

Difference between morphology 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	herb/mineral supplement	l-carnitine/l-acetylcarnitine	l-carnitine+cinn	magnesium	micronutrient supplement	n-acetyl cysteine	nigella sativa seed oil	omega-3 fatty acids	prelox	saffron	selenium supplements	vitamin c/e	vitamin d3	vitamin d3 + calcium	vitamin e	vitamin/minera combos	walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	1.83 (-2.17, 5.99) 11 (4, 20)	-2.19 (-2.5, -2.18) 4 (2, 2)	-1.99 (-2, -1.81) 4 (2, 1)	-2.39 (-9.45, 3.85) 4 (2, 2)	0.56 (1.68, -0.72) -1 (1, -3)	9.16 (8.46, 9.72) -9 (-3, -16)	7.58 (-0.58, 15.16) -7 (-3, 0)	0.49 (-1.98, 2.96) 0 (-1, 1)	-0.25 (-3.96, 2.94) 1 (-1, 2)	7.82 (2.12, 13.5) -7 (-3, -5)	-0.41 (0.84, -1.86) 1 (1, -1)	3.24 (-0.26, 6.85) -4 (-3, 0)	-1.58 (-5.51, 2.13) 3 (-1, 2)	-0.06 (-2.86, 2.36) 0 (-1, 1)	-1.09 (-1.59, -1.13) 2 (1, 1)	-2.04 (-3.98, -0.46) 4 (1, 2)	-2.46 (-6.07, 1.18) 4 (0, 2)	-1.51 (-5.9, 3.01) 3 (-1, 2)	-0.48 (-6.02, 4.67) 1 (-2, 2)	-1.24 (-7.11, 4.3) 2 (-1, 2)	-1.74 (-1.31, -2.45) 4 (3, 1)	NA 4 (7, -1)
coenzyme q10	2.19 (2.5, 2.18) -4 (-2, -2)	-0.36 (-4.67, 3.81) 15 (6, 22)	0.2 (0.5, 0.37) 0 (0, 0)	-0.2 (-6.96, 6.03) -1 (-4, 0)	2.75 (4.17, 1.47) -6 (-1, -5)	11.35 (10.96, 11.9) -13 (-5, -18)	9.76 (1.92, 17.34) -11 (-5, -2)	2.68 (0.52, 5.14) -5 (-3, -1)	1.94 (-1.46, 5.13) -4 (-3, 0)	10 (4.62, 15.68) -12 (-5, -7)	1.78 (3.34, 0.32) -4 (-1, -3)	5.43 (2.24, 9.03) -9 (-5, -2)	0.61 (-3.01, 4.31) -2 (-3, 0)	2.13 (-0.36, 4.55) -4 (-3, -1)	1.1 (0.91, 1.05) -2 (-1, -1)	0.15 (-1.49, 1.73) -1 (-1, 0)	-0.27 (-3.57, 3.36) 0 (2, 0)	0.68 (-3.4, 5.19) -2 (-3, 0)	1.71 (-3.52, 6.85) -3 (-4, 0)	0.95 (-4.61, 6.48) -2 (-3, 0)	0.45 (1.19, -0.26) -1 (1, -1)	NA 0 (5, -3)
folic acid	1.99 (2, 1.81) -4 (-2, -1)	-0.2 (-0.5, -0.37) 0 (0, 1)	-0.16 (-4.17, 4.18) 15 (6, 21)	-0.4 (-7.45, 5.67) -1 (-4, 1)	2.55 (3.68, 1.1) -6 (-1, -4)	11.15 (11.13, 11.54) -13 (-5, -17)	9.57 (1.42, 16.98) -11 (-5, -1)	2.48 (0.02, 4.78) -5 (-3, 0)	1.74 (-1.96, 4.76) -3 (-3, 1)	9.81 (4.12, 15.32) -12 (-5, -6)	1.58 (2.84, -0.05) -4 (-1, -2)	5.23 (1.74, 8.66) -8 (-5, -1)	0.41 (-3.51, 3.94) -1 (-1, 3)	1.93 (-0.86, 4.18) -4 (-3, 0)	0.9 (0.41, 0.69) -2 (-1, 0)	-0.05 (-1.98, 1.36) 0 (-1, 1)	-0.47 (-4.07, 2.99) 0 (2, 1)	0.48 (-3.9, 4.83) -1 (-3, 1)	1.51 (-4.02, 6.48) -3 (-4, 1)	0.75 (-5.11, 6.11) -2 (-3, 1)	0.25 (0.69, -0.63) 0 (1, 0)	NA 0 (5, -2)
herb/mineral supplement	2.39 (9.45, -3.85) -4 (-2, -2)	0.2 (6.96, -6.03) 1 (4, 0)	0.4 (7.45, -5.67) 1 (4, 0)	-0.56 (-11.62, 9.84) 14 (2, 22)	2.95 (11.13, -4.57) -5 (-3, -5)	11.55 (17.91, 5.87) -12 (-1, -18)	9.96 (8.87, 11.31) -10 (-1, -2)	2.88 (7.47, -0.89) -4 (-1, -1)	2.13 (5.49, -0.91) -3 (-3, 0)	10.2 (11.57, 9.65) -11 (-1, -7)	1.97 (10.3, -5.71) -3 (-3, 0)	5.62 (9.19, 3) -8 (-1, -2)	0.81 (3.94, -1.72) -3 (-1, 1)	2.33 (6.6, -1.49) -3 (-1, 0)	1.3 (7.87, -4.98) -1 (-3, -1)	0.35 (5.47, -4.31) 0 (3, 0)	-0.07 (3.38, -2.67) 1 (2, 0)	0.87 (3.56, -0.84) -1 (1, 0)	1.91 (3.44, 0.82) -2 (0, 0)	1.15 (2.34, 0.45) -1 (1, 0)	0.65 (8.15, -6.3) 0 (5, -1)	NA 1 (9, -3)
l-carnitine/l-acetylcarnitine	-0.56 (-1.68, 0.72) 1 (-1, 3)	-2.75 (-4.17, -1.47) 6 (1, 5)	-2.55 (-3.68, -1.1) 6 (1, 4)	-2.95 (-11.13, 4.57) 5 (-3, 5)	2.39 (-0.49, 5.27) 10 (5, 17)	8.6 (6.78, 10.44) -7 (-4, -3)	7.01 (-2.26, 15.88) -5 (-4, 3)	-0.07 (-3.66, 3.68) 2 (-2, 5)	-0.82 (-5.64, 3.66) -6 (-4, -2)	7.25 (0.44, 14.22) -10 (-3, -6)	-0.98 (-0.83, -1.14) 2 (0, 2)	2.67 (-1.94, 7.56) -4 (-2, 5)	-2.14 (-7.19, 2.84) -3 (-4, 2)	-0.62 (-4.53, 3.08) 2 (2, 4)	-1.65 (-3.26, -0.41) 4 (0, 4)	-2.6 (-5.66, 0.26) 5 (0, 5)	-3.02 (-7.75, 1.89) 6 (-1, 5)	-2.08 (-7.57, 3.73) 4 (-2, 5)	-1.04 (-7.69, 5.39) 4 (-2, 5)	-1.8 (-8.79, 5.02) 4 (-2, 5)	-2.3 (-2.98, -1.73) 5 (2, 4)	NA 6 (6, 2)
l-carnitine+cinn	-9.16 (-8.46, -9.72) 9 (3, 16)	-11.35 (-10.96, -11.9) 13 (5, 18)	-11.15 (-10.46, -11.54) 13 (5, 17)	-11.55 (-11.55, -11.54) 12 (1, 18)	-8.6 (-6.78, -10.44) 7 (4, 13)	10.99 (6.29, 15.71) 2 (1, 4)	-1.58 (-9.04, 5.44) 2 (0, 16)	-8.67 (-10.44, -6.76) 8 (2, 17)	-9.41 (-12.46, -6.78) 10 (2, 18)	-1.34 (-6.34, 3.78) 1 (0, 11)	-9.57 (-7.61, -11.58) 10 (4, 15)	-5.92 (-8.72, -2.87) 5 (0, 16)	-10.74 (-13.97, -7.59) 12 (2, 18)	-9.22 (-10.31, -7.36) 9 (2, 17)	-10.25 (-10.04, -10.85) 11 (4, 17)	-11.2 (-12.44, -10.18) 13 (4, 18)	-11.62 (-14.53, -8.55) 13 (3, 18)	-10.67 (-14.35, -6.71) 12 (2, 18)	-9.64 (-14.47, -5.05) 10 (1, 18)	-10.4 (-15.57, -5.42) 11 (2, 18)	-10.9 (-9.76, -12.17) 13 (6, 17)	NA 13 (10, 15)
magnesium	-7.58 (0.58, -15.16) 7 (3, 0)	-9.76 (-1.92, -17.34) 11 (5, 2)	-9.57 (-1.42, -16.98) 11 (5, 1)	-9.96 (-8.87, -11.31) -1 (0, 1)	-7.01 (2.26, -15.88) 5 (-4, -3)	1.58 (9.04, -5.44) 2 (0, 16)	9.41 (-4.15, 21.15) 4 (1, 20)	-7.08 (-1.4, -12.2) 6 (2, 1)	-7.83 (-3.38, -12.22) 7 (2, 2)	0.24 (2.7, -1.66) -1 (0, -5)	-7.99 (1.43, -17.02) 7 (4, -1)	-9.15 (-1.72, -16.02) 3 (0, 0)	-9.3 (-4.93, -13.04) 2 (0, 2)	-7.63 (-2.27, -12.8) 7 (2, 1)	-8.66 (-7.87, -4.98) 1 (0, 0)	-9.61 (-3.4, -15.62) 11 (4, 2)	-10.03 (-5.49, -13.99) 11 (3, 2)	-9.09 (-5.32, -12.15) 10 (2, 2)	-8.06 (-5.44, -10.49) 8 (1, 2)	-8.82 (-6.53, -10.86) 9 (2, 2)	-9.31 (-0.72, -17.61) 10 (6, 1)	NA 11 (10, -1)
micronutrient supplement	-0.49 (1.98, -2.96) 0 (1, -1)	-2.68 (-0.52, -5.14) 5 (3, 1)	-2.48 (-0.02, -4.78) 5 (3, 0)	-2.88 (-7.47, 0.89) -4 (-1, 1)	0.07 (3.66, -3.68) -1 (2, -4)	8.67 (10.44, 6.76) -8 (-2, -17)	7.08 (1.4, 12.2) -6 (-2, -1)	2.32 (-4.15, 8.95) 10 (3, 21)	-0.75 (-1.98, -0.02) 1 (0, 1)	7.32 (4.1, 10.54) -7 (-2, -6)	-0.91 (-2.83, -4.82) 1 (2, -2)	2.75 (1.72, 3.88) -4 (-2, -1)	-0.07 (-3.53, -0.84) 3 (0, 1)	-0.55 (-0.87, -0.6) 1 (0, 0)	-1.58 (0.4, -0.09) 3 (2, 0)	-2.53 (-2, -3.42) 4 (2, 1)	-2.95 (-4.09, -1.79) 5 (1, 1)	-2 (-3.92, 0.05) 3 (0, 1)	-0.97 (-4.04, 1.71) 2 (-1, 1)	-1.73 (5.13, 1.34) 3 (0, 1)	-2.23 (0.68, -5.41) 4 (4, 0)	NA 5 (8, -2)
n-acetyl cysteine	0.25 (3.96, -2.94) -1 (-1, 1)	-1.94 (1.46, -5.13) 4 (3, 0)	-1.74 (1.96, -4.76) 3 (-3, -1)	-2.13 (-5.49, 0.91) 3 (-1, 0)	0.82 (5.64, -3.66) -2 (-2, -5)	7.83 (12.42, 6.78) -7 (-2, -2)	7.08 (3.38, 12.22) -7 (-2, -2)	0.75 (1.98, 0.02) -1 (0, -1)	1.58 (-6.13, 8.93) 12 (3, 22)	8.07 (6.08, 10.56) -8 (-2, -7)	-0.16 (4.8, -4.8) 2 (0, 2)	3.49 (3.7, 3.9) -5 (-2, -2)	-1.32 (-1.55, -0.82) 2 (0, 0)	0.19 (1.1, -0.58) 1 (0, 0)	-0.83 (2.37, -4.07) 2 (0, 1)	-1.78 (-0.02, -3.4) 3 (0, 1)	-2.2 (-1.94, 0.07) 2 (0, 0)	-1.26 (-1.94, 0.07) 2 (0, 0)	-0.23 (-2.06, 1.73) 0 (-1, 0)	-0.99 (-3.15, 1.36) 3 (4, -1)	-1.48 (2.65, -5.39) 3 (4, -1)	NA 4 (8, -3)
nigella sativa seed oil	-7.82 (-2.12, -13.5) 7 (3, 5)	-10 (-4.62, -15.68) 12 (5, 7)	-9.81 (-4.12, -15.32) 12 (5, 6)	-10.2 (-11.57, -9.65) 11 (1, 7)	-7.25 (-0.44, -14.22) 6 (4, 2)	1.34 (6.34, -3.78) -1 (0, -1)	-0.24 (-2.7, 1.66) 1 (0, 5)	-7.32 (-4.1, -10.54) 8 (2, 7)	-8.07 (-6.08, -10.56) 7 (2, 6)	9.64 (-0.05, 19.49) 4 (1, 15)	-8.23 (-1.27, -11.53) 8 (4, 4)	-4.58 (-2.38, -6.65) 3 (0, 5)	-9.39 (-7.63, -11.37) -10 (-2, -7)	-7.87 (-4.97, -11.14) -8 (2, -6)	-8.9 (-3.7, -14.63) 10 (4, 6)	-9.85 (-6.1, -13.96) 11 (4, 7)	-10.27 (-8.19, -12.32) 12 (3, 7)	-9.33 (-8.14, -8.83) 9 (1, 7)	-8.3 (-15.57, -5.42) 10 (2, 7)	-9.06 (-9.23, -9.2) 10 (2, 7)	-9.55 (-3.42, -15.95) 11 (6, 6)	NA 12 (10, 4)
omega-3 fatty acids	0.41 (-0.84, 1.86) -1 (-1, 1)	-1.78 (-3.34, -0.32) 4 (1, 3)	-1.58 (-2.84, 0.05) 4 (1, 2)	-1.97 (-10.3, 5.71) 3 (-3, 3)	0.98 (0.83, 1.14) -1 (0, -1)	9.57 (7.61, 11.58) -11 (-4, -17)	7.99 (-1.43, 17.02) -7 (-4, -1)	0.91 (-2.83, 4.82) -3 (0, -2)	0.16 (-4.8, 4.8) 2 (0, 2)	8.23 (1.27, 15.36) -8 (-4, -3)	1.42 (-1.32, 4.13) 12 (5, 19)	3.65 (-1.11, 8.71) 2 (0, 2)	-1.16 (-6.36, 3.99) 2 (-2, 3)	0.35 (-3.7, 4.22) 2 (0, 2)	-0.67 (-2.43, 0.73) 2 (0, 2)	-1.62 (-4.83, 1.4) 3 (0, 3)	-2.04 (-6.92, 3.04) 2 (-2, 3)	-1.1 (-6.74, 4.87) 1 (-3, 3)	-0.07 (-6.86, 6.53) 2 (0, 1)	-0.83 (-7.96, 6.16) 3 (2, 3)	-1.32 (-2.15, -0.59) 3 (2, 2)	NA 4 (6, 0)
prelox	-3.24 (0.26, -6.85) 4 (3, 0)	-5.43 (-2.24, -9.03) 9 (5, 2)	-5.23 (-1.74, -8.66) 8 (5, 1)	-5.62 (-9.19, -3) 8 (1, 2)	-2.67 (1.94, -7.56) 3 (4, -3)	5.92 (7.72, 2.87) -5 (0, -16)	10.74 (13.97, 7.59) -12 (-2, -18)	7.99 (0.91, 10.54) -10 (-2, -2)	4.34 (2.75, 3.88) 5 (2, 3)	4.58 (2.38, 6.65) 3 (0, -5)	-3.65 (1.11, -8.71) 5 (4, -1)	5.07 (-2.43, 12.84) 7 (1, 20)	-4.82 (-5.25, -4.72) 7 (2, 5)	-4.33 (-2.59, -4.48) 5 (2, 1)	-4.33 (-1.32, -7.98) 6 (4, 1)	-5.28 (-7.32, -7.3) 8 (4, 2)	-5.7 (-5.81, -5.67) 8 (3, 2)	-4.75 (-5.63, -3.84) 7 (2, 5)	-3.72 (-5.75, -2.18) 5 (1, 2)	-4.48 (-6.85, -2.55) 6 (2, 2)	-4.97 (-1.04, -9.29) 8 (6, 1)	NA 8 (10, -1)
saffron	1.58 (5.51, -2.13) -3 (1, -2)	-0.61 (3.01, -4.31) 2 (3, 0)	-0.41 (3.51, -3.94) 1 (3, -1)	-0.81 (-3.94, 1.72) 1 (-1, 0)	2.14 (7.19, -2.84) -4 (-2, -5)	10.74 (13.97, 7.59) -12 (-2, -18)	9.15 (4.93, 13.04) -10 (-2, -2)	2.07 (3.53, 0.84) -3 (0, -1)	1.32 (1.55, 0.82) -2 (0, 0)	9.39 (7.63, 11.37) -10 (-2, -7)	1.16 (6.36, -3.99) 5 (2, 4)	4.82 (5.25, 4.72) -7 (-2, -2)	0.25 (-7.68, 8.12) 14 (3, 22)	1.52 (2.66, 0.24) -2 (0, 1)	0.49 (3.93, -3.26) 1 (2, 0)	-0.46 (1.53, -2.58) -1 (0, 0)	-0.88 (-0.56, -0.95) 2 (0, 1)	0.06 (-0.38, 0.88) 2 (0, 0)	1.1 (-0.5, 2.54) -2 (-1, 0)	0.34 (-1.6, 2.17) 1 (4, -1)	-0.16 (4.21, -4.57) 1 (4, -1)	NA 1 (8, -3)
selenium supplements	0.06 (2.86, -2.36) 0 (1, -1)	-2.13 (0.36, -4.55) 4 (3, 1)	-1.93 (0.86, -4.18) 4 (3, 0)	-2.33 (-6.6, -1.49) 3 (-1, 1)	0.62 (4.53, -3.08) -2 (2, -4)	9.22 (11.31, 7.36) -9 (-2, -17)	7.63 (2.27, 12.8) -7 (-2, -1)	0.55 (0.87, 0.6) -1 (0, 0)	-0.19 (-1.1, 0.58) 0 (0, 1)	7.87 (4.97, 11.14) -8 (-2, -6)	-0.35 (3.7, -4.22) 0 (2, 0)	3.3 (2.59, 4.48) -5 (-2, -1)	-1.52 (-2.66, -0.24) 2 (0, 1)	1.77 (-5.03, 8.35) 11 (3, 21)	-1.03 (1.27, -3.49) 2 (2, 0)	-1.98 (-1.13, -2.82) 3 (2, 1)	-2.4 (-3.21, -1.19) 4 (1, 1)	-1.45 (-3.04, 0.65) 2 (0, 1)	-0.42 (-3.16, 2.31) 1 (-1, 1)	-1.18 (-4.26, 1.94) 2 (0, 1)	-1.68 (1.55, -4.81) 3 (4, 0)	NA 4 (8, -2)
vitamin c/e	1.09 (1.59, 1.13) -2																					