	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																												
				Coenzyme- Q10 + L- carnitine +	Coenzyme- Q10 + L- carnitine +					L- carnitine+L-						Nigollo													
Intervention	Antioxidants	Carob	Coenzyme Q10	lycopene + zinc high dose	lycopene + zinc low dose	Folic acid	Herb/Mineral supplement	carnitine/L- acetylcarnitine	L- carnitine+cinr	carnitine	A Magnesium	Micronutrient supplement	Minerals	Myoinositol	N-acetyl cysteine	Nigella sativa seed oil	Omega-3 fatty acids	Omega-3s + vitamins	Prelox	Saffron	Selenium supplements	Spirulina	Vitamin C/E	Vitamin D3	Vitamin D3 + calcium	Vitamin/Minera supplements	Walnuts	Zinc/Zinc + folic acid	Placebo/No treatment
Antioxidants	6.75 (-0.12, 13.62) <i>10 (2, 22)</i>	-5.71 (-9.4, -1.83) 8 (2, 7)	-5.59 (-5.19, -6.13) 9 (6, 6)	3.84 (0.19, 7.57) -4 (-1, -1)	2.75 (-0.85, 6.44) -3 (-1, 1)	-0.42 (-1.24, 0.45) 1 (0, 2)	-1.49 (-7.99, 4.47) 3 (-1, 6)	-5.17 (-2.65, -7.86) 8 (8, 4)	4.13 (4.67, 3.41) -5 (-1, -9)	-4.81 (-12.28, 2.6) 7 (-1, 7)	-3.31 (-8.03, 1.64) 5 (0, 6)	-4.25 (-6.84, -1.93) 7 (2, 6)	-5.36 (-9.36, -1.92) 8 (2, 7)	-2.75 (-6.18, 0.84) 4 (0, 6)	-4.54 (-7.49, -0.89) 7 (1, 6)	2.56 (-3.99, 8.77) -2 (-1, 5)	-4.14 (-2.36, -6.12) 7 (6, 4)	-0.71 (-2.58, 1.29) 1 (0, 4)	3.25 (-1.3, 7.41) -3 (-1, 2)	-7.46 (-11.28, -3.8) <i>11 (3, 7)</i>	-1.55 (-3.25, 0.18) 2 (0, 4)	-14.62 (-22.64, -6.67) 16 (7, 7)	-3.06 (-2.49, -3.91) 5 (3, 4)	-7.25 (-9, -5.76) 11 (6, 7)	-10.18 (-14.11, -6.25) <i>14 (7, 7)</i>	2.48 (0.2, 4.58) -3 (-1, -1)	-3.44 (-12.04, 5.22) 5 (-1, 7)	-4.43 (-2.63, -6.2) 7 (6, 4)	NA 12 (16, 4)
Carob	5.71 (9.4, 1.83) -8 (-2, -7)	1.04 (-9.51, 11.79) 19 (4, 29)	0.12 (4.21, -4.3) 0 (4, -1)	9.55 (9.58, 9.4) -12 (-3, -8)	8.46 (8.54, 8.27) -11 (-3, -6)	5.29 (8.15, 2.28) -8 (-2, -5)	4.22 (1.41, 6.31) -6 (-3, -1)	0.54 (6.75, -6.03) 0 (6, -3)	9.84 (14.06, 5.24) -14 (-3, -16)	0.9 (-2.88, 4.44) -2 (-3, 0)	2.4 (1.37, 3.47) -3 (-2, -1)	1.45 (2.56, -0.09) -2 (0, -1)	0.35 (0.04, -0.09) 0 (0, 0)	2.96 (3.22, 2.67) -4 (-2, -1)	1.17 (1.91, 0.94) -1 (-1, -1)	8.27 (5.4, 10.61) -10 (-3, -2)	1.57 (7.04, -4.28) -2 (4, -3)	5 (6.82, 3.13) -7 (-2, -3)	8.96 (8.09, 9.25) -12 (-3, -5)	-1.75 (-1.88, -1.96) 2 (1, 0)	4.16 (6.14, 2.01) -6 (-2, -3)	-8.91 (-13.24, -4.84) 7 (5, 0)	2.65 (6.9, -2.08) -4 (1, -3)	-1.54 (0.39, -3.92) 3 (4, 0)	-4.47 (-4.71, -4.41) 5 (5, 0)	8.19 (9.6, 6.42) -11 (-3, -8)	2.27 (-2.65, 7.06) -3 (-3, 0)	1.28 (6.77, -4.36) -1 (4, -3)	NA 3 (14, -3)
Coenzyme Q10	5.59 (5.19, 6.13) -9 (-6, -6)	-0.12 (-4.21, 4.3) 0 (-4, 1)	1.16 (-5.3, 7.49) 19 (8, 28)	9.43 (5.37, 13.7) -13 (-7, -7)	8.34 (4.34, 12.57) -12 (-7, -5)	5.17 (3.94, 6.58) -8 (-6, -4)	4.1 (-2.8, 10.6) -6 (-7, 0)	0.42 (2.54, -1.73) -1 (2, -2)	9.72 (9.86, 9.54) -14 (-7, -15)	0.79 (-7.09, 8.74) <i>-2 (-7, 1)</i>	2.28 (-2.84, 7.77) -4 (-6, 0)	1.34 (-1.65, 4.21) -2 (-4, 0)	0.23 (-4.17, 4.21) -1 (-4, 1)	2.84 (-0.99, 6.97) -5 (-6, 0)	1.06 (-2.3, 5.24) -2 (-5, 0)	8.15 (1.19, 14.91) -11 (-7, -1)	1.45 (2.83, 0.01) -2 (0, -2)	4.88 (2.61, 7.42) -8 (-6, -2)	8.85 (3.88, 13.55) -12 (-7, -4)	-1.87 (-6.09, 2.34) 2 (-3, 1)	4.05 (1.93, 6.31) -6 (-6, -2)	-9.03 (-17.45, -0.54) 7 (1, 1)	2.53 (2.69, 2.22) -4 (-3, -2)	-1.66 (-3.82, 0.37) 2 (0, 1)	-4.59 (-8.92, -0.12) 5 (1, 1)	8.07 (5.39, 10.72) -12 (-7, -7)	2.15 (-6.86, 11.36) -4 (-7, 1)	1.17 (2.56, -0.06) -2 (0, -2)	NA 3 (10, -2)
Coenzyme- Q10 + L- carnitine + lycopene +	-3.84 (-0.19, -7.57) 4 (1, 1)	-9.55 (-9.58, -9.4) 12 (3, 8)	-9.43 (-5.37, -13.7) 13 (7, 7)	10.59 (0.07, 21.19) 6 (1, 21)	-1.09 (-1.04, -1.13) 1 (0, 2)	-4.26 (-1.43, -7.12) 4 (1, 3)	-5.33 (-8.17, -3.09) 7 (0, 7)	-9.01 (-2.84, -15.43) 12 (9, 5)	0.29 (4.48, -4.16) -1 (0, -8)	-8.65 (-12.47, -4.96) 11 (0, 8)	-7.15 (-8.21, -5.93) 9 (1, 7)	-8.1 (-7.02, -9.49) 10 (3, 7)	-9.2 (-9.54, -9.49) 12 (3, 8)	-6.59 (-6.36, -6.73) 8 (1, 7)	-8.38 (-7.68, -8.46) 11 (2, 7)	-1.28	-7.98 (-2.54, -13.68) 10 (7, 5)	-4.55 (-2.77, -6.27) 5 (1, 5)	-0.59 (-1.49, -0.15) 1 (0, 3)	-11.3 (-11.46, -11.36) <i>15 (4, 8)</i>	-5.39	-18.46 (-22.83, -14.24) 20 (8, 8)	-6.9	-11.09 (-9.19, -13.32) 15 (7, 8)	-14.02 (-14.3, -13.81) 17 (8, 8)	-1.36 (0.01, -2.98) 1 (0, 0)	-7.28 (-12.23, -2.34) 9 (0, 8)	-8.27 (-2.82, -13.76) 11 (7, 5)	NA 15 (17, 5)
zinc high dose Coenzyme- Q10 + L- carnitine + lycopene +	-2.75 (0.85, -6.44) 3 (1, -1)	-8.46 (-8.54, -8.27) 11 (3, 6)	-8.34 (-4.34, -12.57) 12 (7, 5)	1.09 (1.04, 1.13) -1 (0, -2)	9.5 (-0.97, 20.06) 7 (1, 23)	-3.17 (-0.39, -5.99) 3 (1, 1)	-4.24 (-7.13, -1.97) 6 (0, 5)	-7.92 (-1.8, -14.3) 11 (9, 3)	1.38 (5.52, -3.03) -2 (0, -10)	-7.55 (-11.43, -3.83) 10 (0, 6)	-6.06 (-7.17, -4.8) 8 (1, 5)	-7 (-5.98, -8.36) 9 (3, 5)	-8.11 (-8.5, -8.36) 11 (3, 6)	-5.5 (-5.33, -5.6) 7 (1, 5)	-7.29 (-6.64, -7.33) 10 (2, 5)	-0.19 (-3.14, 2.34) 1 (0, 4)	-6.89 (-1.5, -12.56) 9 (7, 3)	-3.46 (-1.73, -5.14) 4 (1, 3)	0.5 (-0.45, 0.98) 0 (0, 1)	-10.21 (-10.43, -10.23) 14 (4, 6)	-4.29 (-2.4, -6.26) 5 (1, 3)	-17.37 (-21.79, -13.11) 19 (8, 6)	-5.81 (-1.64, -10.35) 7 (4, 3)	-10 (-8.15, -12.2) 14 (7, 6)	-12.93 (-13.26, -12.69) 16 (8, 6)	-0.27 (1.05, -1.85) 0 (0, -2)	-6.19 (-11.19, -1.21) 8 (0, 6)	-7.18 (-1.78, -12.63) 10 (7, 3)	NA 14 (17, 3)
zinc low dose	0.42	-5.29 (-8.15, -2.28)	-5.17	4.26 (1.43, 7.12)	3.17 (0.39, 5.99)	6.33	-1.07	-4.75 (-1.41, -8.31)	4.55	-4.39	-2.89	-3.83	-4.94 (-8.11, -2.37)	-2.33	-4.12	2.98	-3.72	-0.29	3.67 (-0.06, 6.96)	-7.04	-1.13 (-2.01, -0.27)	-14.2	-2.64	-6.83	-9.76 (-12.876.7)	2.9	-3.02	-4.01	NA
Folic acid Herb/Mineral	(1.24, -0.45) -1 (0, -2) 1.49	8 (2, 5)	(-3.94, -6.58) 8 (6, 4) -4.1	-4 (-1, -3) 5.33	-3 (-1, -1) 4.24	(-1.36, 14.07) 11 (2, 24)	(-6.74, 4.02) 2 (-1, 4) 5.26	-3.68	(5.91, 2.96) -6 (-1, -11) 5.62	(-11.04, 2.15) 6 (-1, 5) -3.32	(-6.78, 1.19) 5 (0, 4) -1.82	(-5.59, -2.38) 6 (2, 4) -2.77	7 (2, 5)	(-4.93, 0.39) 4 (0, 4) -1.26	(-6.24, -1.34) 6 (1, 4) -3.05	(-2.75, 8.32) -2 (-1, 3) 4.05	(-1.11, -6.57) 6 (6, 2) -2.65	(-1.34, 0.84) 1 (0, 2) 0.78	(-0.06, 6.96) -4 (-1, 0) 4.74	(-10.03, -4.25) 10 (3, 5) -5.97	2 (0, 2)	(-21.4, -7.12) 15 (7, 5) -13.13	(-1.25, -4.36) 4 (3, 2) -1.57	(-7.76, -6.21) 10 (6, 5) -5.76	13 (7, 5) -8.69	(1.44, 4.13) -3 (-1, -3) 3.97	(-10.8, 4.77) 5 (-1, 5) -1.95	(-1.39, -6.65) 6 (6, 2) -2.94	11 (16, 2) NA
supplement L-carnitine/L-	(7.99, -4.47) -3 (1, -6) 5.17	(-1.41, -6.31) 6 (3, 1) -0.54	(2.8, -10.6) 6 (7, 0) -0.42	(8.17, 3.09) -7 (0, -7) 9.01	(7.13, 1.97) -6 (0, -5) 7.92	(6.74, -4.02) -2 (1, -4) 4.75	(-8.1, 18.09) 13 (1, 28) 3.68	(5.34, -12.34) 6 (9, -2)	(12.65, -1.06) -8 (0, -15) 9.3	(-4.29, -1.87) 4 (0, 1) 0.36	(-0.04, -2.84) 2 (1, 0)	(1.15, -6.4) 4 (3, 0) 0.91	(-1.37, -6.39) 5 (3, 1) -0.19	(1.81, -3.63) 2 (1, 0) 2.42	(0.5, -5.36) 4 (2, 0) 0.63	(3.99, 4.3) -5 (0, -1) 7.73	(5.63, -10.59) 4 (7, -2)	(5.41, -3.18) -2 (1, -2) 4.46	(6.68, 2.94) -6 (0, -4) 8.42	(-3.29, -8.27) 8 (4, 1) -2.29	(4.73, -4.3) 0 (1, -2) 3.62	(-14.65, -11.14) 13 (8, 1) -9.45	2 (4, -2) 2.11	(-1.02, -10.23) 8 (7, 1) -2.08	(-6.12, -10.72) 11 (8, 1) -5.01	(8.19, 0.11) -6 (0, -7) 7.65	(-4.06, 0.75) 2 (0, 1) 1.73	(5.36, -10.67) 4 (7, -2) 0.74	9 (17, -2) NA
acetylcarnitine	(2.65, 7.86) -8 (-8, -4) -4.13	(-6.75, 6.03) 0 (-6, 3) -9.84	(-2.54, 1.73) 1 (-2, 2) -9.72	(2.84, 15.43) -12 (-9, -5) -0.29	(1.8, 14.3) -11 (-9, -3) -1.38	(1.41, 8.31) -8 (-8, -2) -4.55	(-5.34, 12.34) -6 (-9, 2) -5.62	(-2.77, 5.76) 19 (10, 26) -9.3	(7.32, 11.27) -14 (-9, -13) 10.88	(-9.63, 10.47) -1 (-9, 3) -8.94	(-5.38, 9.5) -3 (-8, 2) -7.44	(-4.19, 5.94) -2 (-6, 2) -8.38	(-6.71, 5.94) 0 (-6, 3) -9.49	(-3.53, 8.7) -4 (-8, 2) -6.88	(-4.84, 6.97) -1 (-7, 2) -8.67	(-1.35, 16.64) -10 (-9, 1) -1.57	(0.29, 1.74) -2 (-2, 0) -8.27	(0.07, 9.16) -7 (-8, 0) -4.84	(1.35, 15.28) -11 (-9, -2) -0.88	(-8.63, 4.07) 2 (-5, 3) -11.59	(-0.61, 8.04) -6 (-8, 0) -5.68	(-19.99, 1.19) 7 (-1, 3) -18.75	(0.15, 3.95) -4 (-5, 0) -7.19	(-6.36, 2.1) 3 (-2, 3) -11.38	(-11.46, 1.61) 5 (-1, 3) -14.31	(2.85, 12.45) -11 (-9, -5) -1.65	(-9.4, 13.09) -3 (-9, 3) -7.57	(0.02, 1.67) -1 (-2, 0) -8.56	3 (8, 0)
carnitine+cinno	(-4.67, -3.41) 5 (1, 9) 4.81	(-14.06, -5.24) 14 (3, 16) -0.9	(-9.86, -9.54) 14 (7, 15) -0.79	(-4.48, 4.16) 1 (0, 8) 8.65	(-5.52, 3.03) 2 (0, 10) 7.55	(-5.91, -2.96) 6 (1, 11) 4.39	(-12.65, 1.06) 8 (0, 15) 3.32	(-7.32, -11.27) 14 (9, 13) -0.36	(4.55, 17.03) 5 (1, 13) 8.94	(-16.95, -0.81) 12 (0, 16) 1.95	(-12.69, -1.77) 10 (1, 15) 1.5	(-11.5, -5.34) 12 (3, 15) 0.55	(-14.02, -5.33) 13 (3, 16) -0.55	(-10.85, -2.57) 10 (1, 15) 2.05	(-12.16, -4.3) 12 (2, 15) 0.27	(-8.66, 5.36) 3 (0, 14) 7.36	(-7.02, -9.53) 12 (7, 13) 0.66	(-7.25, -2.12) 6 (1, 13) 4.1	(-5.97, 4) 2 (0, 11) 8.06	(-15.95, -7.21) 16 (4, 16) -2.65	(-7.92, -3.23) 8 (1, 13) 3.26	(-27.31, -10.08) 21 (8, 16) -9.82	(-7.16, -7.32) 10 (4, 13)	(-13.67, -9.17) 16 (7, 16) -2.44	(-18.78, -9.66) 19 (8, 16) -5.38	(-4.47, 1.17) 2 (0, 8) 7.29	(-16.71, 1.81) 10 (0, 16) 1.37	(-7.3, -9.61) 12 (7, 13) 0.38	17 (17, 13)
carnitine fumarate+ALA	(12.28, -2.6)	(2.88, -4.44) 2 (3, 0) -2.4	(7.09, -8.74) 2 (7, -1) -2.28	(12.47, 4.96) -11 (0, -8) 7.15	(11.43, 3.83) -10 (0, -6) 6.06	(11.04, -2.15) -6 (1, -5)	(4.29, 1.87) -4 (0, -1)	(9.63, -10.47) 1 (9, -3) -1.86	(16.95, 0.81) -12 (0, -16)	(-12.4, 16.23) 17 (1, 29)	(4.25, -0.97) -2 (1, -1) 3.44	(5.44, -4.53) 0 (3, -1)	(2.92, -4.53) 1 (3, 0) -2.05	(6.1, -1.76) -3 (1, -1)	(4.79, -3.5) 0 (2, -1) -1.23	(8.28, 6.17) -9 (0, -2) 5.87	(9.92, -8.72) 0 (7, -3) -0.83	(9.7, -1.31) -6 (1, -3)	(10.98, 4.81) -10 (0, -5) 6.56	(1, -6.4) 4 (4, 0)	(9.02, -2.43) -5 (1, -3)	(-10.36, -9.27) 9 (8, 0)		(3.27, -8.36) 4 (7, 0)	(-1.83, -8.85) 7 (8, 0) -6.87	(12.48, 1.98) -10 (0, -8)	(0.23, 2.62) -2 (0, 0) -0.13	(9.65, -8.8) 0 (7, -3)	NA 5 (17, -3)
Magnesium	(8.03, -1.64) -5 (0, -6)	(-1.37, -3.47) 3 (2, 1)	(2.84, -7.77) 4 (6, 0)	(8.21, 5.93) -9 (-1, -7)	(7.17, 4.8) -8 (-1, -5)	(6.78, -1.19) -5 (0, -4)	(0.04, 2.84) -2 (-1, 0)	(5.38, -9.5) 3 (8, -2)	(12.69, 1.77) -10 (-1, -15)	(-4.25, 0.97) 2 (-1, 1)	(-8.14, 15.26) 15 (2, 28)	(1.19, -3.56) 1 (2, 0)	(-1.33, -3.56) 3 (2, 1)	(1.85, -0.8) -1 (0, 0)	(0.54, -2.53) 2 (1, 0)	(4.03, 7.14) -7 (-1, -1)	(5.67, -7.76) 1 (6, -2)	(5.45, -0.34) -4 (0, -2)	(6.72, 5.78) -8 (-1, -4)	(-3.25, -5.43) 6 (3, 1)	(4.77, -1.46) -3 (0, -2)	(-14.61, -8.31) 11 (7, 1)	(5.53, -5.55) 0 (3, -2)	(-0.98, -7.39) 6 (6, 1)	(-6.08, -7.88) 8 (7, 1)	(8.23, 2.95) -8 (-1, -7)	(-4.02, 3.59) 0 (-1, 1)	(5.4, -7.83) 2 (6, -2)	NA 6 (16, -2)
Micronutrient supplement	(6.84, 1.93) -7 (-2, -6)	(-2.56, 0.09) 2 (0, 1)	(1.65, -4.21) 2 (4, 0)	(7.02, 9.49) -10 (-3, -7)	(5.98, 8.36) -9 (-3, -5)	3.83 (5.59, 2.38) -6 (-2, -4)	2.77 (-1.15, 6.4) -4 (-3, 0)	-0.91 (4.19, -5.94) 2 (6, -2)	8.38 (11.5, 5.34) -12 (-3, -15)	(-5.44, 4.53) 0 (-3, 1)	(-1.19, 3.56) -1 (-2, 0)	2.5 (-6.95, 11.7) 17 (4, 28)	-1.11 (-2.52, 0) 1 (0, 1)	1.5 (0.66, 2.77) -2 (-2, 0)	(-0.65, 1.03) 0 (-1, 0)	6.81 (2.84, 10.7) -8 (-3, -1)	(4.48, -4.19) 0 (4, -2)	3.54 (4.26, 3.22) -5 (-2, -2)	7.51 (5.53, 9.34) -10 (-3, -4)	-3.2 (-4.44, -1.87) 4 (1, 1)	2.71 (3.58, 2.1) -4 (-2, -2)	(-15.8, -4.74) 9 (5, 1)	1.19 (4.34, -1.98) -2 (1, -2)	(-2.17, -3.83) 4 (4, 1)	-5.93 (-7.27, -4.32) 7 (5, 1)	(7.04, 6.51) -9 (-3, -7)	(-5.21, 7.15) -1 (-3, 1)	-0.17 (4.21, -4.27) 1 (4, -2)	NA 5 (14, -2)
Minerals	5.36 (9.36, 1.92) -8 (-2, -7)	-0.35 (-0.04, 0.09) 0 (0, 0)	-0.23 (4.17, -4.21) 1 (4, -1)	9.2 (9.54, 9.49) -12 (-3, -8)	8.11 (8.5, 8.36) -11 (-3, -6)	4.94 (8.11, 2.37) -7 (-2, -5)	3.87 (1.37, 6.39) -5 (-3, -1)	0.19 (6.71, -5.94) 0 (6, -3)	9.49 (14.02, 5.33) -13 (-3, -16)	0.55 (-2.92, 4.53) -1 (-3, 0)	2.05 (1.33, 3.56) -3 (-2, -1)	1.11 (2.52, 0) -1 (0, -1)	1.39 (-9.47, 11.7) 18 (4, 29)	2.61 (3.18, 2.76) -4 (-2, -1)	0.82 (1.87, 1.03) -1 (-1, -1)	7.92 (5.36, 10.7) -10 (-3, -2)	1.22 (7, -4.2) -1 (4, -3)	4.65 (6.78, 3.21) -7 (-2, -3)	8.61 (8.05, 9.34) -11 (-3, -5)	-2.1 (-1.92, -1.87) 3 (1, 0)	3.81 (6.1, 2.1) -6 (-2, -3)	-9.26 (-13.28, -4.75) 8 (5, 0)	2.3 (6.86, -1.99) -3 (1, -3)	-1.89 (0.35, -3.84) <i>3 (4, 0)</i>	-4.82 (-4.75, -4.33) 6 (5, 0)	7.84 (9.56, 6.51) -11 (-3, -8)	1.92 (-2.69, 7.15) -3 (-3, 0)	0.93 (6.73, -4.27) -1 (4, -3)	NA 4 (14, -3)
Myoinositol	2.75 (6.18, -0.84) -4 (0, -6)	-2.96 (-3.22, -2.67) 4 (2, 1)	-2.84 (0.99, -6.97) 5 (6, 0)	6.59 (6.36, 6.73) -8 (-1, -7)	5.5 (5.33, 5.6) -7 (-1, -5)	2.33 (4.93, -0.39) -4 (0, -4)	1.26 (-1.81, 3.63) <i>-2 (-1, 0)</i>	-2.42 (3.53, -8.7) 4 (8, -2)	6.88 (10.85, 2.57) -10 (-1, -15)	-2.05 (-6.1, 1.76) 3 (-1, 1)	-0.56 (-1.85, 0.8) 1 (0, 0)	-1.5 (-0.66, -2.77) 2 (2, 0)	-2.61 (-3.18, -2.76) 4 (2, 1)	4 (-6.29, 14.46) 15 (2, 28)	-1.78 (-1.31, -1.73) 3 (1, 0)	5.31 (2.18, 7.93) -6 (-1, -1)	-1.39 (3.82, -6.96) 2 (6, -2)	2.04 (3.6, 0.45) -3 (0, -2)	6.01 (4.87, 6.57) -7 (-1, -4)	-4.71 (-5.1, -4.64) 6 (3, 1)	1.21 (2.92, -0.66) -2 (0, -2)	-11.87 (-16.46, -7.51) 11 (7, 1)	-0.31 (3.68, -4.75) 0 (3, -2)	-4.5 (-2.83, -6.6) 7 (6, 1)	-7.43 (-7.93, -7.09) 9 (7, 1)	5.24 (6.38, 3.74) -7 (-1, -7)	-0.68 (-5.87, 4.38) 1 (-1, 1)	-1.67 (3.55, -7.04) 3 (6, -2)	NA 7 (16, -2)
N-acetyl cysteine	4.54 (7.49, 0.89) -7 (-1, -6)	-1.17 (-1.91, -0.94) 1 (1, 1)	-1.06 (2.3, -5.24) 2 (5, 0)	8.38 (7.68, 8.46) -11 (-2, -7)	7.29 (6.64, 7.33) -10 (-2, -5)	4.12 (6.24, 1.34) -6 (-1, -4)	3.05 (-0.5, 5.36) -4 (-2, 0)	-0.63 (4.84, -6.97) 1 (7, -2)	8.67 (12.16, 4.3) -12 (-2, -15)	-0.27 (-4.79, 3.5) 0 (-2, 1)	1.23 (-0.54, 2.53) -2 (-1, 0)	0.28 (0.65, -1.03) 0 (1, 0)	-0.82 (-1.87, -1.03) 1 (1, 1)	1.78 (1.31, 1.73) -3 (-1, 0)	2.21 (-7.61, 12.73) 17 (3, 28)	7.09 (3.49, 9.67) -9 (-2, -1)	0.4 (5.13, -5.23) -1 (5, -2)	3.83 (4.91, 2.18) -6 (-1, -2)	7.79 (6.19, 8.3) -10 (-2, -4)	-2.92 (-3.79, -2.9) 4 (2, 1)	2.99 (4.23, 1.07) -5 (-1, -2)	-10.08 (-15.15, -5.78) 9 (6, 1)	1.47 (4.99, -3.02) -2 (2, -2)	-2.71 (-1.52, -4.87) 4 (5, 1)	-5.64 (-6.62, -5.36) 7 (6, 1)	7.02 (7.69, 5.48) -10 (-2, -7)	1.1 (-4.56, 6.12) -2 (-2, 1)	0.11 (4.86, -5.3) <i>0 (5, -2)</i>	NA 5 (15, -2)
Nigella sativa seed oil	-2.56 (3.99, -8.77) 2 (1, -5)	-8.27 (-5.4, -10.61) 10 (3, 2)	-8.15 (-1.19, -14.91) <i>11 (7, 1)</i>	1.28 (4.18, -1.21) -2 (0, -6)	0.19 (3.14, -2.34) -1 (0, -4)	-2.98 (2.75, -8.32) 2 (1, -3)	-4.05 (-3.99, -4.3) 5 (0, 1)	-7.73 (1.35, -16.64) 10 (9, -1)	1.57 (8.66, -5.36) -3 (0, -14)	-7.36 (-8.28, -6.17) 9 (0, 2)	-5.87 (-4.03, -7.14) 7 (1, 1)	-6.81 (-2.84, -10.7) 8 (3, 1)	-7.92 (-5.36, -10.7) <i>10 (3, 2)</i>	-5.31 (-2.18, -7.93) 6 (1, 1)	-7.09 (-3.49, -9.67) 9 (2, 1)	9.31 (-4.11, 22.4) 9 (1, 27)	-6.7 (1.64, -14.89) 8 (7, -1)	-3.27 (1.42, -7.48) 3 (1, -1)	0.7 (2.69, -1.36) -1 (0, -3)	-10.02 (-7.28, -12.57) 12 (4, 2)	-4.1 (0.74, -8.6) 4 (1, -1)	-17.18 (-18.65, -15.45) 17 (8, 2)	-5.62 (1.5, -12.69) 6 (4, -1)	-9.81 (-5.01, -14.53) <i>13 (7, 2)</i>	-12.74 (-10.11, -15.02) <i>15 (8, 2)</i>	-0.07 (4.2, -4.19) -1 (0, -6)	-5.99 (-8.05, -3.55) 7 (0, 2)	-6.98 (1.36, -14.97) 9 (7, -1)	NA 13 (17, -1)
Omega-3 fatty acids	4.14 (2.36, 6.12) -7 (-6, -4)	-1.57 (-7.04, 4.28) 2 (-4, 3)	-1.45 (-2.83, -0.01) 2 (0, 2)	7.98 (2.54, 13.68) -10 (-7, -5)	6.89 (1.5, 12.56) -9 (-7, -3)	3.72 (1.11, 6.57) -6 (-6, -2)	2.65 (-5.63, 10.59) -4 (-7, 2)	-1.03 (-0.29, -1.74) 2 (2, 0)	8.27 (7.02, 9.53) -12 (-7, -13)	-0.66 (-9.92, 8.72) 0 (-7, 3)	0.83 (-5.67, 7.76) -1 (-6, 2)	-0.11 (-4.48, 4.19) 0 (-4, 2)	-1.22 (-7, 4.2) 1 (-4, 3)	1.39 (-3.82, 6.96) -2 (-6, 2)	-0.4 (-5.13, 5.23) 1 (-5, 2)	6.7 (-1.64, 14.89) -8 (-7, 1)	2.61 (-2.47, 7.5) 17 (8, 26)	3.43 (-0.22, 7.41) -5 (-6, 0)	7.39 (1.05, 13.53) -10 (-7, -2)	-3.32 (-8.92, 2.32) 4 (-3, 3)	2.6 (-0.9, 6.29) -4 (-6, 0)	-10.48 (-20.28, -0.55) 9 (1, 3)	1.08 (-0.14, 2.21) -2 (-3, 0)	-3.11 (-6.65, 0.36) 4 (0, 3)	-6.04 (-11.75, -0.13) 7 (1, 3)	6.62 (2.56, 10.7) -9 (-7, -5)	0.7 (-9.69, 11.34) -1 (-7, 3)	-0.29 (-0.27, -0.08) 1 (0, 0)	NA 5 (10, 0)
Omega-3s + vitamins	0.71 (2.58, -1.29) -1 (0, -4)	-5 (-6.82, -3.13) 7 (2, 3)	-4.88 (-2.61, -7.42) 8 (6, 2)	4.55 (2.77, 6.27) -5 (-1, -5)	3.46 (1.73, 5.14) -4 (-1, -3)	0.29 (1.34, -0.84) -1 (0, -2)	-0.78 (-5.41, 3.18) 2 (-1, 2)	-4.46 (-0.07, -9.16) 7 (8, 0)	4.84 (7.25, 2.12) -6 (-1, -13)	-4.1 (-9.7, 1.31) 6 (-1, 3)	-2.6 (-5.45, 0.34) 4 (0, 2)	-3.54 (-4.26, -3.22) 5 (2, 2)	-4.65 (-6.78, -3.21) 7 (2, 3)	-2.04 (-3.6, -0.45) 3 (0, 2)	-3.83 (-4.91, -2.18) 6 (1, 2)	3.27 (-1.42, 7.48) -3 (-1, 1)	-3.43 (0.22, -7.41) 5 (6, 0)	6.04 (-2.7, 14.91) 12 (2, 26)	3.96 (1.28, 6.12) -4 (-1, -2)	-6.75 (-8.7, -5.09) 9 (3, 3)	-0.84 (-0.68, -1.12) 1 (0, 0)	-13.91 (-20.06, -7.96) 14 (7, 3)	-2.35 (0.08, -5.2) 3 (3, 0)	-6.54 (-6.43, -7.05) 10 (6, 3)	-9.47 (-11.53, -7.54) <i>12 (7, 3)</i>	3.19 (2.78, 3.29) -4 (-1, -5)	-2.73 (-9.47, 3.93) 4 (-1, 3)	-3.72 (-0.05, -7.49) 6 (6, 0)	NA 10 (16, 0)
Prelox	-3.25 (1.3, -7.41) 3 (1, -2)	-8.96 (-8.09, -9.25) 12 (3, 5)	-8.85 (-3.88, -13.55) 12 (7, 4)	0.59 (1.49, 0.15) -1 (0, -3)	-0.5 (0.45, -0.98) 0 (0, -1)	-3.67 (0.06, -6.96) 4 (1, 0)	-4.74 (-6.68, -2.94) 6 (0, 4)	-8.42 (-1.35, -15.28) 11 (9, 2)	0.88 (5.97, -4) -2 (0, -11)	-8.06 (-10.98, -4.81) 10 (0, 5)	-6.56 (-6.72, -5.78) 8 (1, 4)	-7.51	-8.61 (-8.05, -9.34) 11 (3, 5)	-6.01 (-4.87, -6.57) 7 (1, 4)	-7.79 (-6.19, -8.3) 10 (2, 4)	-0.7	-7.39 (-1.05, -13.53) 10 (7, 2)	-3.96	10 (-1.42, 21.04) 7 (1, 24)	-10.71	-4.8 (-1.95, -7.24) 5 (1, 2)	-17.87 (-21.34, -14.08) 19 (8, 5)	-6.32 (-1.19, -11.32) 8 (4, 2)	-10.5 (-7.7, -13.17) 14 (7, 5)	-13.43 (-12.81, -13.66) 17 (8, 5)	-0.77	-6.69 (-10.74, -2.19) 8 (0, 5)	-7.68 (-1.33, -13.61) 10 (7, 2)	NA 15 (17, 2)
Saffron	7.46 (11.28, 3.8) -11 (-3, -7)	1.75 (1.88, 1.96) -2 (-1, 0)	1.87 (6.09, -2.34) -2 (3, -1)	11.3 (11.46, 11.36) -15 (-4, -8)	10.21 (10.43, 10.23) -14 (-4, -6)	7.04	5.97 (3.29, 8.27) -8 (-4, -1)	2.29 (8.63, -4.07) -2 (5, -3)	11.59 (15.95, 7.21) -16 (-4, -16)	2.65 (-1, 6.4) -4 (-4, 0)	4.15 (3.25, 5.43) -6 (-3, -1)	3.2	2.1 (1.92, 1.87) -3 (-1, 0)	4.71 (5.1, 4.64) -6 (-3, -1)	2.92	10.02 (7.28, 12.57) -12 (-4, -2)	3.32 (8.92, -2.32) -4 (3, -3)	6.75 (8.7, 5.09) -9 (-3, -3)	10.71 (9.97, 11.21) -14 (-4, -5)	-0.71 (-11.39, 9.83)	5.91 (8.02, 3.97) -8 (-3, -3)	-7.16 (-11.36, -2.88) 5 (4, 0)	4.39	0.21 (2.27, -1.96) 0 (3, 0)	-2.72 (-2.83, -2.45) 3 (4, 0)	9.94 (11.48, 8.38) -14 (-4, -8)	4.02 (-0.77, 9.02) -6 (-4, 0)	3.03 (8.65, -2.4) -4 (3, -3)	NA 1 (13, -3)
Selenium supplements	1.55 (3.25, -0.18)	-4.16 (-6.14, -2.01)	-4.05 (-1.93, -6.31) 6 (6, 2)	5.39 (3.44, 7.39)	4.29 (2.4, 6.26)	1.13 (2.01, 0.27) -2 (0, -2)	0.06 (-4.73, 4.3)	-3.62 (0.61, -8.04)	5.68 (7.92, 3.23)	-3.26 (-9.02, 2.43)	-1.76 (-4.77, 1.46)	-2.71 (-3.58, -2.1)	-3.81 (-6.1, -2.1)	-1.21 (-2.92, 0.66)	-2.99 (-4.23, -1.07)	4.1	-2.6 (0.9, -6.29)	0.84 (0.68, 1.12)	4.8 (1.95, 7.24)	-5.91 (-8.02, -3.97)	5.21 (-3.37, 13.8)	-13.08 (-19.39, -6.85)	-1.52	-5.7 (-5.75, -5.93)	-8.64 (-10.85, -6.42)	4.03 (3.46, 4.41)	-1.89 (-8.79, 5.05)	-2.88 (0.62, -6.37)	NA 9 (16, 0)
Spirulina	-2 (0, -4) 14.62 (22.64, 6.67)	8.91 (13.24, 4.84)	9.03 (17.45, 0.54)	18.46 (22.83, 14.24)	17.37 (21.79, 13.11)	14.2 (21.4, 7.12)	13.13 (14.65, 11.14)	9.45 (19.99, -1.19)	18.75 (27.31, 10.08)	9.82 (10.36, 9.27)	11.31 (14.61, 8.31)	10.37 (15.8, 4.74)	9.26 (13.28, 4.75)	11.87 (16.46, 7.51)	10.08 (15.15, 5.78)	17.18 (18.65, 15.45)	10.48 (20.28, 0.55)	13.91 (20.06, 7.96)	17.87 (21.34, 14.08)	7.16 (11.36, 2.88)	13.08 (19.39, 6.85)	-7.87 (-22.76, 6.95)	11.56 (20.15, 2.76)	7.37 (13.64, 0.91)	4.44 (8.53, 0.42)	17.1 (22.84, 11.26)	11.18 (10.6, 11.9)	10.2 (20.01, 0.48)	NA -4 (9, -3)
Vitamin C/E	-16 (-7, -7) 3.06 (2.49, 3.91)	-7 (-5, 0) -2.65 (-6.9, 2.08)	-7 (-1, -1) -2.53 (-2.69, -2.22)	1 1 1 1 1 1 1	5.81 (1.64, 10.35)	-15 (-7, -5) 2.64 (1.25, 4.36)	-13 (-8, -1) 1.57 (-5.49, 8.38)	-7 (1, -3) -2.11 (-0.15, -3.95)	-21 (-8, -16) 7.19 (7.16, 7.32)	-9 (-8, 0) -1.74 (-9.79, 6.51)	-11 (-7, -1) -0.25 (-5.53, 5.55)	-9 (-5, -1) -1.19 (-4.34, 1.98)	-8 (-5, 0) -2.3 (-6.86, 1.99)	0.31 (-3.68, 4.75)	-9 (-6, -1) -1.47 (-4.99, 3.02)	, , ,	-9 (-1, -3) -1.08 (0.14, -2.21)	2.35 (-0.08, 5.2)	6.32 (1.19, 11.32)	' '	-13 (-7, -3) 1.52 (-0.76, 4.09)	-11.56 (-20.15, -2.76)		-5 (-1, 0) -4.19 (-6.51, -1.85)	-2 (0, 0) -7.12 (-11.62, -2.34)	-19 (-8, -8) 5.55 (2.69, 8.5)	-11 (-8, 0) -0.37 (-9.55, 9.14)	-9 (-1, -3) -1.36 (-0.14, -2.29)	NA 7 (13, 0)
Vitamin D3	-5 (-3, -4) 7.25 (9, 5.76)	4 (-1, 3) 1.54 (-0.39, 3.92)	4 (3, 2) 1.66 (3.82, -0.37)	-9 (-4, -5) 11.09 (9.19, 13.32)	-7 (-4, -3) 10 (8.15, 12.2)	-4 (-3, -2) 6.83 (7.76, 6.21)	-2 (-4, 2) 5.76 (1.02, 10.23)	4 (5, 0) 2.08 (6.36, -2.1)	-10 (-4, -13) 11.38 (13.67, 9.17)	2 (-4, 3) 2.44 (-3.27, 8.36)	0 (-3, 2) 3.94 (0.98, 7.39)	, , ,	3 (-1, 3) 1.89 (-0.35, 3.84)	0 (-3, 2) 4.5 (2.83, 6.6)	2 (-2, 2) 2.71 (1.52, 4.87)	, , ,	2 (3, 0) 3.11 (6.65, -0.36)	-3 (-3, 0) 6.54 (6.43, 7.05)	-8 (-4, -2) 10.5 (7.7, 13.17)	6 (0, 3) -0.21 (-2.27, 1.96)	-2 (-3, 0) 5.7 (5.75, 5.93)	-7.37 (-13.64, -0.91)	, , ,	6 (3, 3) -0.5 (-9.12, 7.86)	9 (4, 3) -2.93 (-5.1, -0.49)	, , ,	1 (-4, 3) 3.81 (-3.04, 10.98)	2 (3, 0) 2.82 (6.37, -0.44)	NA 1 (10, -3)
Vitamin D3 +	-11 (-6, -7) 10.18 (14.11, 6.25)	-3 (-4, 0) 4.47 (4.71, 4.41)	-2 (0, -1) 4.59 (8.92, 0.12)	, , ,	-14 (-7, -6) 12.93 (13.26, 12.69)	, , ,	-8 (-7, -1) 8.69 (6.12, 10.72)	-3 (2, -3) 5.01 (11.46, -1.61)	' '	-4 (-7, 0) 5.38 (1.83, 8.85)	-6 (-6, -1) 6.87 (6.08, 7.88)	-4 (-4, -1) 5.93 (7.27, 4.32)	-3 (-4, 0) 4.82 (4.75, 4.33)	-7 (-6, -1) 7.43 (7.93, 7.09)		-13 (-7, -2) 12.74 (10.11, 15.02)		, , ,	-14 (-7, -5) 13.43 (12.81, 13.66)	, , ,	-9 (-6, -3) 8.64 (10.85, 6.42)	5 (1, 0) -4.44 (-8.53, -0.42)	, , ,	21 (8, 29) 2.93 (5.1, 0.49)	3 (1, 0) -3.43 (-14.23, 7.37)	-14 (-7, -8) 12.66 (14.31, 10.83)	-6 (-7, 0) 6.74 (2.07, 11.47)	-4 (0, -3) 5.76 (11.48, 0.05)	NA -2 (9, -3)
Vitamin/Minera	-14 (-7, -7) -2.48 (-0.2, -4.58)	-5 (-5, 0) -8.19 (-9.6, -6.42)	-5 (-1, -1) -8.07 (-5.39, -10.72)	-17 (-8, -8) 1.36 (-0.01, 2.98)	-16 (-8, -6) 0.27 (-1.05, 1.85)	-13 (-7, -5) -2.9 (-1.44, -4.13)	-11 (-8, -1) -3.97 (-8.19, -0.11)	-5 (1, -3) -7.65 (-2.85, -12.45)	-19 (-8, -16) 1.65 (4.47, -1.17)	-7 (-8, 0) -7.29 (-12.48, -1.98)	-8 (-7, -1) -5.79 (-8.23, -2.95)	-7 (-5, -1) -6.74 (-7.04, -6.51)	-6 (-5, 0) -7.84 (-9.56, -6.51)	-9 (-7, -1) -5.24 (-6.38, -3.74)	-7 (-6, -1) -7.02 (-7.69, -5.48)	-15 (-8, -2) 0.07 (-4.2, 4.19)	-7 (-1, -3) -6.62 (-2.56, -10.7)	-12 (-7, -3) -3.19 (-2.78, -3.29)	-17 (-8, -5) 0.77 (-1.5, 2.83)	-3 (-4, 0) -9.94 (-11.48, -8.38)	-11 (-7, -3) -4.03 (-3.46, -4.41)	2 (0, 0) -17.1 (-22.84, -11.26)	-9 (-4, -3) -5.55 (-2.69, -8.5)	-3 (-1, 0) -9.73 (-9.21, -10.34)	-12.66 (-14.31, -10.83)	-17 (-8, -8) 9.23 (0.08, 18.21)	-8 (-8, 0) -5.92 (-12.25, 0.64)	-7 (-1, -3) -6.91 (-2.83, -10.78)	NA
walnuts	3 (1, 1) 3.44 (12.04, -5.22)	11 (3, 8) -2.27	12 (7, 7) -2.15 (6.86, -11.36)	-1 (0, 0) 7.28	0 (0, 2) 6.19 (11.19, 1.21)	3 (1, 3)	6 (0, 7) 1.95 (4.06, -0.75)	11 (9, 5) -1.73	-2 (0, -8) 7.57 (16.71, -1.81)	10 (0, 8)	8 (1, 7) 0.13 (4.02, -3.59)	9 (3, 7)	11 (3, 8) -1.92 (2.69, -7.15)	7 (1, 7)	10 (2, 7)	1 (0, 6) 5.99 (8.05, 3.55)	9 (7, 5)	4 (1, 5) 2.73 (9.47, -3.93)	0 (0, 3) 6.69	14 (4, 8) -4.02 (0.77, -9.02)	5 (1, 5) 1.89 (8.79, -5.05)	19 (8, 8) -11.18 (-10.6, -11.9)	8 (4, 5) 0.37	14 (7, 8) -3.81	17 (8, 8) -6.74	7 (1, 21) 5.92 (12.25, -0.64)	8 (0, 8) 3.31	10 (7, 5) -0.99 (9.41, -11.42)	NA
Zinc/Zinc +	-5 (1, -7) 4.43	3 (3, 0)	4 (7, -1)	-9 <i>(</i> 0, -8)	-8 <i>(0, -6)</i> 7.18	-5 (1, -5) 4.01	-2 (0, -1) 2.94	3 (9, -3)	-10 (0, -16) 8.56	2 (0, 0)	0 (1, -1)	1 (3, -1) 0.17	3 (3, 0)	-1 (1, -1) 1.67	2 (2, -1) -0.11	-7 (0, -2) 6.98	1 (7, -3)	-4 (1, -3) 3.72	-8 <i>(0, -5)</i> 7.68	6 (4, 0)	-3 (1, -3) 2.88	11 (8, 0) -10.2	-1 (4, -3) 1.36	6 (7, 0)	8 (8, 0)	-8 <i>(0, -8)</i> 6.91	15 (1, 29) 0.99	2 (7, -3) 2.32	6 (17, -3) NA
folic acid	(2.63, 6.2) -7 (-6, -4)	(-6.77, 4.36) 1 (-4, 3)	(-2.56, 0.06) 2 (0, 2)	, , ,	, , ,	(1.39, 6.65) -6 (-6, -2)	(-5.36, 10.67) -4 (-7, 2)	(-0.02, -1.67) 1 (2, 0)	(7.3, 9.61) -12 (-7, -13)	(-9.65, 8.8) 0 (-7, 3)	(-5.4, 7.83) -2 (-6, 2)	(-4.21, 4.27) -1 (-4, 2)	(-6.73, 4.27) 1 (-4, 3)	(-3.55, 7.04) -3 (-6, 2)	(-4.86, 5.3) 0 (-5, 2)	(-1.36, 14.97) -9 (-7, 1)	(0.27, 0.08) -1 (0, 0)	(0.05, 7.49) -6 (-6, 0)	(1.33, 13.61) -10 (-7, -2) NA	(-8.65, 2.4) 4 (-3, 3)	(-0.62, 6.37) -5 (-6, 0)	(-20.01, -0.48) 9 (1, 3) NA	(0.14, 2.29) -2 (-3, 0)	(-6.37, 0.44) 4 (0, 3)	7 (1, 3)	(2.83, 10.78) -10 (-7, -5)	, , ,	(-2.75, 7.43) 17 (8, 26)	5 (10, 0) NA