Difference between count 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	carob	coenzyme q10	coenzyme- q10 + I- carnitine + lycopene + zinc high dose	coenzyme- q10 + I- carnitine + lycopene + zinc low dose	folic acid	herb/mineral supplement	I-carnitine/I-acetylcarnitine	I- carnitine+cinno	I-carnitine+I- carnitine fumarate+ala	magnesium	micronutrient supplement	minerals	myoinositol	n-acetyl cysteine	nigella sativa seed oil	omega-3 fatty acids	omega-3s +	prelox	saffron	selenium supplements	spirulina	vitamin c/e	vitamin d3	vitamin d3 + calcium	vitamin/minera	a walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	5.61 (-0.8, 11.85)	-4.67 (-9.34, 0.14)	-4.3 (-4.22, -4.03)	4.81 (-0.11, 9.33)	3.65 (-0.94, 8.14)	0.9 (-0.38, 2.39)	-0.41 (-7.11, 6.62)	-2.98 (-0.62, -4.91)	6.31 (6.38, 6.69)	-3.65 (-11.26, 4.67)	-2.36 (-7.97, 2.79)	-2.89 (-5.88, 0.28)	-4.03 (-8.46, 0.92)	-1.46 (-5.42, 2.78)	-3.38 (-7, 0.81)	3.61 (-3.36, 10.84)	-2.86 (-1.54, -4.19)	0.25 (-2.69, 2.92)	4.37 (-0.31, 9.66)	-6.27 (-10.03, -1.92)	-0.36 (-2.3, 2.06)	-13.57 (-21.63, -5.31)	-0.23 (-0.49, 0)	-5.86 (-8.12, -3.77)	-9.16 (-13.7, -4.26)	-2.51 (-9.38, 3.94)	-2.27 (-11.86, 7.88)	-3.23 (-1.86, -4.44)	NA 10 (15, 3)
carob	12 (3, 23) 4.67 (9.34, -0.14)	7 (1, 6) 0.93 (-10.14, 11.99)	, , ,	-5 (-2, 0) 9.48 (9.24, 9.18)	-4 (-2, 1) 8.32 (8.41, 8) -11 (-3, -5)	-1 (-1, 0) 5.58 (8.96, 2.25)	1 (-2, 5) 4.26 (2.24, 6.48)	5 (5, 2) 1.7 (8.73, -5.05)	-8 (-2, -12) 10.99 (15.72, 6.55)	5 (-2, 6) 1.02 (-1.91, 4.53)	4 (-1, 5) 2.32 (1.37, 2.65)	5 (0, 5) 1.78 (3.46, 0.13)	6 (0, 6) 0.64 (0.88, 0.77)	3 (-1, 5) 3.21 (3.92, 2.64)	5 (0, 5) 1.29 (2.34, 0.67)	-3 (-2, 4) 8.29 (5.99, 10.7)	5 (4, 2) 1.82 (7.8, -4.33)	0 (-1, 3) 4.93 (6.65, 2.78)	-5 (-2, 1) 9.04 (9.03, 9.51)	9 (2, 6) -1.59 (-0.69, -2.06)	1 (-1, 3) 4.31 (7.05, 1.92)	-8.9 (-12.29, -5.45)	0 (0, 1) 4.45 (8.86, -0.15) -7 (-1, -5)	9 (4, 6) -1.19 (1.22, -3.91)	12 (5, 6) -4.49 (-4.36, -4.4)	4 (-1, 6) 2.16 (-0.04, 3.8)	4 (-2, 6) 2.4 (-2.51, 7.74)	5 (5, 3) 1.44 (7.49, -4.58)	NA 3 (14, -3)
coenzyme q10	-7 (-1, -6) 4.3 (4.22, 4.03)	-0.37 (-5.12, 4.17)	0 (3, -2) 1.3 (-5.02, 7.82)	9.11 (4.12, 13.35)	7.95 (3.29, 12.16)	-8 (-2, -6) 5.21 (3.84, 6.41)	-6 (-3, -1) 3.89 (-2.88, 10.64)	-2 (4, -4) 1.33 (3.61, -0.88)	-15 (-3, -18) 10.62 (10.6, 10.72)	-2 (-3, 0) 0.66 (-7.03, 8.69)	-3 (-2, -1) 1.95 (-3.75, 6.82)	-2 (-1, -1) 1.41 (-1.66, 4.3)	-1 (-1, 0) 0.27 (-4.24, 4.94)	-4 (-2, -1) 2.84 (-1.2, 6.8)	-2 (-1, -1) 0.92 (-2.78, 4.84)	7.92 (0.86, 14.87)	-2 (3, -4) 1.45 (2.68, -0.17)	-7 (-2, -3) 4.56 (1.53, 6.95)	-12 (-3, -5) 8.67 (3.91, 13.68)	2 (1, 0) -1.96 (-5.81, 2.11)	-6 (-2, -3) 3.94 (1.93, 6.09)	7 (5, 0) -9.27 (-17.41, -1.28)	4.08 (3.74, 4.02)	2 (3, 0) -1.56 (-3.9, 0.26)	5 (4, 0) -4.86 (-9.48, -0.24)	-3 (-2, 0) 1.79 (-5.16, 7.97)	-3 (-3, 0) 2.03 (-7.63, 11.9)	-2 (4, -3) 1.07 (2.37, -0.41)	NA 3 (11, -1)
coenzyme-q10 + I-carnitine +	-7 (-4, -4) -4.81 (0.11, -9.33)	, ,	-9.11 (-4.12, -13.35)	10.42 (-0.91, 21.18)	-11 (-6, -3) -1.16 (-0.83, -1.19)	-8 (-5, -4) -3.91 (-0.27, -6.94)	-6 (-6, 1) -5.22 (-7, -2.71)	-2 (1, -2) -7.79 (-0.51, -14.23)	-15 (-6, -16) 1.5 (6.48, -2.64)	-2 (-6, 2) -8.46 (-11.15, -4.66)	-3 (-5, 1) -7.17 (-7.86, -6.53)	-3 (-4, 1) -7.7 (-5.78, -9.05)	-1 (-4, 2) -8.85 (-8.36, -8.41)	-5 (-5, 1) -6.28 (-5.31, -6.55)	-2 (-4, 1) -8.19 (-6.89, -8.51)	-10 (-6, 0) -1.2 (-3.25, 1.52)	-2 (0, -2) -7.67 (-1.44, -13.52)	-7 (-5, -1) -4.56 (-2.59, -6.4)	-12 (-6, -3) -0.44 (-0.21, 0.33)	2 (-2, 2) -11.08 (-9.93, -11.24)	-6 (-5, -1) -5.17 (-2.19, -7.26)	7 (2, 2) -18.38 (-21.52, -14.63)	, ,	2 (0, 2) -10.67 (-8.01, -13.09)	5 (1, 2) -13.97 (-13.59, -13.59)	-3 (-5, 2) -7.32 (-9.27, -5.38)	-3 (-6, 2) -7.09 (-11.75, -1.45)	-2 (1, -1) -8.04 (-1.75, -13.76)	NA 15 (17, 3)
zinc high dose coenzyme-q10 + I-carnitine +	-3.65	12 (3, 6) -8.32	-7.95	1.16	9.26	4 (1, 0) -2.75	7 (0, 5)	-6.63	-2 (0, -12) 2.66	-7.3	9 (1, 5)	10 (2, 5) -6.54	-7.68	8 (1, 5)	10 (2, 5) -7.03	-0.04	-6.51	5 (1, 3)	0.72	-9.92	-4.01	19 (8, 6) -17.22	5 (2, 1)	-9.51	-12.81	9 (1, 6)	9 (0, 6)	-6.88	NA NA
lycopene + zinc low dose	(0.94, -8.14) 4 (2, -1) -0.9	(-8.41, -8) 11 (3, 5) -5.58	(-3.29, -12.16) 11 (6, 3) -5.21	(0.83, 1.19) -1 (0, -1) 3.91	(-1.73, 19.99) 8 (1, 24) 2.75	(0.55, -5.75) 3 (1, -1) 6.51	(-6.17, -1.52) 5 (0, 4) -1.31	(0.32, -13.05) 9 (7, 1) -3.88	(7.31, -1.45) -4 (0, -13) 5.41	(-10.32, -3.47) 9 (0, 5) -4.55	(-7.04, -5.34) 8 (1, 4)	(-4.95, -7.86) 8 (2, 4) -3.79	(-7.53, -7.22) 10 (2, 5) -4.94	(-4.49, -5.36) 6 (1, 4) -2.37	(-6.07, -7.33) 9 (2, 4) -4.28	(-2.42, 2.71) 1 (0, 3) 2.71	(-0.61, -12.33) 9 (6, 1) -3.76	(-1.76, -5.21) 4 (1, 2) -0.65	(0.62, 1.52) -1 (0, 0) 3.47	(-9.1, -10.06) 13 (4, 5) -7.17	(-1.36, -6.08) 5 (1, 2) -1.26	(-20.7, -13.44) 18 (8, 5) -14.47	(0.45, -8.14) 4 (2, 0) -1.13	(-7.18, -11.9) 13 (6, 5) -6.76	(-12.76, -12.4) 16 (7, 5) -10.07	(-8.44, -4.19) 8 (1, 5) -3.41	(-10.92, -0.26) 8 (0, 5) -3.18	(-0.92, -12.57) 9 (7, 2) -4.13	14 (17, 2)
folic acid	(0.38, -2.39) 1 (1, 0) 0.41	(-8.96, -2.25) 8 (2, 6) -4.26	(-3.84, -6.41) 8 (5, 4) -3.89	(0.27, 6.94) -4 (-1, 0) 5.22	(-0.55, 5.75) -3 (-1, 1) 4.06	(-1.18, 14.24) 10 (2, 23)	(-6.72, 4.23) 3 (-1, 5) 5.19	(-0.23, -7.3) 6 (6, 2) -2.57	(6.76, 4.3) -6 (-1, -12)	(-10.88, 2.28) 7 (-1, 6)	(-7.59, 0.41) 5 (0, 5)	(-5.5, -2.11) 6 (1, 5) -2.48	(-8.08, -1.47) 7 (1, 6)	(-5.04, 0.39) 4 (0, 5)	(-6.62, -1.58) 7 (1, 5) -2.97	(-2.98, 8.46) -2 (-1, 4) 4.03	(-1.16, -6.58) 6 (5, 2)	(-2.31, 0.54) 1 (0, 3) 0.67	(0.07, 7.27) -3 (-1, 1) 4.78	(-9.65, -4.31) 10 (3, 6) -5.85	(-1.92, -0.33) 2 (0, 3) 0.05	(-21.25, -7.69) 16 (7, 6) -13.16	(-0.11, -2.39) 2 (1, 1) 0.18	(-7.74, -6.15) 10 (5, 6) -5.45	(-13.32, -6.65) 13 (6, 6) -8.75	(-9, 1.56) 5 (0, 6)	(-11.47, 5.49) 5 (-1, 6) -1.86	(-1.47, -6.82) 7 (6, 3) -2.82	NA 11 (16, 3)
herb/mineral supplement	(7.11, -6.62) -1 (2, -5) 2.98	(-2.24, -6.48) 6 (3, 1)	(2.88, -10.64) 6 (6, -1)	(7, 2.71) -7 (0, -5)	(6.17, 1.52) -5 (0, -4) 6.63	(6.72, -4.23) -3 (1, -5)	(-7.9, 18.47) 13 (1, 28)	(6.49, -11.53) 4 (7, -3) 2.63	(13.48, 0.07) -9 (0, -17) 9 29	(-4.15, -1.95) 4 (0, 1) -0.67	(-0.87, -3.82) 2 (1, 0)	(1.22, -6.34) 3 (2, 0) 0.09	(-1.36, -5.7) 5 (2, 1)	(1.68, -3.84) 1 (1, 0) 1.51	(0.1, -5.81) 4 (2, 0)	(3.75, 4.23) -5 (0, -1)	(5.56, -10.81) 3 (6, -3)	(4.41, -3.69) -1 (1, -2) 3.23	(6.79, 3.04) -6 (0, -4)	(-2.93, -8.54) 8 (4, 1)	(4.81, -4.56) -1 (1, -2)	(-14.53, -11.92) 13 (8, 1) -10.59	(6.62, -6.62) -1 (2, -4) 2.75	(-1.01, -10.38) 8 (6, 1)	(-6.59, -10.88) 11 (7, 1)	(-2.27, -2.67) 3 (1, 1) 0.47	(-4.75, 1.26) 2 (0, 1)	(5.25, -11.05) 4 (7, -2) -0.25	NA 9 (17, -2)
l-carnitine/l- acetylcarnitine	(0.62, 4.91) -5 (-5, -2)	(-8.73, 5.05) 2 (-4, 4)	(-3.61, 0.88) 2 (-1, 2) -10.62	(0.51, 14.23) -10 (-7, -2)	(-0.32, 13.05) -9 (-7, -1)	(0.23, 7.3) -6 (-6, -2)	(-6.49, 11.53) -4 (-7, 3)	(-1.41, 6.94) 17 (8, 25)	(6.99, 11.6) -13 (-7, -14)	(-10.64, 9.58) 0 (-7, 4) -9.96	(-7.36, 7.7) -1 (-6, 3)	(-5.27, 5.18) 0 (-5, 3) -9.21	(-7.85, 5.83) 1 (-5, 4) -10.35	(-4.81, 7.69) -2 (-6, 3)	(-6.39, 5.72) 0 (-5, 3)	(-2.74, 15.75) -8 (-7, 2)	(-0.93, 0.72) 0 (-1, 0)	(-2.08, 7.83) -5 (-6, 1)	(0.3, 14.56) -10 (-7, -1)	(-9.42, 2.99) 4 (-3, 4) -12.58	(-1.68, 6.97) -4 (-6, 1)	(-21.02, -0.4) 9 (1, 4)	(0.13, 4.9) -5 (-5, -1)	(-7.5, 1.14) 4 (-1, 4) -12.17	(-13.08, 0.65) 7 (0, 4)	(-8.76, 8.85) -1 (-6, 4)	(-11.24, 12.79) -1 (-7, 4)	(-1.24, 0.47) 1 (0, 1) -9.55	NA 5 (10, 1)
l- carnitine+cinnox		(-15.72, -6.55) 15 (3, 18)		(-6.48, 2.64) 2 (0, 12)	(-7.31, 1.45) 4 (0, 13)	1 1	(-13.48, -0.07) 9 (0, 17)		(5.58, 18.54)				(-14.84, -5.77)			(-9.73, 4.15)			(-6.69, 2.97) 3 (0, 13)	(-16.41, -8.61)		(-28.01, -12) 22 (8, 18)	(-6.86, -6.69) 8 (2, 13)		(-20.07, -10.95) 20 (7, 18)	0.00	(-18.23, 1.19) 11 (0, 18)	(-8.23, -11.13) 13 (7, 15)	NA 18 (17, 15)
carnitine fumarate+ala	(11.26, -4.67) -5 (2, -6)	(1.91, -4.53) 2 (3, 0)	(7.03, -8.69) 2 (6, -2)	(11.15, 4.66) -11 (0, -6)	(10.32, 3.47) -9 (0, -5)	(10.88, -2.28) -7 (1, -6)	(4.15, 1.95) -4 (0, -1)	(10.64, -9.58) 0 (7, -4) -0.62	(17.63, 2.02) -13 (0, -18) 8.67	(-12.06, 16.52) 17 (1, 29)	-2 (1, -1)	(5.37, -4.39) -1 (2, -1)	(2.79, -3.75) 1 (2, 0)	(5.83, -1.89) -3 (1, -1)	(4.26, -3.86) 0 (2, -1)	(7.9, 6.18) -9 (0, -2)	(9.71, -8.86) -1 (6, -4)	(8.56, -1.74) -5 (1, -3) 2.61	(10.94, 4.99) -10 (0, -5)	(1.22, -6.59) 4 (4, 0)	(8.96, -2.61) -5 (1, -3)	(-10.37, -9.97) 9 (8, 0)	(10.77, -4.67) -5 (2, -5)	(3.14, -8.43) 4 (6, 0)	(-2.44, -8.93) 7 (7, 0)	(1.88, -0.72) -1 (1, 0)	(-0.6, 3.21) -2 (0, 0)	0.42 (9.4, -9.1) 0 (7, -3)	NA 5 (17, -3)
magnesium	2.36 (7.97, -2.79) -4 (1, -5)	(-1.37, -2.65) 3 (2, 1)	(3.75, -6.82) 3 (5, -1)	(7.86, 6.53) -9 (-1, -5)	(7.04, 5.34) -8 (-1, -4)	(7.59, -0.41) -5 (0, -5)	(0.87, 3.82) -2 (-1, 0)	(7.36, -7.7) 1 (6, -3)	(14.35, 3.9) -11 (-1, -17)	(-3.29, 1.88) 2 (-1, 1)	3.25 (-8.77, 14.64) 15 (2, 28)	1 (1, 0)	(-0.49, -1.88) 2 (1, 1)	(2.55, -0.02) -1 (0, 0)	-1.02 (0.97, -1.98) 2 (1, 0)	(4.61, 8.05) -7 (-1, -1)	(6.43, -6.99) 1 (5, -3)	(5.28, 0.13) -4 (0, -2)	(7.66, 6.86) -8 (-1, -4)	(-2.06, -4.71) 5 (3, 1)	(5.67, -0.73) -3 (0, -2)	(-13.66, -8.1) 11 (7, 1)	(7.48, -2.8) -3 (1, -4)	(-0.15, -6.56) 5 (5, 1)	(-5.73, -7.06) 8 (6, 1)	(-1.41, 1.15) 0 (0, 1)	(-3.89, 5.08) 0 (-1, 1)	-0.87 (6.12, -7.23) 2 (6, -2)	NA 6 (16, -2)
micronutrient supplement	2.89 (5.88, -0.28) -5 (0, -5)	(-3.46, -0.13) 2 (1, 1)	(1.66, -4.3) 3 (4, -1)	(5.78, 9.05) -10 (-2, -5)	6.54 (4.95, 7.86) -8 (-2, -4)	3.79 (5.5, 2.11) -6 (-1, -5)	2.48 (-1.22, 6.34) -3 (-2, 0)	-0.09 (5.27, -5.18) 0 (5, -3)	9.21 (12.26, 6.41) -12 (-2, -17)	-0.76 (-5.37, 4.39) 1 (-2, 1)	0.53 (-2.09, 2.52) -1 (-1, 0)	2.71 (-6.68, 12.13) 16 (3, 28)	-1.14 (-2.58, 0.64) 2 (0, 1)	1.43 (0.46, 2.5) -2 (-1, 0)	-0.49 (-1.12, 0.54) 1 (0, 0)	6.5 (2.53, 10.57) -8 (-2, -1)	0.03 (4.34, -4.47) 0 (4, -3)	3.15 (3.19, 2.65) -5 (-1, -2)	7.26 (5.57, 9.38) -9 (-2, -4)	-3.37 (-4.15, -2.19) 5 (2, 1)	2.53 (3.59, 1.79) -4 (-1, -2)	(-15.75, -5.58) 10 (6, 1)	2.66 (5.4, -0.28) -4 (0, -4)	-2.97 (-2.24, -4.04) 4 (4, 1)	-6.27 (-7.82, -4.54) 8 (5, 1)	0.38 (-3.5, 3.67) -1 (-1, 1)	0.62 (-5.97, 7.6) -1 (-2, 1)	-0.34 (4.03, -4.71) 1 (5, -2)	NA 5 (15, -2)
minerals	4.03 (8.46, -0.92) -6 (0, -6)	-0.64 (-0.88, -0.77) 1 (1, 0)	-0.27 (4.24, -4.94) 1 (4, -2)	8.85 (8.36, 8.41) -11 (-2, -6)	7.68 (7.53, 7.22) -10 (-2, -5)	4.94 (8.08, 1.47) -7 (-1, -6)	3.62 (1.36, 5.7) -5 (-2, -1)	1.06 (7.85, -5.83) -1 (5, -4)	10.35 (14.84, 5.77) -14 (-2, -18)	0.39 (-2.79, 3.75) -1 (-2, 0)	1.68 (0.49, 1.88) -2 (-1, -1)	1.14 (2.58, -0.64) -2 (0, -1)	1.57 (-9.26, 12.77) 18 (3, 29)	2.57 (3.04, 1.86) -4 (-1, -1)	0.65 (1.46, -0.1) -1 (0, -1)	7.65 (5.11, 9.93) -9 (-2, -2)	1.18 (6.92, -5.11) -1 (4, -4)	4.29 (5.77, 2.01) -6 (-1, -3)	8.4 (8.15, 8.74) -11 (-2, -5)	-2.23 (-1.57, -2.83) 3 (2, 0)	3.67 (6.17, 1.14) -5 (-1, -3)	-9.54 (-13.17, -6.22) 8 (6, 0)	3.81 (7.98, -0.92) -6 (0, -5)	-1.83 (0.34, -4.68) 3 (4, 0)	-5.13 (-5.23, -5.18) 6 (5, 0)	1.52 (-0.91, 3.03) -2 (-1, 0)	1.76 (-3.39, 6.96) -3 (-2, 0)	0.8 (6.61, -5.35) -1 (5, -3)	NA 4 (15, -3)
myoinositol	1.46 (5.42, -2.78) -3 (1, -5)	-3.21 (-3.92, -2.64) 4 (2, 1)	-2.84 (1.2, -6.8) 5 (5, -1)	6.28 (5.31, 6.55) -8 (-1, -5)	5.11 (4.49, 5.36) -6 (-1, -4)	2.37 (5.04, -0.39) -4 (0, -5)	1.05 (-1.68, 3.84) -1 (-1, 0)	-1.51 (4.81, -7.69) 2 (6, -3)	7.78 (11.8, 3.91) -10 (-1, -17)	-2.18 (-5.83, 1.89) 3 (-1, 1)	-0.89 (-2.55, 0.02) 1 (0, 0)	-1.43 (-0.46, -2.5) 2 (1, 0)	-2.57 (-3.04, -1.86) 4 (1, 1)	4.14 (-6.22, 14.63) 14 (2, 28)	-1.92 (-1.58, -1.97) 3 (1, 0)	5.08 (2.06, 8.07) -6 (-1, -1)	-1.39 (3.88, -6.97) 2 (5, -3)	1.72 (2.73, 0.15) -3 (0, -2)	5.83 (5.11, 6.88) -7 (-1, -4)	-4.8 (-4.61, -4.7) 7 (3, 1)	1.1 (3.12, -0.72) -2 (0, -2)	-12.11 (-16.21, -8.08) 12 (7, 1)	1.24 (4.93, -2.78) -2 (1, -4)	-4.4 (-2.7, -6.54) 6 (5, 1)	-7.7 (-8.28, -7.04) 10 (6, 1)	-1.05 (-3.96, 1.17) 1 (0, 1)	-0.81 (-6.43, 5.1) 1 (-1, 1)	-1.77 (3.57, -7.21) 3 (6, -2)	NA 8 (16, -2)
n-acetyl cysteine	3.38 (7, -0.81) -5 (0, -5)	-1.29 (-2.34, -0.67) 2 (1, 1)	-0.92 (2.78, -4.84) 2 (4, -1)	8.19 (6.89, 8.51) -10 (-2, -5)	7.03 (6.07, 7.33) -9 (-2, -4)	4.28 (6.62, 1.58) -7 (-1, -5)	2.97 (-0.1, 5.81) -4 (-2, 0)	0.4 (6.39, -5.72) 0 (5, -3)	9.69 (13.38, 5.88) -13 (-2, -17)	-0.27 (-4.26, 3.86) 0 (-2, 1)	1.02 (-0.97, 1.98) -2 (-1, 0)	0.49 (1.12, -0.54) -1 (0, 0)	-0.65 (-1.46, 0.1) 1 (0, 1)	1.92 (1.58, 1.97) -3 (-1, 0)	2.23 (-7.8, 12.66) 17 (3, 28)	6.99 (3.64, 10.03) -9 (-2, -1)	0.52 (5.46, -5) -1 (4, -3)	3.64 (4.31, 2.11) -5 (-1, -2)	7.75 (6.69, 8.84) -10 (-2, -4)	-2.89 (-3.03, -2.73) 4 (2, 1)	3.02 (4.7, 1.25) -5 (-1, -2)	-10.19 (-14.63, -6.12) 9 (6, 1)	3.15 (6.51, -0.82) -5 (0, -4)	-2.48 (-1.12, -4.58) 4 (4, 1)	-5.78 (-6.7, -5.07) 7 (5, 1)	0.87 (-2.38, 3.13) -1 (-1, 1)	1.11 (-4.85, 7.07) -2 (-2, 1)	0.15 (5.15, -5.25) 0 (5, -2)	NA 5 (15, -2)
nigella sativa seed oil	-3.61 (3.36, -10.84) 3 (2, -4)	-8.29 (-5.99, -10.7) 10 (3, 2)	-7.92 (-0.86, -14.87) 10 (6, 0)	1.2 (3.25, -1.52) -2 (0, -4)	0.04 (2.42, -2.71) -1 (0, -3)	-2.71 (2.98, -8.46) 2 (1, -4)	-4.03 (-3.75, -4.23) 5 (0, 1)	-6.59 (2.74, -15.75) 8 (7, -2)	2.7 (9.73, -4.15) -4 (0, -16)	-7.26 (-7.9, -6.18) 9 (0, 2)	-5.97 (-4.61, -8.05) 7 (1, 1)	-6.5 (-2.53, -10.57) 8 (2, 1)	-7.65 (-5.11, -9.93) 9 (2, 2)	-5.08 (-2.06, -8.07) 6 (1, 1)	9 (2, 1)	9.22 (-4.16, 22.7) 8 (1, 27)	-6.47 (1.82, -15.04) 8 (6, -2)	-3.36 (0.66, -7.92) 3 (1, -1)	0.76 (3.04, -1.19) -1 (0, -3)	-9.88 (-6.68, -12.76) 12 (4, 2)	-3.97 (1.06, -8.78) 4 (1, -1)	-17.18 (-18.27, -16.15) 18 (8, 2)	4 (2, -3)	-9.47 (-4.76, -14.61) 12 (6, 2)	-12.78 (-10.34, -15.11) 15 (7, 2)	-6.12 (-6.02, -6.9) 7 (1, 2)	-5.89 (-8.5, -2.97) 7 (0, 2)	-6.85 (1.5, -15.28) 9 (7, -1)	NA 13 (17, -1)
omega-3 fatty acids	2.86 (1.54, 4.19) -5 (-4, -2)	-1.82 (-7.8, 4.33) 2 (-3, 4)	-1.45 (-2.68, 0.17) 2 (0, 2)	7.67 (1.44, 13.52) -10 (-6, -2)	6.51 (0.61, 12.33) -9 (-6, -1)	3.76 (1.16, 6.58) -6 (-5, -2)	2.44 (-5.56, 10.81) -3 (-6, 3)	-0.12 (0.93, -0.72) 0 (1, 0)	9.17 (7.92, 10.88) -12 (-6, -14)	-0.79 (-9.71, 8.86) 1 (-6, 4)	0.5 (-6.43, 6.99) -1 (-5, 3)	-0.03 (-4.34, 4.47) 0 (-4, 3)	-1.18 (-6.92, 5.11) 1 (-4, 4)	1.39 (-3.88, 6.97) -2 (-5, 3)	-0.52 (-5.46, 5) 1 (-4, 3)	6.47 (-1.82, 15.04) -8 (-6, 2)	2.75 (-2.34, 7.66) 16 (7, 25)	3.11 (-1.15, 7.12) -5 (-5, 1)	7.23 (1.23, 13.85) -9 (-6, -1)	-3.41 (-8.49, 2.27) 4 (-2, 4)	2.5 (-0.75, 6.25) -4 (-5, 1)	-10.71 (-20.09, -1.11) 10 (2, 4)	2.63 (1.06, 4.19) -4 (-4, -1)	-3 (-6.58, 0.43) 4 (0, 4)	-6.31 (-12.16, -0.07) 7 (1, 4)	0.35 (-7.84, 8.14) -1 (-5, 4)	0.58 (-10.31, 12.07) -1 (-6, 4)	-0.38 (-0.31, -0.24) 1 (1, 1)	NA 5 (11, 1)
omega-3s + vitamins	-0.25 (2.69, -2.92) 0 (1, -3)	-4.93 (-6.65, -2.78) 7 (2, 3)	-4.56 (-1.53, -6.95) 7 (5, 1)	4.56 (2.59, 6.4) -5 (-1, -3)	3.39 (1.76, 5.21) -4 (-1, -2)	0.65 (2.31, -0.54) -1 (0, -3)	-0.67 (-4.41, 3.69) 1 (-1, 2)	-3.23 (2.08, -7.83) 5 (6, -1)	6.06 (9.07, 3.77) -8 (-1, -15)	-3.9 (-8.56, 1.74) 5 (-1, 3)	-2.61 (-5.28, -0.13) 4 (0, 2)	-3.15 (-3.19, -2.65) 5 (1, 2)	-4.29 (-5.77, -2.01) 6 (1, 3)	-1.72 (-2.73, -0.15) 3 (0, 2)	-3.64 (-4.31, -2.11) 5 (1, 2)	3.36 (-0.66, 7.92) -3 (-1, 1)	-3.11 (1.15, -7.12) 5 (5, -1)	5.86 (-3.49, 14.78) 12 (2, 26)	4.11 (2.38, 6.73) -5 (-1, -2)	-6.52 (-7.34, -4.84) 9 (3, 3)	-0.62 (0.4, -0.86) 1 (0, 0)	-13.83 (-18.94, -8.23) 14 (7, 3)	-0.48 (2.21, -2.93) 0 (1, -2)	-6.12 (-5.43, -6.69) 9 (5, 3)	-9.42 (-11.01, -7.19) 12 (6, 3)	-2.77 (-6.69, 1.02) 4 (0, 3)	-2.53 (-9.16, 4.95) 4 (-1, 3)	-3.49 (0.84, -7.36) 6 (6, 0)	NA 10 (16, 0)
prelox	-4.37 (0.31, -9.66) 5 (2, -1)	-9.04 (-9.03, -9.51) 12 (3, 5)	-8.67 (-3.91, -13.68) 12 (6, 3)	0.44 (0.21, -0.33) -1 (0, -1)	-0.72 (-0.62, -1.52) 1 (0, 0)	-3.47 (-0.07, -7.27) 3 (1, -1)	-4.78 (-6.79, -3.04) 6 (0, 4)	-7.35 (-0.3, -14.56) 10 (7, 1)	1.94 (6.69, -2.97) -3 (0, -13)	-8.02 (-10.94, -4.99) 10 (0, 5)	-6.73 (-7.66, -6.86) 8 (1, 4)	-7.26 (-5.57, -9.38) 9 (2, 4)	-8.4 (-8.15, -8.74) 11 (2, 5)	-5.83 (-5.11, -6.88) 7 (1, 4)	-7.75 (-6.69, -8.84) 10 (2, 4)	-0.76 (-3.04, 1.19) 1 (0, 3)	-7.23 (-1.23, -13.85) 9 (6, 1)	-4.11 (-2.38, -6.73) 5 (1, 2)	9.97 (-1.11, 21.51) 7 (1, 24)	-10.63 (-9.72, -11.57) 14 (4, 5)	-4.73 (-1.98, -7.59) 5 (1, 2)	-17.94 (-21.32, -14.96) 19 (8, 5)	-4.6 (-0.17, -9.66) 5 (2, 0)	-10.23 (-7.81, -13.42) 14 (6, 5)	-13.53 (-13.38, -13.92) 17 (7, 5)	-6.88 (-9.06, -5.71) 9 (1, 5)	-6.64 (-11.54, -1.78) 8 (0, 5)	-7.6 (-1.54, -14.09) 10 (7, 2)	NA 15 (17, 2)
saffron	6.27 (10.03, 1.92) -9 (-2, -6)	1.59 (0.69, 2.06) -2 (-1, 0)	1.96 (5.81, -2.11) -2 (2, -2)	11.08 (9.93, 11.24) -14 (-4, -6)	9.92 (9.1, 10.06) -13 (-4, -5)	7.17 (9.65, 4.31) -10 (-3, -6)	5.85 (2.93, 8.54) -8 (-4, -1)	3.29 (9.42, -2.99) -4 (3, -4)	12.58 (16.41, 8.61) -17 (-4, -18)	2.62 (-1.22, 6.59) -4 (-4, 0)	3.91 (2.06, 4.71) -5 (-3, -1)	3.37 (4.15, 2.19) -5 (-2, -1)	2.23 (1.57, 2.83) -3 (-2, 0)	4.8 (4.61, 4.7) -7 (-3, -1)	2.89 (3.03, 2.73) -4 (-2, -1)	9.88 (6.68, 12.76) -12 (-4, -2)	3.41 (8.49, -2.27) -4 (2, -4)	6.52 (7.34, 4.84) -9 (-3, -3)	10.63 (9.72, 11.57) -14 (-4, -5)	-0.66 (-10.83, 9.93) 21 (5, 29)	5.9 (7.74, 3.98) -8 (-3, -3)	-7.3 (-11.6, -3.39) 5 (4, 0)	6.04 (9.55, 1.91) -9 (-2, -5)	0.41 (1.91, -1.85) 0 (2, 0)	-2.9 (-3.66, -2.34) 3 (3, 0)	3.75 (0.66, 5.86) -5 (-3, 0)	3.99 (-1.82, 9.8) -6 (-4, 0)	3.03 (8.18, -2.52) -4 (3, -3)	NA 1 (13, -3)
selenium supplements	0.36 (2.3, -2.06) -1 (1, -3)	-4.31 (-7.05, -1.92) 6 (2, 3)	-3.94 (-1.93, -6.09) 6 (5, 1)	5.17 (2.19, 7.26) -6 (-1, -3)	4.01 (1.36, 6.08) -5 (-1, -2)	1.26 (1.92, 0.33) -2 (0, -3)	-0.05 (-4.81, 4.56) 1 (-1, 2)	-2.62 (1.68, -6.97) 4 (6, -1)	6.68 (8.67, 4.63) -8 (-1, -15)	-3.29 (-8.96, 2.61) 5 (-1, 3)	-2 (-5.67, 0.73) 3 (0, 2)	-2.53 (-3.59, -1.79) 4 (1, 2)	-3.67 (-6.17, -1.14) 5 (1, 3)	-1.1 (-3.12, 0.72) 2 (0, 2)	-3.02 (-4.7, -1.25) 5 (1, 2)	3.97 (-1.06, 8.78) -4 (-1, 1)	-2.5 (0.75, -6.25) 4 (5, -1)	0.62 (-0.4, 0.86) -1 (0, 0)	4.73 (1.98, 7.59) -5 (-1, -2)	-5.9 (-7.74, -3.98) 8 (3, 3)	5.24 (-3.1, 13.91) 12 (2, 26)	-13.21 (-19.33, -7.37) 14 (7, 3)	0.13 (1.81, -2.06) 0 (1, -2)	-5.5 (-5.82, -5.83) 8 (5, 3)	-8.8 (-11.4, -6.32) 11 (6, 3)	-2.15 (-7.08, 1.88) 3 (0, 3)	-1.91 (-9.56, 5.82) 3 (-1, 3)	-2.87 (0.44, -6.5) 5 (6, 0)	NA 9 (16, 0)
spirulina	13.57 (21.63, 5.31) -14 (-6, -6)	8.9 (12.29, 5.45) -7 (-5, 0)	9.27 (17.41, 1.28) -7 (-2, -2)	18.38 (21.52, 14.63) -19 (-8, -6)	17.22 (20.7, 13.44) -18 (-8, -5)	14.47 (21.25, 7.69) -16 (-7, -6)	13.16 (14.53, 11.92) -13 (-8, -1)	10.59 (21.02, 0.4) -9 (-1, -4)	19.88 (28.01, 12) -22 (-8, -18)	9.92 (10.37, 9.97) -9 (-8, 0)	11.21 (13.66, 8.1) -11 (-7, -1)	10.68 (15.75, 5.58) -10 (-6, -1)	9.54 (13.17, 6.22) -8 (-6, 0)	12.11 (16.21, 8.08) -12 (-7, -1)	10.19 (14.63, 6.12) -9 (-6, -1)	17.18 (18.27, 16.15) -18 (-8, -2)	10.71 (20.09, 1.11) -10 (-2, -4)	13.83 (18.94, 8.23) -14 (-7, -3)	17.94 (21.32, 14.96) -19 (-8, -5)	7.3 (11.6, 3.39) -5 (-4, 0)	13.21 (19.33, 7.37) -14 (-7, -3)	-7.96 (-22.43, 6.55) 26 (9, 29)	13.34 (21.14, 5.3) -14 (-6, -5)	7.71 (13.51, 1.54) -5 (-2, 0)	4.41 (7.93, 1.04) -2 (-1, 0)	11.06 (12.25, 9.25) -10 (-7, 0)	11.3 (9.78, 13.18) -11 (-8, 0)	10.34 (19.78, 0.87) -9 (-1, -3)	NA -4 (9, -3)
vitamin c/e	0.23 (0.49, 0) 0 (0, -1)	-4.45 (-8.86, 0.15) 7 (1, 5)	-4.08 (-3.74, -4.02) 7 (4, 3)	5.04 (0.38, 9.33) -5 (-2, -1)	3.88 (-0.45, 8.14) -4 (-2, 0)	1.13 (0.11, 2.39) -2 (-1, -1)	-0.18 (-6.62, 6.62) 1 (-2, 4)	-2.75 (-0.13, -4.9) 5 (5, 1)	6.54 (6.86, 6.69) -8 (-2, -13)	-3.42 (-10.77, 4.67) 5 (-2, 5)	-2.13 (-7.48, 2.8) 3 (-1, 4)	-2.66 (-5.4, 0.28) 4 (0, 4)	-3.81 (-7.98, 0.92) 6 (0, 5)	-1.24 (-4.93, 2.78) 2 (-1, 4)	-3.15 (-6.51, 0.82) 5 (0, 4)	3.84 (-2.87, 10.85) -4 (-2, 3)	-2.63 (-1.06, -4.19) 4 (4, 1)	0.48 (-2.21, 2.93) 0 (-1, 2)	4.6 (0.17, 9.66) -5 (-2, 0)	-6.04 (-9.55, -1.91) 9 (2, 5)	-0.13 (-1.81, 2.06) 0 (-1, 2)	-13.34 (-21.14, -5.3) 14 (6, 5)	5.38 (-1.29, 11.85) 12 (3, 24)	-5.63 (-7.63, -3.76) 9 (4, 5)	-8.94 (-13.21, -4.26) 12 (5, 5)	-2.28 (-8.89, 3.95) 4 (-1, 5)	-2.05 (-11.37, 7.88) 3 (-2, 5)	-3 (-1.37, -4.43) 5 (5, 2)	NA 10 (15, 2)
vitamin d3	5.86 (8.12, 3.77) -9 (-4, -6)	1.19 (-1.22, 3.91) -2 (-3, 0)	1.56 (3.9, -0.26) -2 (0, -2)	10.67 (8.01, 13.09) -14 (-6, -6)	9.51 (7.18, 11.9) -13 (-6, -5)	6.76 (7.74, 6.15) -10 (-5, -6)	5.45 (1.01, 10.38) -8 (-6, -1)	2.88 (7.5, -1.14) -4 (1, -4)	12.17 (14.5, 10.46) -17 (-6, -18)	2.21 (-3.14, 8.43) -4 (-6, 0)	3.5 (0.15, 6.56) -5 (-5, -1)	2.97 (2.24, 4.04) -4 (-4, -1)	1.83 (-0.34, 4.68) -3 (-4, 0)	4.4 (2.7, 6.54) -6 (-5, -1)	2.48 (1.12, 4.58) -4 (-4, -1)	9.47 (4.76, 14.61) -12 (-6, -2)	3 (6.58, -0.43) -4 (0, -4)	6.12 (5.43, 6.69) -9 (-5, -3)	10.23 (7.81, 13.42) -14 (-6, -5)	-0.41 (-1.91, 1.85) 0 (-2, 0)	5.5 (5.82, 5.83) -8 (-5, -3)	-7.71 (-13.51, -1.54) 5 (2, 0)	5.63 (7.63, 3.76) -9 (-4, -5)	-0.25 (-8.92, 8.09) 21 (7, 29)	-3.3 (-5.58, -0.5) 3 (1, 0)	3.35 (-1.26, 7.71) -5 (-5, 0)	3.59 (-3.74, 11.64) -5 (-6, 0)	2.63 (6.26, -0.67) -4 (1, -3)	NA 1 (11, -3)
vitamin d3 + calcium	9.16 (13.7, 4.26) -12 (-5, -6)	4.49 (4.36, 4.4) -5 (-4, 0)	4.86 (9.48, 0.24) -5 (-1, -2)	13.97 (13.59, 13.59) -17 (-7, -6)	12.81 (12.76, 12.4) -16 (-7, -5)	10.07 (13.32, 6.65) -13 (-6, -6)	8.75 (6.59, 10.88) -11 (-7, -1)	6.19 (13.08, -0.65) -7 (0, -4)	15.48 (20.07, 10.95) -20 (-7, -18)	5.51 (2.44, 8.93) -7 (-7, 0)	6.81 (5.73, 7.06) -8 (-6, -1)	6.27 (7.82, 4.54) -8 (-5, -1)	5.13 (5.23, 5.18) -6 (-5, 0)	7.7 (8.28, 7.04) -10 (-6, -1)	5.78 (6.7, 5.07) -7 (-5, -1)	12.78 (10.34, 15.11) -15 (-7, -2)	6.31 (12.16, 0.07) -7 (-1, -4)	9.42 (11.01, 7.19) -12 (-6, -3)	13.53 (13.38, 13.92) -17 (-7, -5)	2.9 (3.66, 2.34) -3 (-3, 0)	8.8 (11.4, 6.32) -11 (-6, -3)	-4.41 (-7.93, -1.04) 2 (1, 0)	8.94 (13.21, 4.26) -12 (-5, -5)	3.3 (5.58, 0.5) -3 (-1, 0)	-3.56 (-14.5, 7.59) 24 (8, 29)	6.65 (4.32, 8.21) -8 (-6, 0)	6.89 (1.84, 12.14) -8 (-7, 0)	5.93 (11.84, -0.17) -7 (0, -3)	NA -2 (10, -3)
vitamin/mineral supplements	2.51 (9.38, -3.94) -4 (1, -6)	-2.16 (0.04, -3.8) 3 (2, 0)	-1.79 (5.16, -7.97) 3 (5, -2)	7.32 (9.27, 5.38) -9 (-1, -6)	6.16 (8.44, 4.19) -8 (-1, -5)	3.41 (9, -1.56) -5 (0, -6)	2.1 (2.27, 2.67) -3 (-1, -1)	-0.47 (8.76, -8.85) 1 (6, -4)	8.83	-1.14 (-1.88, 0.72) 1 (-1, 0)	0.15 (1.41, -1.15) 0 (0, -1)	-0.38 (3.5, -3.67) 1 (1, -1)	-1.52	1.05 (3.96, -1.17) -1 (0, -1)	-0.87 (2.38, -3.13) 1 (1, -1)	6.12 (6.02, 6.9) -7 (-1, -2)	-0.35 (7.84, -8.14) 1 (5, -4)	2.77 (6.69, -1.02) -4 (0, -3)	6.88 (9.06, 5.71) -9 (-1, -5)	-3.75 (-0.66, -5.86) 5 (3, 0)	2.15 (7.08, -1.88) -3 (0, -3)	-11.06 (-12.25, -9.25) 10 (7, 0)	2.28 (8.89, -3.95) -4 (1, -5)	-3.35 (1.26, -7.71) 5 (5, 0)	-6.65 (-4.32, -8.21) 8 (6, 0)	3.09 (-10.18, 15.8) 16 (2, 29)	0.24 (-2.48, 3.93) 0 (-1, 0)	-0.72 (7.52, -8.38) 1 (6, -3)	NA 6 (16, -3)
walnuts	2.27 (11.86, -7.88) -4 (2, -6)	-2.4	-2.03 (7.63, -11.9) 3 (6, -2)	7.09	5.92 (10.92, 0.26) -8 (0, -5)	3.18	1.86	-0.7 (11.24, -12.79) 1 (7, -4)	8.59 (18.23, -1.19) -11 (0, -18)	-1.37	-0.08 (3.89, -5.08) 0 (1, -1)	-0.62 (5.97, -7.6) 1 (2, -1)	-1.76 (3.39, -6.96) 3 (2, 0)	0.81 (6.43, -5.1) -1 (1, -1)	-1.11 (4.85, -7.07) 2 (2, -1)	5.89	-0.58	2.53	6.64	-3.99 (1.82, -9.8) 6 (4, 0)	1.91 (9.56, -5.82) -3 (1, -3)	-11.3 (-9.78, -13.18) 11 (8, 0)	2.05	-3.59	-6.89 (-1.84, -12.14) 8 (7, 0)	-0.24	3.33 (-12.65, 19.73) 15 (1, 29)	-0.96	NA 6 (17, -3)
zinc/zinc + folic acid	3.23	-1.44	-1.07 (-2.37, 0.41) 2 (-1, 1)	8.04	6.88 (0.92, 12.57) -9 (-7, -2)	4.13 (1.47, 6.82) -7 (-6, -3)	2.82 (-5.25, 11.05) -4 (-7, 2)	0.25 (1.24, -0.47) -1 (0, -1)	9.55	-0.42 (-9.4, 9.1) 0 (-7, 3)	0.87	0.34 (-4.03, 4.71) -1 (-5, 2)	-0.8	1.77 (-3.57, 7.21) -3 (-6, 2)	-0.15	6.85 (-1.5, 15.28) -9 (-7, 1)	0.38 (0.31, 0.24) -1 (-1, -1)	3.49 (-0.84, 7.36) -6 (-6, 0)	7.6 (1.54, 14.09) -10 (-7, -2)	-3.03 (-8.18, 2.52) 4 (-3, 3)	2.87 (-0.44, 6.5) -5 (-6, 0)	-10.34 (-19.78, -0.87) 9 (1, 3)	3	-2.63	-5.93 (-11.84, 0.17) 7 (0, 3)	0.72 (-7.52, 8.38) -1 (-6, 3)	0.96 (-10, 12.31) -2 (-7, 3)	2.37 (-2.65, 7.42) 17 (8, 26)	NA 5 (10, 0)
placebo/no treatment	NA -10 (-15, -3)	NA -3 (-14, 3)	NA -3 (-11, 1)	NA -15 (-17, -3)	NA -14 (-17, -2)	NA -11 (-16, -3)	NA -9 (-17, 2)	NA -5 (-10, -1)	NA -18 (-17, -15)	NA -5 (-17, 3)	NA -6 (-16, 2)	NA -5 (-15, 2)	NA -4 (-15, 3)	NA -8 (-16, 2)	NA -5 (-15, 2)	NA -13 (-17, 1)	NA -5 (-11, -1)	NA -10 (-16, 0)	NA -15 (-17, -2)	NA -1 (-13, 3)	NA -9 (-16, 0)	NA 4 (-9, 3)	NA -10 (-15, -2)	NA -1 (-11, 3)	NA 2 (-10, 3)	NA -6 (-16, 3)	NA -6 (-17, 3)	NA -5 (-10, 0)	NA 22 (18, 26)