

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 + L-carnitine + lycopene + zinc high dose	Coenzyme-Q10 + L-carnitine + lycopene + zinc low dose	Folic acid	Herb/Mineral supplement	L-carnitine/L-acetylcarnitine	L-carnitine+cinn	L-carnitine+L-carnitine fumarate+ALA	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/Mineral supplements	Walnuts	Zinc/Zinc + folic acid	Placebo/No treatment	
Antioxidants	<b>6.75</b> (-10.12, 13.62) <b>10 (2, 22)</b>	-5.71 (-9.4, -1.83) 8 (2, 7)	-5.59 (-19.13, -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 (-2, -9)	-4.81 (-12.28, 2.6) 7 (-1, 7)	-3.31 (-8.03, 1.54) 5 (6, 6)	-4.25 (-9.36, -1.92) 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)	2.58 (-3.99, 8.77) -2 (-1, 5)	-4.14 (-2.36, -6.12) 7 (6, 4)	-0.71 (-2.58, 1.29) 1 (6, 4)	3.25 (-1.3, 7.41) -3 (-1, 2)	-7.46 (-11.28, -3.8) 11 (3, 7)	-1.55 (-2.48, -3.91) 2 (0, 4)	-14.82 (-22.64, -6.67) 16 (7, 7)	-3.06 (-2.48, -3.91) 5 (3, 4)	-7.25 (-9.5, -5.76) 11 (6, 7)	-10.18 (-14.11, -6.25) 14 (7, 7)	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)	<b>1.04</b> (-9.51, 11.79) <b>19 (4, 29)</b>	0.12 (4.21, -4.3) 0 (-4, -)	9.55 (8.54, 8.27) -12 (-3, -8)	8.46 (8.54, 8.27) -12 (-3, -8)	5.29 (8.15, 2.28) -8 (-2, -)	4.22 (1.41, 6.31) -6 (-3, -)	0.54 (6.75, -6.03) 0 (6, -3)	9.84 (14.06, 5.24) -2 (-3, -)	0.9 (-2.88, 4.44) -3 (-2, -)	2.4 (1.37, 3.47) -2 (-0, -)	1.45 (2.56, -0.09) 0 (0, 0)	0.35 (0.04, -0.09) 0 (0, 0)	2.96 (3.22, 2.67) -2 (-2, -)	1.17 (1.91, 0.94) -1 (-1, -)	8.27 (5.4, 10.61) -10 (-3, -)	1.57 (7.04, -4.28) -2 (-4, -)	5 (6.82, 3.13) -7 (-2, -)	8.96 (8.09, 9.25) -12 (-3, -)	4.16 (6.14, 2.01) -6 (-4, -)	-8.91 (-13.24, -4.84) 7 (5, 0)	2.65 (6.9, -2.08) -3 (-3, -)	-1.54 (0.39, -3.92) 5 (5, 4)	8.19 (9.6, 6.42) -11 (-3, -)	2.27 (-2.65, 7.06) -3 (-3, -)	1.28 (6.77, -4.36) -1 (-4, -)	NA 3 (14, -3)			
Coenzyme Q10	5.69 (7.99, 6.13) -9 (-6, -6)	1.16 (-5.3, 7.49) <b>19 (8, 28)</b>	9.43 (5.37, 13.7) -13 (-7, -7)	8.34 (4.34, 12.57) -19 (-7, -7)	6.17 (3.94, 8.58) -8 (-6, -4)	5.17 (2.54, -1.73) -2 (-2, -)	4.1 (9.89, 5.4) -14 (-7, -15)	0.42 (2.54, -1.73) -2 (-2, -)	0.79 (9.89, 5.4) -2 (-2, -)	2.28 (-2.84, 7.77) -4 (-6, 0)	2.74 (1.65, 4.21) -2 (-2, -)	3.87 (-0.99, 6.97) -2 (-4, 0)	0.23 (-1.19, 14.91) -2 (-5, 0)	2.84 (-2.3, 5.24) -2 (-5, 0)	0.6 (1.19, 14.91) -2 (-5, 0)	8.15 (2.83, 0.01) -2 (-2, -)	1.4 (2.81, 7.42) -8 (-6, -2)	4.88 (2.83, 0.01) -2 (-2, -)	1.4 (6.09, 2.22) -2 (-2, -)	4.05 (1.93, 6.31) -2 (-2, -)	2.53 (-17.45, -0.54) 7 (1, 1)	-1.66 (-3.82, 0.57) 2 (0, 1)	-0.05 (2.69, 2.22) 2 (0, 1)	2.53 (-17.45, -0.54) 7 (1, 1)	-1.66 (-3.82, 0.57) 2 (0, 1)	0.07 (5.39, 10.72) -4 (-7, -)	2.11 (-6.66, 1.38) -2 (-2, -)	1.17 (2.56, -0.06) -2 (-2, -)	NA 3 (10, -2)	
Coenzyme-Q10 + L-carnitine + lycopene + zinc high dose	-3.84 (-0.19, -7.57) -1 (-1, 1)	-9.55 (-9.58, -9.4) 12 (5, 9)	-9.43 (-5.37, -13.7) 12 (7, 7)	<b>10.59</b> (0.07, 21.19) <b>6 (1, 21)</b>	-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 (5, 9)	0.29 (4.48, -4.16) -7 (-0, -9)	-8.65 (-12.47, -4.96) 8 (1, 6)	-7.15 (-7.02, -5.93) 9 (1, 7)	-8.1 (-7.02, -9.49) 10 (5, 7)	-9.2 (-9.54, -9.49) 12 (5, 8)	-6.59 (-6.36, -6.73) 8 (1, 7)	-8.38 (-7.68, -8.46) 11 (2, 7)	-1.28 (-4.18, 1.21) 2 (0, 6)	-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) 15 (4, 9)	-5.39 (-3.44, -7.39) 6 (1, 5)	-18.46 (-22.83, -14.24) 20 (6, 9)	-6.9 (-2.68, -11.48) 9 (4, 3)	-11.09 (-9.19, -13.32) 15 (7, 9)	-14.02 (-14.3, -13.81) 17 (8, 9)	-1.36 (0.01, -2.98) 1 (0, 0)	-7.28 (-12.23, -2.34) 8 (0, 8)	-8.27 (-2.82, -13.76) 11 (7, 5)	NA 15 (17, 5)	
Coenzyme-Q10 + L-carnitine + lycopene + zinc low dose	-2.75 (0.85, -6.44) 3 (-1, -)	-8.46 (-8.54, -8.27) 11 (5, 9)	-8.34 (-4.34, -12.57) 12 (7, 5)	1.09 (1.04, 1.13) -1 (0, -2)	<b>9.5</b> (-0.97, 20.06) <b>7 (1, 23)</b>	-3.17 (0.39, -5.99) 3 (1, 1)	-4.24 (-7.13, 1.97) 6 (5, 5)	-7.92 (-1.8, -14.3) 11 (3, 3)	1.38 (5.32, -3.03) -2 (-6, -10)	-7.55 (-11.43, -3.83) 10 (6, 6)	-6.06 (-7.17, -4.8) 9 (3, 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 (6, 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, -6.28) 5 (1, 3)	-17.37 (-21.79, -13.11) 19 (6, 9)	-5.81 (-1.64, -10.35) 7 (4, 3)	-10 (-8.15, -12.2) 14 (7, 6)	-12.93 (-13.26, -12.69) 16 (6, 9)	-0.27 (1.05, -1.85) 0 (0, -)	-6.19 (-11.19, -1.21) 8 (0, 6)	-7.18 (-1.78, -12.63) 10 (7, 3)	NA 14 (17, 3)	
Folic acid	0.42 (1.24, -0.45) -7 (0, -2)	-5.29 (-8.15, -2.28) 8 (2, 5)	-5.17 (-3.94, -6.58) 8 (5, 4)	4.26 (1.43, 7.12) -4 (-1, -3)	3.17 (0.39, 5.99) -3 (-1, -)	<b>6.33</b> (-1.36, 14.07) <b>11 (2, 24)</b>	-1.07 (-6.74, 4.02) 2 (-1, 4)	-4.75 (-1.41, -8.31) 8 (6, 2)	4.55 (5.91, 2.96) -5 (-1, -)	-4.39 (-11.04, 2.15) 6 (1, 5)	-2.89 (-6.78, 1.19) 5 (5, 4)	-3.83 (-5.59, -2.38) 6 (2, 4)	-4.94 (-8.11, -2.37) 7 (2, 5)	-2.33 (-4.93, 0.39) 4 (0, 4)	-4.12 (-6.24, -1.34) 6 (1, 4)	2.98 (-2.75, 8.32) -2 (-1, 3)	-3.72 (-1.11, -6.3) 6 (5, 2)	-0.39 (-1.24, 0.84) 1 (0, 2)	3.67 (-0.06, 6.96) 10 (3, 5)	-7.04 (-10.03, -4.25) 2 (0, 2)	-1.13 (-2.01, -0.27) 15 (7, 5)	-14.2 (-21.4, -7.12) 4 (3, 2)	-2.64 (-1.25, -4.36) 10 (6, 5)	-6.83 (-7.76, -6.21) 13 (7, 5)	-9.76 (-12.87, -6.7) -3 (-1, -)	2.9 (1.44, 4.13) 5 (-1, 5)	-3.02 (-10.8, -4.77) 6 (6, 2)	-4.01 (-1.39, -6.65) 5 (1, 5)	NA 11 (16, 2)	
Herb/Mineral supplement	1.49 (7.99, -4.47) -3 (-1, -6)	4.22 (-1.41, -6.31) 6 (3, 1)	4.1 (8.17, 3.08) 6 (7, 0)	5.33 (2.54, 1.73) -7 (-0, -)	4.24 (8.17, 3.08) -7 (-0, -)	1.07 (6.74, -4.02) -2 (-1, -)	<b>5.26</b> (-1.81, 18.09) <b>13 (1, 28)</b>	-3.68 (5.34, -12.34) 6 (6, -5)	-3.32 (-4.29, -1.67) 4 (0, 1)	-1.82 (-0.04, -2.84) 4 (0, 1)	-2.77 (-4.19, 5.94) -2 (-6, -2)	-3.87 (-0.5, -6.36) 4 (0, 1)	-1.26 (1.15, -6.4) 5 (3, 1)	-1.36 (3.98, 4.3) -5 (-0, -)	-3.05 (5.63, -10.59) 4 (7, -2)	4.05 (-0.5, -5.36) -5 (-0, -)	0.78 (5.41, -3.18) -2 (-2, -)	1.57 (6.66, 2.94) -6 (-6, -4)	-0.06 (-3.29, -8.27) 8 (4, 1)	4.74 (4.73, -4.3) 8 (4, 1)	-5.97 (-3.29, -8.27) 8 (4, 1)	-0.06 (-1.02, -10.23) 13 (8, 1)	1.57 (5.49, -8.38) 2 (1, -)	-0.69 (-6.12, -10.72) 8 (7, 1)	0.97 (8.19, 0.11) -6 (-6, -7)	1.36 (-4.06, 0.75) 2 (0, 1)	-2.84 (5.36, -10.67) 4 (7, -2)	NA 9 (17, -2)		
L-carnitine/L-acetylcarnitine	5.17 (2.65, 7.86) -8 (-8, -4)	-0.54 (-6.75, 6.03) 0 (6, 3)	-0.42 (-2.54, 1.73) 1 (-2, 2)	9.01 (2.84, 15.43) -11 (-9, -3)	7.92 (1.8, 14.3) -11 (-9, -3)	4.75 (1.41, 8.31) -8 (-8, -2)	3.68 (5.34, 12.34) -19 (9, 26)	<b>1.58</b> (-2.77, 5.76) <b>19 (10, 26)</b>	0.36 (7.32, 11.27) -14 (-9, -13)	1.86 (-9.63, 10.47) -3 (-8, -2)	0.93 (-4.19, 5.94) -2 (-6, -2)	1.86 (-6.71, 9.94) -4 (-8, -2)	0.36 (-1.35, 16.64) -10 (-9, -1)	2.42 (-5.33, 8.7) -2 (-2, 0)	1.03 (-4.84, 6.97) -1 (-7, 2)	7.73 (-1.35, 16.64) -10 (-9, -1)	4.46 (0.29, 1.74) -7 (-8, 0)	4.6 (0.07, 9.16) -11 (-9, -2)	8.42 (1.35, 15.28) -6 (-6, 0)	3.62 (-8.63, 4.07) -6 (-6, 0)	2.11 (-19.99, 1.19) 7 (-1, 3)	2.11 (0.15, 3.95) -4 (-5, 0)	-2.08 (-6.36, 2.1) 5 (-1, 3)	-5.01 (-11.46, 1.61) -11 (-9, -5)	7.65 (2.85, 12.45) -3 (-3, 0)	1.73 (-9.4, 13.09) 2 (0, 1)	0.74 (0.02, 1.67) -1 (-4, -)	3 (8, 0)		
L-carnitine+cinn	-4.13 (-4.67, -3.41) 5 (1, 9)	9.84 (14.06, -5.24) 14 (3, 16)	-0.72 (-9.86, -9.54) 14 (7, 15)	-0.29 (-4.48, 4.16) 1 (0, 8)	-1.38 (-5.91, -2.96) 2 (0, 10)	4.55 (-5.91, -2.96) 6 (7, 11)	-5.02 (-12.65, 1.06) 14 (9, 13)	-9.3 (-7.32, -11.27) 15 (8, 13)	<b>10.88</b> (4.55, 17.03) <b>5 (1, 13)</b>	-8.94 (-16.95, -0.81) 10 (1, 15)	-7.44 (-12.69, -1.77) 10 (1, 15)	-8.38 (-14.02, -5.33) 13 (2, 15)	-6.88 (-10.85, -2.57) 13 (2, 15)	-8.67 (-12.16, -4.3) 3 (0, 14)	-1.57 (-8.66, 5.36) 2 (0, 14)	-8.27 (-7.02, 8.53) 3 (0, 14)	-4.84 (-15.36, -7.21) 2 (0, 13)	0.88 (-7.32, -9.17) 2 (0, 13)	-5.88 (-15.36, -7.21) 2 (0, 13)	11.59 (-13.67, -9.17) 8 (1, 13)	-5.88 (-7.32, -9.17) 8 (1, 13)	-18.75 (-27.31, -10.08) 16 (7, 16)	-7.19 (-7.16, -7.32) 16 (7, 16)	-11.38 (-13.67, -9.17) 16 (7, 16)	-14.31 (-18.78, -9.66) 16 (7, 16)	2.65 (-4.47, 1.17) 2 (0, 8)	-7.57 (-16.71, 1.81) 10 (0, 16)	-8.56 (-7.3, -9.61) 12 (7, 13)	NA 17 (17, 13)	
L-carnitine+L-fumarate+ALA	4.81 (12.28, -2.6) -7 (-1, -7)	-0.9 (-2.8, -4.4) 2 (3, 0)	-0.79 (7.09, -8.74) 2 (7, -1)	8.65 (12.47, 4.85) -11 (-9, -3)	7.55 (11.43, 3.83) -10 (-8, -)	4.39 (11.04, 5.14) -6 (-1, -)	3.32 (4.29, 1.87) 1 (8, -3)	-0.36 (9.63, -10.47) -1 (-2, 0)	8.94 (16.95, 0.81) -12 (-2, 0)	<b>1.95</b> (-12.4, 16.23) <b>17 (1, 29)</b>	1.5 (4.25, -0.97) -1 (-2, 0)	0.55 (5.44, -4.53) 1 (3, 0)	-0.55 (2.92, -4.53) 1 (3, 0)	2.05 (6.1, -1.76) 0 (-2, -)	0.27 (4.79, -3.5) -3 (-3, -)	7.36 (8.26, 6.17) -9 (9, -2)	0.66 (9.92, -8.72) 0 (7, -3)	4.1 (12.98, 4.81) -6 (-1, -)	8.06 (10.98, 5.14) -10 (-8, -)	-2.85 (9.02, -2.43) 4 (4, 0)	-9.82 (-10.36, -9.27) -5 (-5, 0)	1.74 (9.79, -6.51) 2 (2, -3)	-2.44 (3.27, -3.86) 4 (7, 0)	-5.38 (-7.83, -8.85) 7 (8, 0)	7.29 (12.48, 1.29) -10 (-8, -)	1.37 (0.23, 2.62) -2 (-2, 0)	0.38 (9.65, -8.8) 5 (17, -3)	NA		
Magnesium	3.31 (8.03, -1.64) -5 (0, -6)	2.4 (-2.56, 0.09) 3 (2, 1)	-2.28 (-2.56, 0.09) 4 (6, 0)	7.15 (8.21, 5.93) -9 (-1, -)	6.06 (8.21, 5.93) -9 (-1, -)	2.89 (5.59, 2.38) -5 (0, -4)	1.82 (6.78, -1.19) -2 (-2, -)	-1.86 (5.38, -9.5) -2 (-2, -)	-7.44 (-12.69, -1.77) -10 (-10, -15)	-1.5 (-4.55, 15.05) <b>15 (2, 28)</b>	-0.94 (-1.19, -3.56) 1 (2, 0)	0.56 (-1.33, -3.56) 3 (2, 1)	-1.23 (-1.85, -0.8) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-1.23 (-1.85, -0.8) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-1.23 (-1.85, -0.8) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	-0.87 (-1.33, -3.56) 1 (0, 0)	NA
Micronutrient supplement	4.25 (6.84, 1.93) -8 (6, -4)	-1.45 (-2.56, 0.09) 2 (0, 1)	-1.34 (1.65, -4.21) 2 (0, 1)	8.1 (7.02, 9.49) -11 (-9, -3)	7 (5.98, 8.36) -5 (5, -2)	3.83 (5.59, 2.38) -2 (-2, -)	2.77 (5.59, 2.38) -2 (-2, -)	-0.91 (-1.15, 6.4) 2 (6, -2)	8.38 (11.5, 5.34) -5 (5, -4)	-0.55 (-0.44, 4.53) 1 (-1, 0)	0.94 (-1.19, 3.56) -2 (-2, 0)	<b>2.5</b> (-6.95, 11.27) <b>17 (4, 28)</b>	-1.11 (-2.52, 0) 1 (0, 1)	1.5 (0.66, 2.77) -2 (-2, 0)	-0.28 (-0.65, 1.03) 0 (1, 0)	6.81 (2.84, 10.7) -4 (4, -2)	0.11 (4.48, -4.19) -2 (-2, 0)	3.54 (4.26, 3.22) -5 (-5, -2)	7.51 (5.53, 9.34) -4 (4, -2)	-3.2 (-4.44, -1.87) 9 (5, 1)	2.71 (3.58, 2.1) -2 (-2, -)	-10.37 (-15.8, -4.74) -5 (-5, 0)	1.19 (4.34, -1.98) -2 (-2, -)	-3 (-2.17, -3.83) 4 (7, 0)	-5.93 (-7.27, -4.32) 6 (6, 1)	6.74 (7.04, 6.51) -8 (-8, -)	0.82 (-5.21, 7.15) 0 (1, 1)	-0.17 (4.21, -4.27) 1 (4, -2)	5 (14, -2)	
Minerals	5.36 (9.33, 1.32) -8 (-2, -7)	-0.35 (-2.56, 0.09) 0 (0, 0)	-0.23 (-2.56, 0.09) 0 (0, 0)	9.2 (8.21, 5.93) -12 (-3, -8)	8.11 (8.21, 5.93) -12 (-3, -8)	4.94 (8.17, 3.08) -7 (-0, -)	1.49 (6.78, -1.19) -5 (5, -2)	3.87 (5.38, -9.5) -2 (-2, -)	0.19 (1.43, 3.63) -3 (-3, -)	9.49 (16.95, 0.81) -12 (-2, 0)	0.55 (-1.19, 3.56) 1 (2, 0)	1.11 (-1.33, -3.56) 1 (0, 0)	<b>1.39</b> (-4.47, 11.7) <b>19 (4, 28)</b>	2.61 (3.18, 2.76) -4 (4, -2)	0.82 (0.56, 10.7) -1 (-1, -)	7.92 (3.18, 12.66) -1 (-1, -)	1.22 (6.78, 3.21) -4 (4, -2)	4.65 (6.78, 3.21) -4 (4, -2)	6.61 (6.78, 3.21) -4 (4, -2)	-2.1 (-1.92, 1.87) 3 (1, 0)	3.81 (-1.92, 1.87) 3 (1, 0)	-9.26 (-13.28, -5.24) 8 (5, 0)	2.3 (-1.92, 1.87) 3 (1, 0)	-1.89 (-4.75, -4.33) 6 (6, 0)	-4.82					