 (2, 17)	-8.81 (-7.66, -9.69) 7 (2, 13)	-1.96 (-8.05, 3.63) 2 (0, 13)	-13.78 (-10.16, -17.52) <i>15 (9, 16)</i>	NA 17 (16, 14)
Minerals	2.04 (8.08, -4.05) -3 (2, -3)	1.21 (4.81, -2.27) -2 (1, -1)	-0.75 (5.95, -7.03) 1 (5, -1)	7.3 (10.92, 4.38) -9 (-2, -7)	-0.72 (5.78, -6.86) 1 (5, -1)	-2.59 (-2.99, -2.36) 3 (1, 0)	4.52 (13.23, -4.08) -7 (2, -11)	15.55 (22.38, 8.9) -14 (-2, -22)	1.64 (1.42, 2.35) -2 (-1, 0)	12.71 (16.8, 8.75) -13 (-2, -17)	2.29 (-10.52, 14.85) 16 (3, 27)	0.83 (3.48, -1.53) -1 (1, 0)	-0.06 (2.78, -2.7) 0 (1, 0)	3.49 (5.58, 1.39) -4 (-1, -1)	0.57 (9.45, -8.01) -1 (5, -4)	10.74 (10.12, 11.23) -11 (-2, -6)	-1.69 (0.2, -3.7) 2 (2, 0)	3.99 (9, -0.78) -5 (0, -4)	-0.71 (1.39, -2.69) 1 (1, 0)	-4.85 (3, -12.3) 7 (13, 0)	0.51 (6.22, -4.96) -1 (2, -2)	-5.25 (-2.66, -7.37) 6 (6, 0)	0.51 (1.99, -0.69) -1 (0, 0)	3.91 (9.15, -0.94) -5 (0, -4)	10.75 (8.76, 12.38) -10 (-2, -4)	-1.07 (6.64, -8.77) 2 (7, -1)	NA 4 (14, -3)
Myoinositol	1.21 (4.6, -2.52) -2 (1, -3)	0.38 (1.34, -0.74) -1 (0, -1)	-1.58 (2.48, -5.5) 2 (4, -1)	6.47 (7.45, 5.91) -8 (-3, -7)	-1.54 (2.3, -5.33) 2 (4, -1)	-3.42 (-6.47, -0.83) 4 (0, 0)	3.69 (9.76, -2.55) -6 (1, -11)	14.72 (18.9, 10.43) -13 (-3, -22)	0.81 (-2.06, 3.88) -1 (-2, 0)	11.88 (13.32, 10.28) -12 (-3, -17)	-0.83 (-3.48, 1.53) 1 (-1, 0)	3.11 (-7.04, 13.32) 15 (4, 27)	-0.89 (-0.7, -1.17) 1 (0, 0)	2.66 (2.11, 2.92) -3 (-2, -1)	-0.26 (5.97, -6.48) 0 (4, -4)	9.91 (6.65, 12.76) -10 (-3, -6)	-2.52 (-3.27, -2.17) 3 (1, 0)	3.17 (5.52, 0.75) -4 (-1, -4)	-1.54 (-2.09, -1.16) 2 (0, 0)	-5.68 (-0.48, -10.77) 8 (12, 0)	-0.32 (2.74, -3.43) 0 (1, -2)	-6.08 (-6.14, -5.84) 7 (5, 0)	-0.32 (-1.48, 0.84) 0 (-1, 0)	3.08 (5.67, 0.59) -4 (-1, -4)	9.93 (5.28, 13.91) -9 (-3, -4)	-1.9 (3.17, -7.24) 3 (6, -1)	NA 5 (13, -3)
N-acetyl cysteine	2.1 (5.3, -1.35) -3 (1, -3)	1.27 (2.04, 0.43) -2 (0, -1)	-0.69 (3.18, -4.33) 1 (4, -1)	7.36 (8.15, 7.08) -9 (-3, -7)	-0.65 (3, -4.16) 1 (4, -1)	-2.53 (-5.76, 0.33) 3 (0, 0)	4.58 (10.46, -1.38) -7 (1, -11)	15.61 (19.6, 11.6) -14 (-3, -22)	1.7 (-1.36, 5.05) -2 (-2, 0)	12.77 (14.03, 11.44) -13 (-3, -17)	0.06 (-2.78, 2.7) 0 (-1, 0)	0.89 (0.7, 1.17) -1 (0, 0)	2.22 (-7.75, 12.15) 16 (4, 27)	3.55 (2.81, 4.09) -5 (-2, -1)	0.64 (6.67, -5.31) -1 (4, -4)	10.8 (7.35, 13.93) -11 (-3, -6)	-1.62 (-2.57, -1.01) 2 (1, 0)	4.06 (6.22, 1.92) -6 (-1, -4)	-0.65 (-1.39, 0.01) 1 (0, 0)	-4.79 (0.22, -9.6) 7 (12, 0)	0.57 (3.45, -2.26) -1 (1, -2)	-5.19 (-5.43, -4.67) 6 (5, 0)	0.57 (-0.78, 2.01) -1 (-1, 0)	3.97 (6.37, 1.76) -6 (-1, -4)	10.82 (5.98, 15.08) -11 (-3, -4)	-1.01 (3.87, -6.08) 2 (6, -1)	NA 4 (13, -3)
Nigella sativa seed oil	-1.45 (2.5, -5.44) 1 (3, -2)	-2.28 (-0.77, -3.66) 3 (2, 0)	-4.24 (0.37, -8.42) 6 (6, 0)	3.81 (5.34, 2.99) -4 (-1, -6)	-4.21 (0.2, -8.25) 6 (6, 0)	-6.08 (-8.57, -3.75) 7 (2, 1)	1.03 (7.65, -5.47) -2 (3, -10)	12.06 (16.8, 7.51) -10 (-1, -21)	-1.85 (-4.16, 0.96) 2 (0, 1)	9.22 (11.22, 7.36) -8 (-1, -16)	-3.49 (-5.58, -1.39) 4 (1, 1)	-2.66 (-2.11, -2.92) 3 (2, 1)	-3.55 (-2.81, -4.09) 5 (2, 1)	5.78 (-4.94, 16.24) 12 (2, 26)	-2.92 (3.87, -9.4) 4 (6, -3)	7.25 (4.54, 9.84) -6 (-1, -5)	-5.18 (-5.38, -5.09) 7 (3, 1)	0.5 (3.42, -2.17) -1 (1, -3)	-4.2 (-4.19, -4.08) 5 (2, 1)	-8.34 (-2.58, -13.69) 12 (14, 1)	-2.98 (0.64, -6.35) 4 (3, -1)	-8.74 (-8.24, -8.76) 11 (7, 1)	-2.98 (-3.59, -2.08) 4 (1, 1)	0.42 (3.56, -2.33) -1 (1, -3)	7.26 (3.17, 10.99) -6 (-1, -3)	-4.56 (1.06, -10.16) 6 (8, 0)	NA 9 (15, -2)
Omega-3 fatty acids	1.47 (-1.37, 3.96) -2 (-3, 1)	0.64 (-4.63, 5.74) -1 (-4, 3)	-1.32 (-3.49, 0.98) 2 (0, 3)	6.73 (1.48, 12.39) -8 (-7, -3)	-1.29 (-3.67, 1.15) 2 (0, 3)	-3.17 (-12.44, 5.65) 4 (-4, 4)	3.95 (3.79, 3.93) -6 (-3, -7)	14.97 (12.93, 16.91) -13 (-7, -18)	1.07 (-8.03, 10.36) -1 (-6, 4)	12.14 (7.35, 16.76) -12 (-7, -13)	-0.57 (-9.45, 8.01) 1 (-5, 4)	0.26 (-5.97, 6.48) 0 (-4, 4)	-0.64 (-6.67, 5.31) 1 (-4, 4)	2.92 (-3.87, 9.4) -4 (-6, 3)	2.86 (-1.07, 6.84) 15 (8, 23)	10.17 (0.68, 19.24) -10 (-7, -2)	-2.26 (-9.24, 4.31) 3 (-3, 4)	3.42 (-0.45, 7.23) -5 (-5, 0)	-1.28 (-8.06, 5.32) 2 (-4, 4)	-5.43 (-6.45, -4.29) 8 (8, 4)	-0.06 (-3.23, 3.05) 0 (-3, 2)	-5.83 (-12.11, 0.64) 7 (1, 4)	-0.06 (-7.46, 7.32) 0 (-5, 4)	3.33 (-0.3, 7.07) -5 (-5, 0)	10.18 (-0.69, 20.39) -10 (-7, 0)	-1.64 (-2.8, -0.76) 3 (2, 3)	NA 5 (9, 1)
Prelox	-8.7 (-2.05, -15.28) 8 (4, 3)	-9.53 (-5.31, -13.49) 9 (3, 5)	-11.49 (-4.17, -18.26) 12 (7, 5)	-3.44 (0.8, -6.85) 2 (0, -1)	-11.46 (-4.34, -18.08) 12 (7, 5)	-13.34 (-13.11, -13.59) 13 (3, 6)	-6.22 (3.11, -15.31) 4 (4, -5)	4.8 (12.25, -2.33) -4 (0, -16)	-9.1 (-8.7, -8.88) 9 (1, 6)	1.97 (6.68, -2.48) -2 (0, -11)	-10.74 (-10.12, -11.23) 11 (2, 6)	-9.91 (-6.65, -12.76) 10 (3, 6)	-10.8 (-7.35, -13.93) 11 (3, 6)	-7.25 (-4.54, -9.84) 6 (1, 5)	-10.17 (-0.68, -19.24) 10 (7, 2)	13.03 (-0.4, 26.08) 6 (1, 21)	-12.43 (-9.92, -14.93) 13 (4, 6)	-6.75 (-1.13, -12.01) 5 (2, 2)	-11.45 (-8.73, -13.92) 12 (3, 6)	-15.59 (-7.13, -23.53) 18 (15, 6)	-10.23 (-3.9, -16.19) 10 (4, 4)	-15.99 (-12.78, -18.6) <i>17 (8, 6)</i>	-10.23 (-8.13, -11.91) 10 (2, 6)	-6.84 (-0.98, -12.17) 5 (2, 2)	0.01 (-1.37, 1.15) 0 (0, 2)	-11.81 (-3.48, -20) 13 (9, 5)	NA 15 (16, 3)
Saffron	3.73 (7.88, -0.35) -5 (0, -3)	2.9 (4.61, 1.44) -4 (-1, -1)	0.94 (5.75, -3.32) -1 (3, -1)	8.99 (10.72, 8.08) -11 (-4, -7)	0.97 (5.58, -3.15) -1 (3, -1)	-0.91 (-3.19, 1.34) 1 (-1, 0)	6.21 (13.03, -0.38) -9 (0, -11)	17.23 (22.18, 12.6) -16 (-4, -22)	3.33 (1.22, 6.06) -4 (-3, 0)	14.4 (16.6, 12.45) -15 (-4, -17)	1.69 (-0.2, 3.7) -2 (-2, 0)	2.52 (3.27, 2.17) -3 (-1, 0)	1.62 (2.57, 1.01) -2 (-1, 0)	5.18 (5.38, 5.09) -7 (-3, -1)	2.26 (9.24, -4.31) -3 (3, -4)	12.43 (9.92, 14.93) -13 (-4, -6)	0.6 (-10.32, 11.15) 18 (5, 27)	5.68 (8.8, 2.92) -8 (-2, -4)	0.98 (1.19, 1.01) -1 (-1, 0)	-3.17 (2.8, -8.6) 5 (11, 0)	2.2 (6.02, -1.26) -3 (0, -2)	-3.57 (-2.86, -3.67) 4 (4, 0)	2.2 (1.79, 3.02) -3 (-2, 0)	5.59 (8.94, 2.76) -8 (-2, -4)	12.44 (8.55, 16.08) -13 (-4, -4)	0.61 (6.44, -5.07) 0 (5, -1)	NA 2 (12, -3)
Selenium supplements	-1.96 (-0.92, -3.27) 3 (2, 1)	-2.78 (-4.19, -1.48) 4 (1, 3)	-4.74 (-3.05, -6.25) 7 (5, 3)	3.3 (1.93, 5.16) -3 (-2, -3)	-4.71 (-3.22, -6.08) 7 (5, 3)	-6.59 (-11.99, -1.58) 8 (1, 4)	0.53 (4.23, -3.3) -1 (2, -7)	11.55 (13.38, 9.68) -9 (-2, -18)	-2.35 (-7.58, 3.13) 3 (-1, 4)	8.72 (7.8, 9.53) -7 (-2, -13)	-3.99 (-9, 0.78) 5 (0, 4)	-3.17 (-5.52, -0.75) 4 (1, 4)	-4.06 (-6.22, -1.92) 6 (1, 4)	-0.5 (-3.42, 2.17) 1 (-1, 3)	-3.42 (0.45, -7.23) 5 (5, 0)	6.75 (1.13, 12.01) -5 (-2, -2)	-5.68 (-8.8, -2.92) 8 (2, 4)	6.28 (-1.52, 14.07) 11 (3, 23)	-4.71 (-7.61, -1.91) 6 (1, 4)	-8.85 (-6, -11.52) 13 (13, 4)	-3.48 (-2.78, -4.18) 5 (2, 2)	-9.25 (-11.66, -6.59) 12 (6, 4)	-3.48 (-7.01, 0.09) 5 (0, 4)	-0.09 (0.15, -0.16) 0 (0, 0)	6.76 (-0.24, 13.16) -5 (-2, 0)	-5.07 (-2.35, -7.99) 8 (7, 3)	NA 10 (14, 1)
Spirulina	2.75 (6.69, -1.36) -4 (1, -3)	1.92 (3.42, 0.43) -2 (0, -1)	-0.04 (4.56, -4.34) 1 (4, -1)	8.01 (9.53, 7.07) -10 (-3, -7)	0 (4.39, -4.16) 0 (4, -1)	-1.88 (-4.38, 0.33) 2 (0, 0)	5.23 (11.84, -1.39) -8 (1, -11)	16.26 (20.99, 11.59) -15 (-3, -22)	2.35 (0.03, 5.04) -3 (-2, 0)	13.42 (15.41, 11.44) -14 (-3, -17)	0.71 (-1.39, 2.69) -1 (-1, 0)	1.54 (2.09, 1.16) -2 (0, 0)	0.65 (1.39, -0.01) -1 (0, 0)	4.2 (4.19, 4.08) -5 (-2, -1)	1.28 (8.06, -5.32) -2 (4, -4)	11.45 (8.73, 13.92) -12 (-3, -6)	-0.98 (-1.19, -1.01) 1 (1, 0)	4.71 (7.61, 1.91) -6 (-1, -4)	1.57 (-9.13, 12.16) 17 (4, 27)	-4.14 (1.61, -9.61) 6 (12, 0)	1.22 (4.83, -2.27) -2 (1, -2)	-4.54 (-4.05, -4.68) 5 (5, 0)	1.22 (0.6, 2.01) -2 (-1, 0)	4.62 (7.75, 1.75) -6 (-1, -4)	11.47 (7.36, 15.07) -11 (-3, -4)	-0.36 (5.25, -6.08) 1 (6, -1)	NA 3 (13, -3)
Vitamin C/E	6.89 (5.08, 8.25) -10 (-11, -3)	6.06 (1.82, 10.04) -9 (-12, -1)	4.1 (2.95, 5.27) -6 (-8, -1)	12.15 (7.93, 16.68) -16 (-15, -7)	4.14 (2.78, 5.45) -6 (-8, -1)	2.26 (-5.99, 9.94) -4 (-12, 0)	9.37 (10.24, 8.22) -14 (-11, -11)	20.4 (19.38, 21.2) -21 (-15, -22)	6.49 (-1.58, 14.65) -9 (-14, 0)	17.56 (13.8, 21.05) -20 (-15, -17)	4.85 (-3, 12.3) -7 (-13, 0)	5.68 (0.48, 10.77) -8 (-12, 0)	4.79 (-0.22, 9.6) -7 (-12, 0)	8.34 (2.58, 13.69) -12 (-14, -1)	5.43 (6.45, 4.29) -8 (-8, -4)	15.59 (7.13, 23.53) -18 (-15, -6)	3.17 (-2.8, 8.6) -5 (-11, 0)	8.85 (6, 11.52) -13 (-13, -4)	4.14 (-1.61, 9.61) -6 (-12, 0)	-2.57 (-7.52, 2.55) 23 (16, 27)	5.36 (3.22, 7.34) -8 (-11, -2)	-0.4 (-5.66, 4.93) -1 (-7, 0)	5.36 (-1.01, 11.62) -8 (-13, 0)	8.76 (6.15, 11.36) -13 (-13, -4)	15.61 (5.76, 24.68) -18 (-15, -4)	3.78 (3.65, 3.53) -5 (-6, -1)	NA -3 (1, -3)
Vitamin D3	1.53 (1.86, 0.91) -2 (0, -1)	0.7 (-1.41, 2.69) -1 (-1, 1)	-1.26 (-0.27, -2.07) 2 (3, 1)	6.79 (4.7, 9.34) -8 (-4, -5)	-1.23 (-0.44, -1.9) 2 (3, 1)	-3.1 (-9.21, 2.6) 3 (-1, 2)	4.01 (7.01, 0.88) -6 (0, -9)	15.04 (16.16, 13.86) -14 (-4, -20)	1.13 (-4.8, 7.31) -1 (-3, 2)	12.2 (10.58, 13.71) -12 (-4, -15)	-0.51 (-6.22, 4.96) 1 (-2, 2)	0.32 (-2.74, 3.43) 0 (-1, 2)	-0.57 (-3.45, 2.26) 1 (-1, 2)	2.98 (-0.64, 6.35) -4 (-3, 1)	0.06 (3.23, -3.05) 0 (3, -2)	10.23 (3.9, 16.19) -10 (-4, -4)	-2.2 (-6.02, 1.26) 3 (0, 2)	3.48 (2.78, 4.18) -5 (-2, -2)	-1.22 (-4.83, 2.27) 2 (-1, 2)	-5.36 (-3.22, -7.34) 8 (11, 2)	2.8 (-4.3, 9.89) 16 (5, 25)	-5.76 (-8.88, -2.41) 7 (4, 2)	0 (-4.23, 4.27) 0 (-2, 2)	3.4 (2.92, 4.02) -5 (-2, -2)	10.24 (2.53, 17.34) -10 (-4, -2)	-1.58 (0.42, -3.81) 3 (5, 1)	NA 5 (12, -1)
Vitamin D3 + calcium	7.29 (10.74, 3.32) -9 (-4, -3)	6.46 (7.47, 5.11) -8 (-5, -1)	4.5 (8.61, 0.34) -5 (-1, -1)	12.55 (13.58, 11.75) -15 (-8, -7)	4.54 (8.44, 0.51) -5 (-1, -1)	2.66 (-0.33, 5.01) -3 (-5, 0)	9.77 (15.89, 3.29) -13 (-4, -11)	20.8 (25.04, 16.27) -20 (-8, -22)	6.89 (4.08, 9.72) -8 (-7, 0)	17.96 (19.46, 16.12) -19 (-8, -17)	5.25 (2.66, 7.37) -6 (-6, 0)	6.08 (6.14, 5.84) -7 (-5, 0)	5.19 (5.43, 4.67) -6 (-5, 0)	8.74 (8.24, 8.76) -11 (-7, -1)	5.83 (12.11, -0.64) -7 (-1, -4)	15.99 (12.78, 18.6) -17 (-8, -6)	3.57 (2.86, 3.67) -4 (-4, 0)	9.25 (11.66, 6.59) -12 (-6, -4)	4.54 (4.05, 4.68) -5 (-5, 0)	0.4 (5.66, -4.93) 1 (7, 0)	5.76 (8.88, 2.41) -7 (-4, -2)	-2.97 (-13.18, 7.48) 22 (9, 27)	5.76 (4.65, 6.68) -7 (-6, 0)	9.16 (11.8, 6.43) -12 (-6, -4)	16.01 (11.41, 19.75) <i>-17 (-8, -4)</i>	4.18 (9.3, -1.4) -4 (1, -1)	NA -2 (8, -3)
Vitamin/Minera comb	1.53 (6.09, -3.37) -2 (2, -3)	0.7 (2.82, -1.58) -1 (1, -1)	-1.26 (3.96, -6.34) 2 (5, -1)	6.79 (8.93, 5.07) -8 (-2, -7)	-1.23 (3.79, -6.17) 2 (5, -1)	-3.1 (-4.98, -1.68) 3 (1, 0)	4.01 (11.24, -3.39) -6 (2, -11)	15.03 (20.39, 9.58) -14 (-2, -22)	1.13 (-0.57, 3.04) -1 (-1, 0)	12.2 (14.81, 9.43) -12 (-2, -17)	-0.51 (-1.99, 0.69) 1 (0, 0)	0.32 (1.48, -0.84) 0 (1, 0)	-0.57 (0.78, -2.01) 1 (1, 0)	2.98 (3.59, 2.08) -4 (-1, -1)	0.06 (7.46, -7.32) 0 (5, -4)	10.23 (8.13, 11.91) -10 (-2, -6)	-2.2 (-1.79, -3.02) 3 (2, 0)	3.48 (7.01, -0.09) -5 (0, -4)	-1.22 (-0.6, -2.01) 2 (1, 0)	-5.36 (1.01, -11.62) 8 (13, 0)	0 (4.23, -4.27) 0 (2, -2)	-5.76 (-4.65, -6.68) 7 (6, 0)	2.8 (-8.53, 14.17) 16 (3, 27)	3.4 (7.15, -0.26) -5 (0, -4)	10.24 (6.76, 13.06) -10 (-2, -4)	-1.58 (4.65, -8.09) 3 (7, -1)	NA 5 (14, -3)
Vitamin/Minera supplements	-1.87 (-1.07, -3.11) 3 (2, 1)	-2.7 (-4.33, -1.32) 4 (1, 3)	-4.65 (-3.19, -6.09) 7 (5, 3)	3.39 (1.78, 5.32) -3 (-2, -3)	-4.62 (-3.37, -5.91) 7 (5, 3)	-6.5 (-12.13, -1.42) 8 (1, 4)	0.61 (4.09, -3.14) -1 (2, -7)	11.64 (13.23, 9.84) -9 (-2, -18)	-2.27 (-7.72, 3.3) 3 (-1, 4)	8.81 (7.66, 9.69) -7 (-2, -13)	-3.91 (-9.15, 0.94) 5 (0, 4)	-3.08 (-5.67, -0.59) 4 (1, 4)	-3.97 (-6.37, -1.76) 6 (1, 4)	-0.42 (-3.56, 2.33) 1 (-1, 3)	-3.33 (0.3, -7.07) 5 (5, 0)	6.84 (0.98, 12.17) -5 (-2, -2)	-5.59 (-8.94, -2.76) 8 (2, 4)	0.09 (-0.15, 0.16) 0 (0, 0)	-4.62 (-7.75, -1.75) 6 (1, 4)	-8.76 (-6.15, -11.36) 13 (13, 4)	-3.4 (-2.92, -4.02) 5 (2, 2)	-9.16 (-11.8, -6.43) 12 (6, 4)	-3.4 (-7.15, 0.26) 5 (0, 4)	6.19 (-1.38, 13.91) 11 (3, 23)	6.85 (-0.39, 13.32) -5 (-2, 0)	-4.98 (-2.5, -7.83) 7 (7, 3)	NA 10 (14, 1)
Walnuts	-8.72 (-0.68, -16.43) 7 (4, 1)	-9.54 (-3.94, -14.64) 9 (3, 3)	-11.5 (-2.8, -19.41) 12 (7, 3)	-3.46 (2.17, -8) 2 (0, -3)	-11.47 (-2.98, -19.23) 12 (7, 3)	-13.35 (-11.74, -14.74) 13 (3, 4)	-6.23 (4.48, -16.46) 4 (4, -7)	4.79 (13.62, -3.48) -4 (0, -18)	-9.11 (-7.33, -10.02) 8 (1, 4)	1.96 (8.05, -3.63) -2 (0, -13)	-10.75 (-8.76, -12.38) 10 (2, 4)	-9.93 (-5.28, -13.91) 9 (3, 4)	-10.82 (-5.98, -15.08) 11 (3, 4)	-7.26 (-3.17, -10.99) 6 (1, 3)	-10.18 (0.69, -20.39) 10 (7, 0)	-0.01 (1.37, -1.15) 0 (0, -2)	-12.44 (-8.55, -16.08) 13 (4, 4)	-6.76 (0.24, -13.16) 5 (2, 0)	-11.47 (-7.36, -15.07) 11 (3, 4)	-15.61 (-5.76, -24.68) 18 (15, 4)	-10.24 (-2.53, -17.34) 10 (4, 2)	-16.01 (-11.41, -19.75) 17 (8, 4)	-10.24 (-6.76, -13.06) 10 (2, 4)	-6.85 (0.39, -13.32) 5 (2, 0)	13.04 (-1.77, 27.23) 6 (1, 23)	-11.83 (-2.11, -21.15) 12 (9, 3)	NA 15 (16, 1)
Zinc/Zinc + folic acid	3.11 (1.44, 4.72) -5 (-5, -2)	2.28 (-1.83, 6.51) -4 (-6, 0)	0.32 (-0.69, 1.75) -1 (-2, 0)	8.37 (4.28, 13.15) -11 (-9, -6)	0.36 (-0.86, 1.92) -1 (-2, 0)	-1.52 (-9.63, 6.41) 1 (-6, 1)	5.59 (6.59, 4.69) -9 (-5, -10)	16.62 (15.74, 17.67) -16 (-9, -21)	2.71 (-5.22, 11.13) -4 (-8, 1)	13.78 (10.16, 17.52) -15 (-9, -16)	1.07 (-6.64, 8.77) -2 (-7, 1)	1.9 (-3.17, 7.24) -3 (-6, 1)	1.01 (-3.87, 6.08) -2 (-6, 1)	4.56 (-1.06, 10.16) -6 (-8, 0)	1.64 (2.8, 0.76) -3 (-2, -3)	11.81 (3.48, 20) -13 (-9, -5)	-0.61 (-6.44, 5.07) 0 (-5, 1)	5.07 (2.35, 7.99) -8 (-7, -3)	0.36 (-5.25, 6.08) -1 (-6, 1)	-3.78 (-3.65, -3.53) 5 (6, 1)	1.58 (-0.42, 3.81) -3 (-5, -1)	-4.18 (-9.3, 1.4) 4 (-1, 1)	1.58 (-4.65, 8.09) <i>-3 (-7, 1)</i>	4.98 (2.5, 7.83) -7 (-7, -3)	11.83 (2.11, 21.15) -12 (-9, -3)	1.21 (-3.88, 6.08) 18 (10, 26)	NA 2 (7, -2)
Placebo/No	NA	NΔ	ΝΔ	NΔ	NA	NΙΛ	NΙΛ	NIA	NIA.	NIA	NIA	NIA	NIA	NIA	NIA	NIA	NIA	NIA	NΙΛ	NIA	NIA	NΙΛ	NA	NIA	NIA	NIA	NΙΛ