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

											,		ative effect and rank												
Intervention	antioxidants	carob	coenzyme q10	coenzyme- q10 + l- carnitine + lycopene + zinc high dose	folic acid	herb/mineral supplement	l-carnitine/l- acetylcarnitine	- e carnitine+cinn	oc magnesium	micronutrient supplement	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 combos	a walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	3.97 (-1.13, 9.12) 13 (6, 22)	-0.22 (-3.51, 3.04) 1 (-2, 2)	-2.43 (-2.78, -2.22) 4 (2, 2)	6.05 (2.45, 9.81) -6 (-5, -4)	-2.27 (-3.3, -1.3) 4 (1, 2)	-4.28 (-11.58, 3.11) 5 (-2, 3)	1.14 (2.7, -0.53) -2 (0, -4)	12.6 (12.18, 12.8) -11 (-5, -17)	-0.12 (-7.89, 7.83) 1 (-4, 3)	11.34 (8.16, 14.03) -10 (-5, -14)	-0.7 (-5.18, 3.73) 1 (-2, 3)	-1.73 (-6.26, 2.54) 3 (-2, 3)	2.18 (-2.92, 6.81) -2 (-4, 2)	-0.75 (0.65, -2.4) 1 (2, -1)	9.45 (1.16, 17.46) -8 (-5, -2)	-3.33 (-8.5, 1.74) 5 (-1, 3)	2.37 (0.39, 4.06) -3 (-3, -1)	-2.31 (-7.3, 2.34) 3 (-2, 3)	-0.2 (-0.78, 0.38) 0 (0, 1)	-1.42 (-3.53, 0.6) 2 (-1, 2)	-6.86 (-11.4, -2.15) 8 (2, 3)	-1.33 (-6.57, 3.85) 2 (-2, 3)	9.82 (0.17, 19.31) -8 (-5, -1)	-2.77 (-2.41, -3.16) 5 (3, 2)	NA 7 (10, 1)
carob	0.22 (3.51, -3.04) -1 (2, -2)	3.75 (-4.64, 12.16) 14 (4, 24)	-2.21 (0.73, -5.26) 3 (4, 0)	6.27 (5.97, 6.77) -7 (-3, -6)	-2.05 (0.21, -4.34) 3 (3, 0)	-4.06 (-8.06, 0.07) 5 (0, 1)	1.36 (6.21, -3.57) -3 (2, -6)	12.82 (15.69, 9.76) -11 (-3, -19)	0.1 (-4.38, 4.79) 0 (-2, 1)	11.56 (11.67, 10.99) -10 (-3, -16)	-0.48 (-1.67, 0.69) 1 (0, 1)	-1.51 (-2.75, -0.5) 2 (0, 1)	2.4 (0.6, 3.78) -3 (-2, 0)	-0.53 (4.17, -5.44) 1 (4, -3)	9.67 (4.68, 14.42) -9 (-3, -4)	-3.11 (-4.98, -1.3) 4 (1, 1)	2.59 (3.9, 1.02) -4 (-1, -3)	-2.09 (-3.79, -0.7) 3 (0, 1)	0.02 (2.73, -2.66) 0 (2, -1)	-1.2 (-0.02, -2.43) 2 (1, 0)	-6.64 (-7.89, -5.19) 8 (4, 1)	-1.11 (-3.06, 0.81) 1 (0, 1)	10.04 (3.69, 16.27) -9 (-3, -3)	-2.55 (1.1, -6.2) 4 (5, 0)	NA 6 (12, -1)
coenzyme q10	2.43 (2.78, 2.22) -4 (-2, -2)	2.21 (-0.73, 5.26) -3 (-4, 0)	1.53 (-3.91, 6.9) 17 (8, 24)	8.48 (5.23, 12.03) -10 (-7, -6)	0.16 (-0.52, 0.92) 0 (-1, 0)	-1.85 (-8.8, 5.33) 1 (-4, 1)	3.58 (5.48, 1.69) -6 (-2, -6)	15.03 (14.96, 15.02) -15 (-7, -19)	2.31 (-5.11, 10.05) -3 (-6, 1)	13.77 (10.94, 16.24) -14 (-7, -16)	1.74 (-2.4, 5.95) -3 (-4, 1)	0.71 (-3.48, 4.76) -1 (-4, 1)	4.61 (-0.13, 9.03) -6 (-6, 0)	1.69 (3.43, -0.18) -3 (0, -3)	11.88 (3.94, 19.68) -12 (-7, -4)	-0.9 (-5.72, 3.96) 1 (-3, 1)	4.8 (3.17, 6.28) -7 (-5, -3)	0.12 (-4.52, 4.56) -1 (-4, 1)	2.24 (2, 2.6) -4 (-2, -1)	1.02 (-0.75, 2.82) -2 (-3, 0)	-4.43 (-8.62, 0.07) 4 (0, 1)	1.11 (-3.79, 6.07) -2 (-4, 1)	12.25 (2.95, 21.52) -12 (-7, -3)	-0.34 (0.37, -0.94) 1 (1, 0)	NA 3 (8, -1)
coenzyme-q10 + I-carnitine + lycopene + zinc high dose	-6.05 (-2.45, -9.81) 6 (5, 4)	-6.27 (-5.97, -6.77) 7 (3, 6)	-8.48 (-5.23, -12.03) 10 (7, 6)	10.02 (1.32, 18.93) 6 (1, 18)	-8.32 (-5.76, -11.11) 10 (6, 6)	-10.33 (-14.03, -6.71) 12 (3, 7)	-4.91 (0.25, -10.34) 4 (5, 0)	6.55 (9.73, 2.99) -4 (0, -13)	-6.17 (-10.35, -1.99) 7 (1, 7)	5.29 (5.71, 4.21) -3 (0, -10)	-6.75 (-7.63, -6.08) 8 (3, 7)	-7.78 (-8.71, -7.27) 9 (3, 7)	-3.87 (-5.37, -3) 4 (1, 6)	-6.8 (-1.8, -12.21) 8 (7, 3)	3.4 (-1.29, 7.65) -2 (0, 2)	-9.38 (-10.95, -8.07) 11 (4, 7)	-3.68 (-2.06, -5.75) 3 (2, 3)	-8.36 (-9.75, -7.47) 10 (3, 7)	-6.24 (-3.23, -9.44) 7 (5, 5)	-7.46 (-5.99, -9.21) 9 (4, 6)	-12.91 (-13.85, -11.96) 15 (7, 7)	-7.38 (-9.02, -5.96) 9 (3, 7)	3.77 (-2.28, 9.49) -1 (0, 3)	-8.82 (-4.86, -12.98) 11 (8, 6)	NA 14 (15, 5)
folic acid	2.27 (3.3, 1.3) -4 (-1, -2)	2.05 (-0.21, 4.34) -3 (-3, 0)	-0.16 (0.52, -0.92) 0 (1, 0)	8.32 (5.76, 11.11) -10 (-6, -6)	1.7 (-4.43, 7.82) 17 (7, 24)	-2.01 (-8.28, 4.41) 2 (-3, 1)	3.41 (6, 0.77) -6 (-1, -6)	14.87 (15.48, 14.1) -14 (-6, -19)	2.15 (-4.59, 9.13) -3 (-5, 1)	13.61 (11.46, 15.33) -14 (-6, -16)	1.57 (-1.88, 5.03) -2 (-3, 1)	0.54 (-2.96, 3.84) -1 (-3, 1)	4.45 (0.39, 8.12) -6 (-5, 0)	1.52 (3.95, -1.1) -2 (1, -3)	11.72 (4.46, 18.76) -12 (-6, -4)	-1.06 (-5.19, 3.04) 1 (-2, 1)	4.64 (3.69, 5.36) -7 (-4, -3)	-0.04 (-4, 3.64) 0 (-3, 1)	2.07 (2.52, 1.68) -3 (-1, -1)	0.85 (-0.23, 1.91) -1 (-2, 0)	-4.59 (-8.1, -0.85) 5 (1, 1)	0.94 (-3.27, 5.15) -2 (-3, 1)	12.09 (3.48, 20.61) -12 (-6, -3)	-0.5 (0.89, -1.86) 1 (2, 0)	NA 3 (9, -1)
herb/mineral supplement	4.28 (11.58, -3.11) -5 (2, -3)	4.06 (8.06, -0.07) -5 (0, -1)	1.85 (8.8, -5.33) -1 (4, -1)	10.33 (14.03, 6.71) -12 (-3, -7)	2.01 (8.28, -4.41) -2 (3, -1)	-0.32 (-12.71, 12.23) 18 (4, 25)	5.43 (14.28, -3.64) -7 (2, -7)	16.88 (23.76, 9.69) -16 (-3, -20)	4.16 (3.69, 4.72) -4 (-2, 0)	15.62 (19.74, 10.92) -15 (-3, -17)	3.59 (6.4, 0.63) -4 (0, 0)	2.56 (5.32, -0.57) -2 (0, 0)	6.46 (8.66, 3.71) -8 (-2, -1)	3.54 (12.23, -5.51) -4 (4, -4)	13.73 (12.74, 14.35) -13 (-3, -5)	0.95 (3.08, -1.37) -1 (1, 0)	6.65 (11.97, 0.95) -8 (-1, -4)	1.97 (4.28, -0.77) -2 (0, 0)	4.09 (10.8, -2.73) -5 (2, -2)	2.87 (8.04, -2.5) -3 (1, -1)	-2.58 (0.18, -5.26) 3 (4, 0)	2.96 (5.01, 0.74) -3 (0, 0)	14.1 (11.75, 16.2) -13 (-3, -4)	1.51 (9.17, -6.27) -1 (5, -1)	NA 2 (12, -2)
I-carnitine/I- acetylcarnitine	-1.14 (-2.7, 0.53) 2 (0, 4)	-1.36 (-6.21, 3.57) 3 (-2, 6)	-3.58 (-5.48, -1.69) 6 (2, 6)	4.91 (-0.25, 10.34) -4 (-5, 0)	-3.41 (-6, -0.77) 6 (1, 6)	-5.43 (-14.28, 3.64) 7 (-2, 7)	5.11 (1.57, 8.59) 11 (6, 18)	11.45 (9.48, 13.33) -9 (-5, -13)	-1.26 (-10.59, 8.36) 3 (-4, 7)	10.2 (5.46, 14.55) -8 (-5, -10)	-1.84 (-7.88, 4.26) 3 (-2, 7)	-2.87 (-8.96, 3.07) 5 (-2, 7)	1.04 (-5.62, 7.34) 0 (-4, 6)	-1.89 (-2.05, -1.87) 3 (2, 3)	8.31 (-1.54, 17.99) -6 (-5, 2)	-4.48 (-11.2, 2.27) 7 (-1, 7)	1.22 (-2.31, 4.59) -1 (-3, 3)	-3.45 (-10, 2.87) 5 (-2, 7)	-1.34 (-3.48, 0.91) 2 (0, 5)	-2.56 (-6.23, 1.13) 4 (-1, 6)	-8.01 (-14.1, -1.62) 10 (2, 7)	-2.47 (-9.27, 4.38) 4 (-2, 7)	8.68 (-2.53, 19.83) -6 (-5, 3)	-3.92 (-5.11, -2.63) 7 (3, 6)	NA 9 (10, 5)
I- carnitine+cinno	-12.6 (-12.18, -12.8) 11 (5, 17)	-12.82 (-15.69, -9.76) 11 (3, 19)	-15.03 (-14.96, -15.02) 15 (7, 19)	-6.55 (-9.73, -2.99) 4 (0, 13)	-14.87 (-15.48, -14.1) 14 (6, 19)	-16.88 (-23.76, -9.69) 16 (3, 20)	-11.45 (-9.48, -13.33) 9 (5, 13)	16.56 (11.05, 21.92) 2 (1, 5)	-12.72 (-20.07, -4.97) 11 (1, 20)	-1.26 (-4.02, 1.23) 1 (0, 3)	-13.29 (-17.36, -9.07) 12 (3, 20)	-14.32 (-18.44, -10.26) 13 (3, 20)	-10.42 (-15.1, -5.98) 8 (1, 19)	-13.35 (-11.53, -15.2) 12 (7, 16)	-3.15 (-11.02, 4.66) 3 (0, 15)	-15.93 (-20.68, -11.06) 15 (4, 20)	-10.23 (-11.79, -8.74) 7 (2, 16)	-14.91 (-19.48, -10.46) 14 (3, 20)	-12.79 (-12.96, -12.42) <i>11 (5, 18)</i>	-14.01 (-15.71, -12.19) <i>13 (4, 19)</i>	-19.46 (-23.58, -14.95) 19 (7, 20)	-13.92 (-18.75, -8.95) 13 (3, 20)	-2.78 (-12.01, 6.51) 3 (0, 16)	-15.37 (-14.59, -15.96) 15 (8, 19)	NA 18 (15, 18)
magnesium	0.12 (7.89, -7.83) -1 (4, -3)	-0.1 (4.38, -4.79) 0 (2, -1)	-2.31 (5.11, -10.05) 3 (6, -1)	6.17 (10.35, 1.99) -7 (-1, -7)	-2.15 (4.59, -9.13) 3 (5, -1)	-4.16 (-3.69, -4.72) 4 (2, 0)	1.26 (10.59, -8.36) -3 (4, -7)	12.72 (20.07, 4.97) -11 (-1, -20)	3.85 (-9.02, 16.95) 14 (2, 25)	11.46 (16.05, 6.2) -11 (-1, -17)	-0.58 (2.71, -4.09) 1 (2, 0)	-1.61 (1.63, -5.29) 2 (2, 0)	2.3 (4.98, -1.01) -3 (0, -1)	-0.63 (8.54, -10.23) 0 (6, -4)	9.57 (9.05, 9.63) -9 (-1, -5)	-3.21 (-0.6, -6.09) 4 (3, 0)	2.49 (8.28, -3.77) -4 (1, -4)	-2.19 (0.59, -5.49) 3 (2, 0)	-0.07 (7.11, -7.45) 0 (4, -2)	-1.29 (4.36, -7.22) 2 (3, -1)	-6.74 (-3.51, -9.98) 8 (6, 0)	-1.21 (1.32, -3.98) 1 (2, 0)	9.94 (8.07, 11.48) -9 (-1, -4)	-2.65 (5.48, -10.99) 4 (7, -1)	NA 6 (14, -2)
micronutrient supplement	-11.34 (-8.16, -14.03) 10 (5, 14)	-11.56 (-11.67, -10.99) <i>10 (3, 16)</i>	-13.77 (-10.94, -16.24) 14 (7, 16)	-5.29 (-5.71, -4.21) 3 (0, 10)	-13.61 (-11.46, -15.33) 14 (6, 16)	-15.62 (-19.74, -10.92) 15 (3, 17)	-10.2 (-5.46, -14.55) 8 (5, 10)	1.26 (4.02, -1.23) -1 (0, -3)	-11.46 (-16.05, -6.2) 11 (1, 17)	15.31 (7.03, 23.15) 3 (1, 8)	-12.04 (-13.34, -10.29) <i>11 (3, 17)</i>	-13.07 (-14.42, -11.49) 13 (3, 17)	-9.16 (-11.07, -7.21) 8 (1, 16)	-12.09 (-7.51, -16.43) 11 (7, 13)	-1.89 (-7, 3.43) 2 (0, 12)	-14.67 (-16.66, -12.29) 14 (4, 17)	-8.97 (-7.77, -9.97) 7 (2, 13)	-13.65 (-15.46, -11.68) <i>13 (3, 17)</i>	-11.54 (-8.94, -13.65) 10 (5, 15)	-12.76 (-11.69, -13.42) 12 (4, 16)	-18.2 (-19.56, -16.17) 18 (7, 17)	-12.67 (-14.73, -10.17) 12 (3, 17)	-1.52 (-7.99, 5.28) 2 (0, 13)	-14.11 (-10.57, -17.19) 15 (8, 16)	NA 17 (15, 15)
myoinositol	0.7 (5.18, -3.73) -1 (2, -3)	0.48 (1.67, -0.69) -1 (0, -1)	-1.74 (2.4, -5.95) 3 (4, -1)	6.75 (7.63, 6.08) -8 (-3, -7)	-1.57 (1.88, -5.03) 2 (3, -1)	-3.59 (-6.4, -0.63) 4 (0, 0)	1.84 (7.88, -4.26) -3 (2, -7)	13.29 (17.36, 9.07) -12 (-3, -20)	0.58 (-2.71, 4.09) -1 (-2, 0)	12.04 (13.34, 10.29) -11 (-3, -17)	3.27 (-6.31, 12.85) 14 (4, 25)	-1.03 (-1.08, -1.19) 1 (0, 0)	2.88 (2.26, 3.08) -4 (-2, -1)	-0.05 (5.83, -6.13) 0 (4, -4)	10.15 (6.34, 13.73) -9 (-3, -5)	-2.64 (-3.32, -1.99) 3 (1, 0)	3.06 (5.57, 0.32) -4 (-1, -4)	-1.61 (-2.12, -1.39) 2 (0, 0)	0.5 (4.4, -3.36) -1 (2, -2)	-0.72 (1.65, -3.13) 1 (1, -1)	-6.17 (-6.22, -5.88) 7 (4, 0)	-0.63 (-1.39, 0.12) 1 (0, 0)	10.52 (5.35, 15.57) -9 (-3, -4)	-2.08 (2.77, -6.9) 3 (5, -1)	NA 6 (12, -2)
n-acetyl cysteine	1.73 (6.26, -2.54) -3 (2, -3)	1.51 (2.75, 0.5) -2 (0, -1)	-0.71 (3.48, -4.76) 1 (4, -1)	7.78 (8.71, 7.27) -9 (-3, -7)	-0.54 (2.96, -3.84) 1 (3, -1)	-2.56 (-5.32, 0.57) 2 (0, 0)	2.87 (8.96, -3.07) -5 (2, -7)	14.32 (18.44, 10.26) -13 (-3, -20)	1.61 (-1.63, 5.29) -2 (-2, 0)	13.07 (14.42, 11.49) -13 (-3, -17)	1.03 (1.08, 1.19) -1 (0, 0)	2.24 (-7.39, 11.66) 16 (4, 25)	3.91 (3.34, 4.28) -5 (-2, -1)	0.98 (6.91, -4.94) -2 (4, -4)	11.18 (7.42, 14.92) -11 (-3, -5)	-1.61 (-2.24, -0.8) 2 (1, 0)	4.09 (6.65, 1.52) -6 (-1, -4)	-0.58 (-1.04, -0.2) 1 (0, 0)	1.53 (5.48, -2.16) -2 (2, -2)	0.31 (2.73, -1.93) 0 (1, -1)	-5.14 (-5.14, -4.69) 6 (4, 0)	0.4 (-0.31, 1.31) -1 (0, 0)	11.55 (6.43, 16.77) -11 (-3, -4)	-1.05 (3.85, -5.7) 2 (5, -1)	NA 4 (12, -2)
nigella sativa seed oil	-2.18 (2.92, -6.81) 2 (4, -2)	-2.4 (-0.6, -3.78) 3 (2, 0)	-4.61 (0.13, -9.03) 6 (6, 0)	3.87 (5.37, 3) -4 (-1, -6)	-4.45 (-0.39, -8.12) 6 (5, 0)	-6.46 (-8.66, -3.71) 8 (2, 1)	-1.04 (5.62, -7.34) 0 (4, -6)	10.42 (15.1, 5.98) -8 (-1, -19)	-2.3 (-4.98, 1.01) 3 (0, 1)	9.16 (11.07, 7.21) -8 (-1, -16)	-2.88 (-2.26, -3.08) 4 (2, 1)	-3.91 (-3.34, -4.28) 5 (2, 1)	6.15 (-4.05, 15.94) 11 (2, 24)	-2.93 (3.57, -9.22) 4 (6, -3)	7.27 (4.08, 10.64) -6 (-1, -4)	-5.51 (-5.58, -5.08) 7 (3, 1)	0.19 (3.31, -2.76) -1 (1, -3)	-4.49 (-4.38, -4.47) 6 (2, 1)	-2.38 (2.14, -6.44) 3 (4, -1)	-3.6 (-0.62, -6.21) 5 (3, 0)	-9.04 (-8.48, -8.96) 11 (6, 1)	-3.51 (-3.66, -2.96) 4 (2, 1)	7.64 (3.09, 12.49) -6 (-1, -3)	-4.95 (0.51, -9.98) 7 (7, 0)	NA 9 (14, -1)
omega-3 fatty acids	0.75 (-0.65, 2.4) -1 (-2, 1)	0.53 (-4.17, 5.44) -1 (-4, 3)	-1.69 (-3.43, 0.18) 3 (0, 3)	6.8 (1.8, 12.21) -8 (-7, -3)	-1.52 (-3.95, 1.1) 2 (-1, 3)	-3.54 (-12.23, 5.51) 4 (-4, 4)	1.89 (2.05, 1.87) -3 (-2, -3)	13.35 (11.53, 15.2) -12 (-7, -16)	0.63 (-8.54, 10.23) 0 (-6, 4)	12.09 (7.51, 16.43) -11 (-7, -13)	0.05 (-5.83, 6.13) 0 (-4, 4)	-0.98 (-6.91, 4.94) 2 (-4, 4)	2.93 (-3.57, 9.22) -4 (-6, 3)	3.22 (-0.48, 6.72) 14 (8, 21)	10.2 (0.51, 19.86) -9 (-7, -1)	-2.58 (-9.15, 4.14) 3 (-3, 4)	3.11 (-0.26, 6.46) -4 (-5, 0)	-1.56 (-7.95, 4.74) 2 (-4, 4)	0.55 (-1.43, 2.78) -1 (-2, 2)	-0.67 (-4.19, 3.01) 1 (-3, 3)	-6.11 (-12.05, 0.25) 7 (0, 4)	-0.58 (-7.22, 6.25) 1 (-4, 4)	10.57 (-0.48, 21.71) -9 (-7, 0)	-2.02 (-3.06, -0.76) 3 (1, 3)	NA 6 (8, 2)
prelox	-9.45 (-1.16, -17.46) 8 (5, 2)	-9.67 (-4.68, -14.42) 9 (3, 4)	-11.88 (-3.94, -19.68) 12 (7, 4)	-3.4 (1.29, -7.65) 2 (0, -2)	-11.72 (-4.46, -18.76) 12 (6, 4)	-13.73 (-12.74, -14.35) 13 (3, 5)	-8.31 (1.54, -17.99) 6 (5, -2)	3.15 (11.02, -4.66) -3 (0, -15)	-9.57 (-9.05, -9.63) 9 (1, 5)	1.89 (7, -3.43) -2 (0, -12)	-10.15 (-6.34, -13.73) 9 (3, 5)	-11.18 (-7.42, -14.92) 11 (3, 5)	-7.27 (-4.08, -10.64) 6 (1, 4)	-10.2 (-0.51, -19.86) 9 (7, 1)	13.42 (0.03, 26.58) 5 (1, 20)	-12.78 (-9.66, -15.72) 13 (4, 5)	-7.08 (-0.77, -13.4) 5 (2, 1)	-11.76 (-8.46, -15.12) 11 (3, 5)	-9.65 (-1.94, -17.08) 8 (5, 3)	-10.86 (-4.69, -16.85) 10 (4, 4)	-16.31 (-12.56, -19.61) 16 (7, 5)	-10.78 (-7.73, -13.61) 10 (3, 5)	0.37 (-0.99, 1.85) 0 (0, 1)	-12.22 (-3.57, -20.62) 13 (8, 4)	NA 15 (15, 3)
saffron	3.33 (8.5, -1.74) -5 (1, -3)	3.11 (4.98, 1.3) -4 (-1, -1)	0.9 (5.72, -3.96) -1 (3, -1)	9.38 (10.95, 8.07) -11 (-4, -7)	1.06 (5.19, -3.04) -1 (2, -1)	-0.95 (-3.08, 1.37) 1 (-1, 0)	4.48 (11.2, -2.27) -7 (1, -7)	15.93 (20.68, 11.06) -15 (-4, -20)	3.21 (0.6, 6.09) -4 (-3, 0)	14.67 (16.66, 12.29) -14 (-4, -17)	2.64 (3.32, 1.99) -3 (-1, 0)	1.61 (2.24, 0.8) -2 (-1, 0)	5.51 (5.58, 5.08) -7 (-3, -1)	2.58 (9.15, -4.14) -3 (3, -4)	12.78 (9.66, 15.72) -13 (-4, -5)	0.63 (-9.63, 10.86) 17 (5, 25)	5.7 (8.89, 2.32) -8 (-2, -4)	1.02 (1.2, 0.6) -1 (-1, 0)	3.14 (7.72, -1.36) -4 (1, -2)	1.92 (4.96, -1.13) -2 (0, -1)	-3.53 (-2.9, -3.89) 4 (3, 0)	2.01 (1.93, 2.11) -2 (-1, 0)	13.15 (8.67, 17.57) -12 (-4, -4)	0.56 (6.09, -4.9) 0 (4, -1)	NA 3 (11, -2)
selenium supplements	-2.37 (-0.39, -4.06) 3 (3, 1)	-2.59 (-3.9, -1.02) 4 (1, 3)	-4.8 (-3.17, -6.28) 7 (5, 3)	3.68 (2.06, 5.75) -3 (-2, -3)	-4.64 (-3.69, -5.36) 7 (4, 3)	-6.65 (-11.97, -0.95) 8 (1, 4)	-1.22 (2.31, -4.59) 1 (3, -3)	10.23 (11.79, 8.74) -7 (-2, -16)	-2.49 (-8.28, 3.77) 4 (-1, 4)	8.97 (7.77, 9.97) -7 (-2, -13)	-3.06 (-5.57, -0.32) 4 (1, 4)	-4.09 (-6.65, -1.52) 6 (1, 4)	-0.19 (-3.31, 2.76) 1 (-1, 3)	-3.11 (0.26, -6.46) 4 (5, 0)	7.08 (0.77, 13.4) -5 (-2, -1)	-5.7 (-8.89, -2.32) 8 (2, 4)	6.33 (-0.74, 13.18) 10 (3, 21)	-4.68 (-7.69, -1.72) 6 (1, 4)	-2.56 (-1.17, -3.68) 4 (3, 2)	-3.78 (-3.92, -3.45) 5 (2, 3)	-9.23 (-11.79, -6.21) 11 (5, 4)	-3.69 (-6.96, -0.21) 5 (1, 4)	7.46 (-0.22, 15.25) -5 (-2, 0)	-5.14 (-2.8, -7.22) 8 (6, 3)	NA 10 (13, 2)
spirulina	2.31 (7.3, -2.34) -3 (2, -3)	2.09 (3.79, 0.7) -3 (0, -1)	-0.12 (4.52, -4.56) 1 (4, -1)	8.36 (9.75, 7.47) -10 (-3, -7)	0.04 (4, -3.64) 0 (3, -1)	-1.97 (-4.28, 0.77) 2 (0, 0)	3.45 (10, -2.87) -5 (2, -7)	14.91 (19.48, 10.46) -14 (-3, -20)	2.19 (-0.59, 5.49) -3 (-2, 0)	13.65 (15.46, 11.68) -13 (-3, -17)	1.61 (2.12, 1.39) -2 (0, 0)	0.58 (1.04, 0.2) -1 (0, 0)	4.49 (4.38, 4.47) -6 (-2, -1)	1.56 (7.95, -4.74) -2 (4, -4)	11.76 (8.46, 15.12) -11 (-3, -5)	-1.02 (-1.2, -0.6) 1 (1, 0)	4.68 (7.69, 1.72) -6 (-1, -4)	1.66 (-8.43, 11.46) 16 (4, 25)	2.11 (6.52, -1.96) -3 (2, -2)	0.89 (3.77, -1.74) -1 (1, -1)	-4.55 (-4.1, -4.49) 5 (4, 0)	0.98 (0.73, 1.51) -1 (0, 0)	12.13 (7.47, 16.96) -11 (-3, -4)	-0.46 (4.89, -5.5) 1 (5, -1)	NA 4 (12, -2)
vitamin c/e	0.2 (0.78, -0.38) 0 (0, -1)	-0.02 (-2.73, 2.66) 0 (-2, 1)	-2.24 (-2, -2.6) 4 (2, 1)	6.24 (3.23, 9.44) -7 (-5, -5)	-2.07 (-2.52, -1.68) 3 (1, 1)	-4.09 (-10.8, 2.73) 5 (-2, 2)	1.34 (3.48, -0.91) -2 (0, -5)	12.79 (12.96, 12.42) -11 (-5, -18)	0.07 (-7.11, 7.45) 0 (-4, 2)	11.54 (8.94, 13.65) -10 (-5, -15)	-0.5 (-4.4, 3.36) 1 (-2, 2)	-1.53 (-5.48, 2.16) 2 (-2, 2)	2.38 (-2.14, 6.44) -3 (-4, 1)	-0.55 (1.43, -2.78) 1 (2, -2)	9.65 (1.94, 17.08) -8 (-5, -3)	-3.14 (-7.72, 1.36) 4 (-1, 2)	2.56 (1.17, 3.68) -4 (-3, -2)	-2.11 (-6.52, 1.96) 3 (-2, 2)	3.77 (-1.91, 9.5) 13 (6, 23)	-1.22 (-2.75, 0.23) 2 (-1, 1)	-6.67 (-10.62, -2.53) 8 (2, 2)	-1.13 (-5.79, 3.48) 2 (-2, 2)	10.02 (0.95, 18.93) -8 (-5, -2)	-2.58 (-1.63, -3.54) 4 (3, 1)	NA 7 (10, 0)
vitamin d3	1.42 (3.53, -0.6) -2 (1, -2)	1.2 (0.02, 2.43) -2 (-1, 0)	-1.02 (0.75, -2.82) 2 (3, 0)	7.46 (5.99, 9.21) -9 (-4, -6)	-0.85 (0.23, -1.91) 1 (2, 0)	-2.87 (-8.04, 2.5) 3 (-1, 1)	2.56 (6.23, -1.13) -4 (1, -6)	14.01 (15.71, 12.19) -13 (-4, -19)	1.29 (-4.36, 7.22) -2 (-3, 1)	12.76 (11.69, 13.42) -12 (-4, -16)	0.72 (-1.65, 3.13) -1 (-1, 1)	-0.31 (-2.73, 1.93) 0 (-1, 1)	3.6 (0.62, 6.21) -5 (-3, 0)	0.67 (4.19, -3.01) -1 (3, -3)	10.86 (4.69, 16.85) -10 (-4, -4)	-1.92 (-4.96, 1.13) 2 (0, 1)	3.78 (3.92, 3.45) -5 (-2, -3)	-0.89 (-3.77, 1.74) 1 (-1, 1)	1.22 (2.75, -0.23) -2 (1, -1)	2.55 (-4.66, 9.73) 15 (5, 24)	-5.45 (-7.87, -2.75) 6 (3, 1)	0.09 (-3.04, 3.25) 0 (-1, 1)	11.24 (3.71, 18.7) -10 (-4, -3)	-1.36 (1.12, -3.77) 2 (4, 0)	NA 5 (11, -1)
vitamin d3 + calcium	6.86 (11.4, 2.15) -8 (-2, -3)	6.64 (7.89, 5.19) -8 (-4, -1)	4.43 (8.62, -0.07) -4 (0, -1)	12.91 (13.85, 11.96) -15 (-7, -7)	4.59 (8.1, 0.85) -5 (-1, -1)	2.58 (-0.18, 5.26) -3 (-4, 0)	8.01 (14.1, 1.62) -10 (-2, -7)	19.46 (23.58, 14.95) -19 (-7, -20)	6.74 (3.51, 9.98) -8 (-6, 0)	18.2 (19.56, 16.17) -18 (-7, -17)	6.17 (6.22, 5.88) -7 (-4, 0)	5.14 (5.14, 4.69) -6 (-4, 0)	9.04 (8.48, 8.96) -11 (-6, -1)	6.11 (12.05, -0.25) -7 (0, -4)	16.31 (12.56, 19.61) -16 (-7, -5)	3.53 (2.9, 3.89) -4 (-3, 0)	9.23 (11.79, 6.21) -11 (-5, -4)	4.55 (4.1, 4.49) -5 (-4, 0)	6.67 (10.62, 2.53) -8 (-2, -2)	5.45 (7.87, 2.75) -6 (-3, -1)	-2.9 (-12.53, 6.97) 21 (8, 25)	5.54 (4.83, 6) -6 (-4, 0)	16.68 (11.57, 21.45) -16 (-7, -4)	4.09 (8.99, -1.01) -4 (1, -1)	NA -1 (8, -2)
vitamin/minera combos	1.33 (6.57, -3.85) -2 (2, -3)	1.11 (3.06, -0.81) -1 (0, -1)	-1.11 (3.79, -6.07) 2 (4, -1)	7.38 (9.02, 5.96) -9 (-3, -7)	-0.94 (3.27, -5.15) 2 (3, -1)	-2.96 (-5.01, -0.74) 3 (0, 0)	2.47 (9.27, -4.38) -4 (2, -7)	13.92 (18.75, 8.95) -13 (-3, -20)	1.21 (-1.32, 3.98) -1 (-2, 0)	12.67 (14.73, 10.17) -12 (-3, -17)	0.63 (1.39, -0.12) -1 (0, 0)	-0.4 (0.31, -1.31) 1 (0, 0)	3.51 (3.66, 2.96) -4 (-2, -1)	0.58 (7.22, -6.25) -1 (4, -4)	10.78 (7.73, 13.61) -10 (-3, -5)	-2.01 (-1.93, -2.11) 2 (1, 0)	3.69 (6.96, 0.21) -5 (-1, -4)	-0.98 (-0.73, -1.51) 1 (0, 0)	1.13 (5.79, -3.48) -2 (2, -2)	-0.09 (3.04, -3.25) 0 (1, -1)	-5.54 (-4.83, -6) 6 (4, 0)	2.64 (-7.7, 12.97) 15 (4, 25)	11.15 (6.74, 15.45) -10 (-3, -4)	-1.45 (4.16, -7.01) 3 (5, -1)	NA 5 (12, -2)
walnuts	-9.82 (-0.17, -19.31) 8 (5, 1)	-10.04 (-3.69, -16.27) 9 (3, 3)	-12.25 (-2.95, -21.52) 12 (7, 3)	-3.77 (2.28, -9.49) 1 (0, -3)	-12.09 (-3.48, -20.61) 12 (6, 3)	-14.1 (-11.75, -16.2) 13 (3, 4)	-8.68 (2.53, -19.83) 6 (5, -3)	2.78 (12.01, -6.51) -3 (0, -16)	-9.94 (-8.07, -11.48) 9 (1, 4)	1.52 (7.99, -5.28) -2 (0, -13)	-10.52 (-5.35, -15.57) 9 (3, 4)	-11.55 (-6.43, -16.77) 11 (3, 4)	-7.64 (-3.09, -12.49) 6 (1, 3)	-10.57 (0.48, -21.71) 9 (7, 0)	-0.37 (0.99, -1.85) 0 (0, -1)	-13.15 (-8.67, -17.57) 12 (4, 4)	-7.46 (0.22, -15.25) 5 (2, 0)	-12.13 (-7.47, -16.96) 11 (3, 4)	-10.02 (-0.95, -18.93) 8 (5, 2)	-11.24 (-3.71, -18.7) 10 (4, 3)	-16.68 (-11.57, -21.45) 16 (7, 4)	-11.15 (-6.74, -15.45) 10 (3, 4)	13.79 (-0.96, 28.43) 5 (1, 21)	-12.59 (-2.58, -22.47) 13 (8, 3)	NA 15 (15, 2)
zinc/zinc + folic acid	2.77 (2.41, 3.16) -5 (-3, -2)	2.55 (-1.1, 6.2) -4 (-5, 0)	0.34 (-0.37, 0.94) -1 (-1, 0)	8.82 (4.86, 12.98) -11 (-8, -6)	0.5 (-0.89, 1.86) -1 (-2, 0)	-1.51 (-9.17, 6.27) 1 (-5, 1)	3.92 (5.11, 2.63) -7 (-3, -6)	15.37 (14.59, 15.96) -15 (-8, -19)	2.65 (-5.48, 10.99) -4 (-7, 1)	14.11 (10.57, 17.19) -15 (-8, -16)	2.08 (-2.77, 6.9) -3 (-5, 1)	1.05 (-3.85, 5.7) -2 (-5, 1)	4.95 (-0.51, 9.98) -7 (-7, 0)	2.02 (3.06, 0.76) -3 (-1, -3)	12.22 (3.57, 20.62) -13 (-8, -4)	-0.56 (-6.09, 4.9) 0 (-4, 1)	5.14 (2.8, 7.22) -8 (-6, -3)	0.46 (-4.89, 5.5) -1 (-5, 1)	2.58 (1.63, 3.54) -4 (-3, -1)	1.36 (-1.12, 3.77) -2 (-4, 0)	-4.09 (-8.99, 1.01) 4 (-1, 1)	1.45 (-4.16, 7.01) -3 (-5, 1)	12.59 (2.58, 22.47) -13 (-8, -3)	1.19 (-3.54, 5.96) 18 (9, 24)	NA 2 (7, -1)
placebo/no treatment	NA -7 (-10, -1)	NA -6 (-12, 1)	NA -3 (-8, 1)	NA -14 (-15, -5)	NA -3 (-9, 1)	NA -2 (-12, 2)	NA -9 (-10, -5)	NA -18 (-15, -18)	NA -6 (-14, 2)	NA -17 (-15, -15)	NA -6 (-12, 2)	NA -4 (-12, 2)	NA -9 (-14, 1)	NA -6 (-8, -2)	NA -15 (-15, -3)	NA -3 (-11, 2)	NA -10 (-13, -2)	NA -4 (-12, 2)	NA -7 (-10, 0)	NA -5 (-11, 1)	NA 1 (-8, 2)	NA -5 (-12, 2)	NA -15 (-15, -2)	NA -2 (-7, 1)	NA 20 (16, 23)