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																											
Intervention	Antioxidants	Carob	Coenzyme Q10	Coenzyme- Q10 + L- carnitine + lycopene + zinc high dose	Folic acid	Herb/Mineral supplement	L- carnitine/L- acetylcarnitin	L- ne carnitine+cinn	n Magnesium	Micronutrient supplement	Minerals	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/Miner comb	Vitamin/Miner supplements	Walnuts	Zinc/Zinc + folic acid	Placebo/No treatment
Antioxidants	4.38 (-2.18, 10.98) <i>13 (5, 24)</i>	-0.85 (-4.01, 2.33) 1 (-1, 2)	-2.8 (-2.19, -3.23) 4 (3, 2)	5.32 (2.55, 8.34) -6 (-4, -4)	-2.8 (-2.79, -3.18) 4 (3, 2)	-4.81 (-11.53, 1.52) 6 (-1, 3)	2.5 (4.87, -0.09) -4 (0, -8)	13.57 (13.84, 12.92) -11 (-4, -19)	-0.57 (-7.6, 6.2) 1 (-3, 3)	10.65 (7.94, 12.76) -10 (-4, -14)	-2.22 (-8.44, 3.67) 3 (-2, 3)	-1.25 (-5.28, 2.34) 2 (-1, 3)	-2.23 (-5.78, 1.18) 3 (-1, 3)	1.46 (-2.2, 5.3) -1 (-3, 1)	-1.53 (1.23, -4.42) 2 (4, -1)	8.65 (2, 14.98) -8 (-4, -3)	-3.94 (-8.62, 0.78) 5 (-1, 3)	1.98 (1.01, 2.9) -3 (-2, -2)	-2.71 (-7.03, 1.48) 4 (-1, 3)	-6.89 (-5.14, -8.6) 10 (11, 3)	-1.48 (-2.1, -1.09) 2 (0, 1)	-7.34 (-11.42, -3.54) 9 (3, 3)	-1.88 (-5.97, 2.24) 3 (-1, 3)	1.79 (0.89, 2.45) -2 (-2, -1)	8.63 (0.46, 16.79) -7 (-4, -1)	-3.19 (-1.66, -4.77) 5 (5, 1)	NA 7 (12, 0)
Carob	0.85 (4.01, -2.33) -1 (1, -2)	3.53 (-6.2, 13.31) 15 (4, 26)	-1.95 (1.82, -5.56) 3 (4, 0)	6.17 (6.57, 6.01) -7 (-3, -6)	-1.95 (1.22, -5.5) 3 (4, 0)	-3.97 (-7.52, -0.8) 4 (0, 1)	3.34 (8.88, -2.42) -5 (1, -10)	14.42 (17.86, 10.59) -13 (-3, -21)	0.27 (-3.59, 3.87) 0 (-2, 1)	11.5 (11.95, 10.43) -11 (-3, -16)	-1.37 (-4.43, 1.34) 2 (-1, 1)	-0.4 (-1.27, 0.01) 0 (0, 1)	-1.38 (-1.77, -1.15) 2 (0, 1)	2.31 (1.81, 2.97) -3 (-2, -1)	-0.68 (5.24, -6.75) 1 (5, -3)	9.5 (6.01, 12.66) -9 (-3, -5)	-3.09 (-4.61, -1.55) 4 (0, 1)	2.83 (5.02, 0.57) -4 (-1, -4)	-1.86 (-3.02, -0.85) 2 (0, 1)	-6.04 (-1.13, -10.93) 9 (12, 1)	-0.63 (1.91, -3.42) 1 (1, -1)	-6.49 (-7.41, -5.86) 8 (4, 1)	-1.03 (-1.95, -0.08) 1 (0, 1)	2.64 (4.9, 0.12) -4 (-1, -3)	9.48 (4.47, 14.46) -9 (-3, -3)	-2.34 (2.35, -7.1) 4 (6, -1)	NA 6 (13, -2)
Coenzyme Q10	2.8 (2.19, 3.23) -4 (-3, -2)	1.95 (-1.82, 5.56) -3 (-4, 0)	1.58 (-4.37, 7.75) 18 (8, 26)	8.12 (4.75, 11.57) -10 (-7, -6)	0 (-0.6, 0.05) 0 (0, 0)	-2.01 (-9.34, 4.75) 2 (-4, 1)	5.3 (7.06, 3.14) -8 (-3, -10)	16.37 (16.04, 16.15) -16 (-7, -21)	2.23 (-5.41, 9.43) -3 (-6, 1)	13.45 (10.13, 15.99) -14 (-7, -16)	0.58 (-6.25, 6.9) -1 (-5, 1)	1.55 (-3.09, 5.57) -2 (-4, 1)	0.57 (-3.59, 4.41) -1 (-4, 1)	4.26 (-0.01, 8.53) -6 (-6, -1)	1.27 (3.42, -1.19) -2 (1, -3)	11.45 (4.19, 18.21) -12 (-7, -5)	-1.14 (-6.43, 4.01) 1 (-4, 1)	4.78 (3.2, 6.13) -7 (-5, -4)	0.09 (-4.84, 4.71) -1 (-4, 1)	-4.09 (-2.95, -5.37) 6 (8, 1)	1.32 (0.09, 2.14) -2 (-3, -1)	-4.54 (-9.23, -0.31) 5 (0, 1)	0.92 (-3.77, 5.47) -2 (-4, 1)	4.59 (3.08, 5.68) -7 (-5, -3)	11.43 (2.65, 20.02) -12 (-7, -3)	-0.39 (0.53, -1.54) 1 (2, -1)	NA 3 (9, -2)
Coenzyme- Q10 + L- carnitine + lycopene + zinc high dose	-5.32 (-2.55, -8.34) 6 (4, 4)	-6.17 (-6.57, -6.01) 7 (3, 6)	-8.12 (-4.75, -11.57) 10 (7, 6)	9.69 (0.37, 19.32) 7 (1, 20)	-8.12 (-5.35, -11.51) 10 (7, 6)	-10.13 (-14.09, -6.81) 12 (3, 7)	-2.82 (2.31, -8.43) 2 (4, -4)	8.25 (11.29, 4.59) -5 (0, -15)	-5.89 (-10.16, -2.14) 7 (1, 7)	5.33 (5.39, 4.42) -4 (0, -10)	-7.54 (-10.99, -4.66) 9 (2, 7)	-6.57 (-7.83, -6) 8 (3, 7)	-7.55 (-8.34, -7.16) 9 (3, 7)	-3.86 (-4.76, -3.04) 4 (1, 5)	-6.85 (-1.33, -12.76) 8 (8, 3)	3.33 (-0.56, 6.65) -2 (0, 1)	-9.26 (-11.17, -7.56) 11 (3, 7)	-3.34 (-1.54, -5.44) 3 (2, 2)	-8.03 (-9.58, -6.86) 10 (3, 7)	-12.21 (-7.69, -16.94) 16 (15, 7)	-6.8 (-4.65, -9.43) 8 (4, 5)	-12.66 (-13.98, -11.87) 15 (7, 7)	-7.2 (-8.52, -6.09) 9 (3, 7)	-3.52 (-1.67, -5.89) 4 (2, 3)	3.31 (-2.09, 8.45) -1 (0, 3)	-8.51 (-4.22, -13.11) 11 (9, 5)	NA 13 (16, 4)
Folic acid	2.8 (2.79, 3.18) -4 (-3, -2)	1.95 (-1.22, 5.5) -3 (-4, 0)	0 (0.6, -0.05) <i>0 (0, 0)</i>	8.12 (5.35, 11.51) -10 (-7, -6)	1.58 (-4.97, 7.8) 18 (8, 26)	-2.02 (-8.74, 4.7) 2 (-4, 1)	5.29 (7.66, 3.08) -8 (-3, -10)	16.36 (16.64, 16.1) -15 (-7, -21)	2.22 (-4.81, 9.38) -3 (-6, 1)	13.45 (10.73, 15.93) -14 (-7, -16)	0.58 (-5.65, 6.85) -1 (-5, 1)	1.54 (-2.49, 5.51) -2 (-4, 1)	0.57 (-2.99, 4.35) -1 (-4, 1)	4.25 (0.59, 8.47) -6 (-6, -1)	1.27 (4.02, -1.24) -2 (1, -3)	11.44 (4.79, 18.16) -12 (-7, -5)	-1.14 (-5.83, 3.95) 1 (-4, 1)	4.78 (3.8, 6.08) -7 (-5, -4)	0.09 (-4.24, 4.66) 0 (-4, 1)	-4.1 (-2.35, -5.43) 6 (8, 1)	1.32 (0.69, 2.08) -2 (-3, -1)	-4.54 (-8.63, -0.36) 5 (0, 1)	0.92 (-3.17, 5.42) -2 (-4, 1)	4.59 (3.68, 5.63) -7 (-5, -3)	11.43 (3.25, 19.97) -12 (-7, -3)	-0.39 (1.13, -1.59) 1 (2, -1)	NA 3 (9, -2)
Herb/Mineral supplement	4.81 (11.53, -1.52) -6 (1, -3)	3.97 (7.52, 0.8) -4 (0, -1)	2.01 (9.34, -4.75) -2 (4, -1)	10.13 (14.09, 6.81) -12 (-3, -7)	2.02 (8.74, -4.7) -2 (4, -1)	-0.44 (-13.72, 12.51) 19 (4, 27)	7.31 (16.4, -1.62) -10 (1, -11)	18.38 (25.38, 11.4) -17 (-3, -22)	4.24 (3.93, 4.68) -5 (-2, 0)	15.47 (19.48, 11.23) -16 (-3, -17)	2.6 (3.1, 2.15) -3 (-1, 0)	3.56 (6.26, 0.81) -4 (0, 0)	2.58 (5.75, -0.35) -3 (0, 0)	6.27 (9.33, 3.77) -7 (-2, -2)	3.29 (12.76, -5.94) -4 (5, -4)	13.46 (13.53, 13.46) -14 (-3, -6)	0.87 (2.92, -0.75) -1 (0, 0)	6.8 (12.55, 1.37) -9 (-1, -5)	2.11 (4.51, -0.05) -2 (0, 0)	-2.08 (6.39, -10.13) 4 (12, 0)	3.34 (9.43, -2.62) -4 (1, -2)	-2.53 (0.11, -5.06) 3 (4, 0)	2.94 (5.57, 0.72) -3 (0, 0)	6.61 (12.42, 0.93) -8 (-1, -4)	13.44 (12, 15.27) -13 (-3, -4)	1.62 (9.87, -6.3) -1 (6, -2)	NA 1 (13, -3)
L-carnitine/L- acetylcarnitine	-2.5 (-4.87, 0.09) 4 (0, 8)	-3.34 (-8.88, 2.42) 5 (-1, 10)	-5.3 (-7.06, -3.14) 8 (3, 10)	2.82 (-2.31, 8.43) -2 (-4, 4)	-5.29 (-7.66, -3.08) 8 (3, 10)	-7.31 (-16.4, 1.62) 10 (-1, 11)	6.87 (2.69, 10.89) 9 (5, 16)	11.07 (8.98, 13.02) -7 (-4, -11)	-3.07 (-12.47, 6.29) 5 (-3, 11)	8.16 (3.07, 12.85) -6 (-4, -6)	-4.71 (-13.31, 3.77) 7 (-2, 11)	-3.75 (-10.15, 2.43) 6 (-1, 11)	-4.73 (-10.65, 1.27) 7 (-1, 11)	-1.04 (-7.07, 5.39) 2 (-3, 9)	-4.02 (-3.64, -4.33) 6 (4, 7)	6.15 (-2.87, 15.08) -4 (-4, 5)	-6.44 (-13.49, 0.87) 9 (-1, 11)	-0.51 (-3.86, 2.99) 1 (-2, 6)	-5.2 (-11.9, 1.57) 8 (-1, 11)	-9.39 (-10.01, -8.51) 14 (11, 11)	-3.97 (-6.97, -1) 6 (0, 9)	-9.84 (-16.29, -3.44) 13 (3, 11)	-4.37 (-10.83, 2.34) 7 (-1, 11)	-0.7 (-3.98, 2.54) 1 (-2, 7)	6.13 (-4.41, 16.88) -3 (-4, 7)	-5.69 (-6.53, -4.68) 9 (5, 9)	NA 11 (12, 8)
L- carnitine+cinno	-13.57 (-13.84, -12.92) 11 (4, 19)	-14.42 (-17.86, -10.59) 13 (3, 21)	-16.37	-8.25 (-11.29, -4.59) 5 (0, 15)	-16.36	-18.38 (-25.38, -11.4) 17 (3, 22)	-11.07 (-8.98, -13.02) 7 (4, 11)	17.94 (11.66, 23.9) 2 (1, 5)	-14.14 (-21.45, -6.72) 12 (1, 22)	-2.92 (-5.9, -0.17) 1 (0, 5)	-15.78 (-22.28, -9.25) 14 (2, 22)	-14.82 (-19.12, -10.59) <i>13 (3, 22)</i>	-15.8	-12.11 (-16.05, -7.63) 10 (1, 20)	-15.1 (-12.62, -17.34) <i>13 (8, 18)</i>	-4.92	-17.51 (-22.46, -12.15) 16 (3, 22)	-11.58	-16.27	-20.46	-15.04	-20.91 (-25.27, -16.46) 20 (7, 22)	-15.45 (-19.81, -10.68) <i>14 (3, 22)</i>	-11.77 (-12.96, -10.47) 9 (2, 18)	-4.94 (-13.38, 3.87) 4 (0, 18)	-16.76 (-15.51, -17.69) <i>16 (9, 20)</i>	NA 19 (16, 19)
Magnesium	0.57 (7.6, -6.2) -1 (3, -3)	-0.27 (3.59, -3.87) 0 (2, -1)	-2.23 (5.41, -9.43) 3 (6, -1)	5.89 (10.16, 2.14) -7 (-1, -7)	-2.22	-4.24 (-3.93, -4.68) 5 (2, 0)	3.07 (12.47, -6.29) -5 (3, -11)	14.14	3.8 (-9.78, 17.18) 14 (2, 27)	11.23 (15.54, 6.56) -11 (-1, -17)	-1.64 (-0.84, -2.53) 2 (1, 0)	-0.68 (2.32, -3.86) 1 (2, 0)	-1.66 (1.82, -5.02) 2 (2, 0)	2.03 (5.4, -0.9) -3 (0, -2)	-0.95 (8.83, -10.62) 1 (7, -4)	9.22 (9.6, 8.79) -9 (-1, -6)	-3.37 (-1.02, -5.42) 4 (2, 0)	2.56 (8.61, -3.3) -4 (1, -5)	-2.13 (0.57, -4.72) 3 (2, 0)	-6.32 (2.46, -14.8) 9 (14, 0)	-0.9 (5.5, -7.29) 1 (3, -2)	-6.77 (-3.82, -9.74) 8 (6, 0)	-1.3 (1.63, -3.96) 2 (2, 0)	2.37 (8.49, -3.75) -4 (1, -4)	9.2 (8.06, 10.59) -9 (-1, -4)	-2.62 (5.94, -10.97) 4 (8, -2)	NA 6 (15, -3)
Micronutrient supplement	-10.65 (-7.94, -12.76) 10 (4, 14)	-11.5	-13.45 (-10.13, -15.99) 14 (7, 16)	-5.33 (-5.39, -4.42) 4 (0, 10)	-13.45	-15.47 () (-19.48, -11.23) 16 (3, 17)	-8.16 (-3.07, -12.85) 6 (4, 6)	2.92 (5.9, 0.17) -1 (0, -5)	-11.23 (-15.54, -6.56) 11 (1, 17)	15.03 (5.76, 23.74) 3 (1, 10)	-12.87 (-16.38, -9.08) 13 (2, 17)	-11.91 (-13.22, -10.42) <i>12 (3, 17)</i>	-12.88 (-13.73, -11.58) <i>13 (3, 17)</i>	-9.19 (-10.14, -7.46) 8 (1, 15)	-12.18 (-6.72, -17.18) 12 (8, 13)	-2 (-5.95, 2.23) 2 (0, 11)	-14.59 (-16.56, -11.98) <i>15 (3, 17)</i>	-8.67 (-6.93, -9.86) 7 (2, 12)	-13.36 (-14.97, -11.28 <i>14 (3, 17)</i>	-17.55 () (-13.08, -21.36) 20 (15, 17)	-12.13 (-10.04, -13.85) 12 (4, 15)	-17.99 (-19.36, -16.29) 19 (7, 17)	-12.53 (-13.91, -10.51) <i>12 (3, 17)</i>	-8.86 (-7.05, -10.3) 7 (2, 13)	-2.02 (-7.48, 4.04) 2 (0, 13)	-13.84 (-9.6, -17.53) 15 (9, 15)	NA 17 (16, 14)
Minerals	2.22 (8.44, -3.67) -3 (2, -3)	1.37 (4.43, -1.34) -2 (1, -1)	-0.58 (6.25, -6.9) 1 (5, -1)	7.54 (10.99, 4.66) -9 (-27)	-0.58 (5.65, -6.85) 1 (5, -1)	-2.6 (-3.1, -2.15) 3 (1, 0)	4.71 (13.31, -3.77) -7 (2, -11)	15.78 (22.28, 9.25) -14 (-2, -22)	1.64 (0.84, 2.53) -2 (-1, 0)	12.87 (16.38, 9.08) -13 (-2, -17)	2.16 (-10.62, 14.65) 16 (3, 27)	0.96 (3.16, -1.34) -1 (1, 0)	-0.02 (2.65, -2.5) 0 (1, 0)	3.67 (6.24, 1.62) -5 (-1, -2)	0.69 (9.66, -8.09) -1 (6, -4)	10.86 (10.43, 11.31) -11 (-2, -6)	-1.72 (-0.18, -2.9) 2 (1, 0)	4.2 (9.45, -0.77) -6 (0, -5)	-0.49 (1.41, -2.19) 1 (1, 0)	-4.68 (3.3, -12.27) 7 (13, 0)	0.74 (6.34, -4.77) -1 (2, -2)	-5.13 (-2.98, -7.21) 6 (5, 0)	0.34 (2.47, -1.43) 0 (1, 0)	4.01 (9.33, -1.22) -5 (0, -4)	10.85 (8.9, 13.12) -10 (-2, -4)	-0.97 (6.78, -8.44) 2 (7, -2)	NA 4 (14, -3)
Myoinositol	1.25 (5.28, -2.34) -2 (1, -3)	0.4 (1.27, -0.01) 0 (0, -1)	-1.55 (3.09, -5.57) 2 (4, -1)	6.57 (7.83, 6) -8 (-3, -7)	-1.54 (2.49, -5.51) 2 (4, -1)	-3.56 (-6.26, -0.81) 4 (0, 0)	3.75 (10.15, -2.43) -6 (1, -11)	14.82	0.68 (-2.32, 3.86) -1 (-2, 0)	11.91 (13.22, 10.42) -12 (-3, -17)	-0.96 (-3.16, 1.34) 1 (-1, 0)	3.12 (-7.46, 13.32) 15 (4, 27)	-0.98 (-0.51, -1.16) 1 (0, 0)	2.71 (3.08, 2.96) -3 (-2, -2)	-0.27 (6.5, -6.76) 0 (5, -4)	9.9 (7.27, 12.65) -10 (-3, -6)	-2.69 (-3.34, -1.56) 3 (0, 0)	3.24 (6.29, 0.56) -5 (-1, -5)	-1.45 (-1.75, -0.86) 2 (0, 0)	-5.64 (0.14, -10.94) 8 (12, 0)	-0.22 (3.18, -3.43) 0 (1, -2)	-6.09 (-6.14, -5.87) 7 (4, 0)	-0.62 (-0.69, -0.09) 1 (0, 0)	3.05 (6.17, 0.12) -4 (-1, -4)	9.88 (5.74, 14.46) -9 (-3, -4)	-1.94 (3.62, -7.11) 3 (6, -2)	NA 5 (13, -3)
N-acetyl cysteine	2.23 (5.78, -1.18) -3 (1, -3)	1.38 (1.77, 1.15) -2 (0, -1)	-0.57 (3.59, -4.41) 1 (4, -1)	7.55 (8.34, 7.16) -9 (-3, -7)	-0.57 (2.99, -4.35) 1 (4, -1)	-2.58 (-5.75, 0.35) 3 (0, 0)	4.73 (10.65, -1.27) -7 (1, -11)	15.8	1.66 (-1.82, 5.02) -2 (-2, 0)	12.88 (13.73, 11.58) -13 (-3, -17)	0.02 (-2.65, 2.5) 0 (-1, 0)	0.98 (0.51, 1.16) -1 (0, 0)	2.14 (-7.97, 12.16) 17 (4, 27)	3.69 (3.58, 4.12) -5 (-2, -2)	0.7 (7.01, -5.6) -1 (5, -4)	10.88 (7.78, 13.81) -11 (-3, -6)	-1.71 (-2.83, -0.4) 2 (0, 0)	4.22 (6.8, 1.72) -6 (-1, -5)	-0.47 (-1.24, 0.3) 1 (0, 0)	-4.66 (0.64, -9.78) 7 (12, 0)	0.75 (3.68, -2.27) -1 (1, -2)	-5.11 (-5.64, -4.71) 6 (4, 0)	0.35 (-0.18, 1.07) -1 (0, 0)	4.03 (6.67, 1.28) -6 (-1, -4)	10.86 (6.25, 15.61) -11 (-3, -4)	-0.96 (4.12, -5.95) 2 (6, -2)	NA 4 (13, -3)
Nigella sativa seed oil	-1.46 (2.2, -5.3) 1 (3, -1)	-2.31 (-1.81, -2.97) 3 (2, 1)	-4.26 (0.01, -8.53) 6 (6, 1)	3.86 (4.76, 3.04) -4 (-1, -5)	-4.25 (-0.59, -8.47) 6 (6, 1)	-6.27 (-9.33, -3.77) 7 (2, 2)	1.04 (7.07, -5.39) -2 (3, -9)	12.11 (16.05, 7.63) -10 (-1, -20)	-2.03 (-5.4, 0.9) 3 (0, 2)	9.19 (10.14, 7.46) -8 (-1, -15)	-3.67 (-6.24, -1.62) 5 (1, 2)	-2.71 (-3.08, -2.96) 3 (2, 2)	-3.69 (-3.58, -4.12) 5 (2, 2)	5.83 (-4.39, 16.28) 12 (2, 25)	-2.99 (3.43, -9.72) 4 (7, -2)	7.19 (4.2, 9.69) -6 (-1, -4)	-5.4 (-6.42, -4.52) 7 (2, 2)	0.53 (3.21, -2.4) -1 (1, -3)	-4.16 (-4.83, -3.82) 5 (2, 2)	-8.35 (-2.94, -13.9) 12 (14, 2)	-2.94 (0.1, -6.39) 4 (3, 0)	-8.8 (-9.22, -8.83) 10 (6, 2)	-3.34 (-3.76, -3.05) 4 (2, 2)	0.34 (3.09, -2.85) -1 (1, -2)	7.17 (2.66, 11.49) -6 (-1, -2)	-4.65 (0.54, -10.07) 6 (8, 0)	NA 9 (15, -1)
Omega-3 fatty acids	1.53 (-1.23, 4.42) -2 (-4, 1)	0.68 (-5.24, 6.75) -1 (-5, 3)	-1.27 (-3.42, 1.19) 2 (-1, 3)	6.85 (1.33, 12.76) -8 (-8, -3)	-1.27 (-4.02, 1.24) 2 (-1, 3)	-3.29 (-12.76, 5.94) 4 (-5, 4)	4.02 (3.64, 4.33) -6 (-4, -7)	15.1 (12.62, 17.34) -13 (-8, -18)	0.95 (-8.83, 10.62) -1 (-7, 4)	12.18 (6.72, 17.18) -12 (-8, -13)	-0.69 (-9.66, 8.09) 1 (-6, 4)	0.27 (-6.5, 6.76) 0 (-5, 4)	-0.7 (-7.01, 5.6) 1 (-5, 4)	2.99 (-3.43, 9.72) -4 (-7, 2)	2.85 (-0.96, 6.56) 15 (9, 23)	10.17 (0.77, 19.4) -10 (-8, -2)	-2.41 (-9.84, 5.2) 3 (-5, 4)	3.51 (-0.21, 7.32) -5 (-6, -1)	-1.18 (-8.25, 5.9) 2 (-5, 4)	-5.37 (-6.37, -4.18) 8 (7, 4)	0.05 (-3.33, 3.33) 0 (-4, 2)	-5.81 (-12.65, 0.88) 7 (-1, 4)	-0.35 (-7.19, 6.66) 0 (-5, 4)	3.32 (-0.34, 6.87) -5 (-6, 0)	10.16 (-0.76, 21.21) -10 (-8, 0)	-1.66 (-2.89, -0.35) 3 (1, 2)	NA 5 (8, 1)
Prelox	-8.65 (-2, -14.98) 8 (4, 3)	-9.5 (-6.01, -12.66) 9 (3, 5)	-11.45 (-4.19, -18.21) 12 (7, 5)	-3.33 (0.56, -6.65) 2 (0, -1)	-11.44 (-4.79, -18.16) 12 (7, 5)	-13.46 (-13.53, -13.46) <i>14 (3, 6)</i>	-6.15 (2.87, -15.08) 4 (4, -5)	4.92 (11.85, -2.06) -3 (0, -16)	-9.22 (-9.6, -8.79) 9 (1, 6)	2 (5.95, -2.23) -2 (0, -11)	-10.86 (-10.43, -11.31) <i>11 (2, 6)</i>	-9.9 (-7.27, -12.65) 10 (3, 6)	-10.88 (-7.78, -13.81) 11 (3, 6)	-7.19 (-4.2, -9.69) 6 (1, 4)	-10.17 (-0.77, -19.4) 10 (8, 2)	13.02 (-0.19, 25.97) 5 (1, 21)	-12.59 (-10.61, -14.21) 13 (3, 6)	-6.66	-11.35 (-9.02, -13.51) 12 (3, 6)	-15.54 (-7.14, -23.59) 18 (15, 6)	-10.12 (-4.1, -16.08) 10 (4, 4)	-15.99 (-13.42, -18.52) 17 (7, 6)	-10.52 (-7.96, -12.74) 11 (3, 6)	-6.85 (-1.11, -12.53) 5 (2, 2)	-0.02 (-1.53, 1.81) 0 (0, 2)	-11.84 (-3.66, -19.76) 13 (9, 4)	NA 15 (16, 3)
Saffron	3.94 (8.62, -0.78) -5 (1, -3)	3.09 (4.61, 1.55) -4 (0, -1)	1.14 (6.43, -4.01) -1 (4, -1)	9.26 (11.17, 7.56) -11 (-3, -7)	1.14 (5.83, -3.95) -1 (4, -1)	-0.87 (-2.92, 0.75) 1 (0, 0)	6.44 (13.49, -0.87) -9 (1, -11)	17.51 (22.46, 12.15) -16 (-3, -22)	3.37 (1.02, 5.42) -4 (-2, 0)	14.59 (16.56, 11.98) -15 (-3, -17)	1.72 (0.18, 2.9) -2 (-1, 0)	2.69 (3.34, 1.56) -3 (0, 0)	1.71 (2.83, 0.4) -2 (0, 0)	5.4 (6.42, 4.52) -7 (-2, -2)	2.41 (9.84, -5.2) -3 (5, -4)	12.59 (10.61, 14.21) -13 (-3, -6)	0.44 (-10.8, 11.76) 19 (4, 27)	5.92 (9.63, 2.12) -8 (-1, -5)	1.23 (1.59, 0.7) -1 (0, 0)	-2.95 (3.48, -9.38) 5 (12, 0)	2.46 (6.52, -1.87) -3 (1, -2)	-3.4 (-2.8, -4.31) 4 (4, 0)	2.06 (2.65, 1.47) -3 (0, 0)	5.73 (9.51, 1.68) -8 (-1, -4)	12.57 (9.08, 16.01) -13 (-3, -4)	0.75 (6.96, -5.55) 0 (6, -2)	NA 2 (13, -3)
Selenium supplements	-1.98 (-1.01, -2.9) 3 (2, 2)	-2.83 (-5.02, -0.57) 4 (1, 4)	-4.78 (-3.2, -6.13) 7 (5, 4)	3.34 (1.54, 5.44) -3 (-2, -2)	-4.78 (-3.8, -6.08) 7 (5, 4)	-6.8 (-12.55, -1.37) 9 (1, 5)	0.51 (3.86, -2.99) -1 (2, -6)	11.58 (12.83, 10.02) -9 (-2, -17)	-2.56 (-8.61, 3.3) 4 (-1, 5)	8.67 (6.93, 9.86) -7 (-2, -12)	-4.2 (-9.45, 0.77) 6 (0, 5)	-3.24 (-6.29, -0.56) 5 (1, 5)	-4.22 (-6.8, -1.72) 6 (1, 5)	-0.53 (-3.21, 2.4) 1 (-1, 3)	-3.51 (0.21, -7.32) 5 (6, 1)	6.66 (0.98, 12.09) -5 (-2, -1)	-5.92 (-9.63, -2.12) 8 (1, 5)	6.36 (-1.17, 13.88) <i>11 (3, 22)</i>	-4.69 (-8.04, -1.42) 6 (1, 5)	-8.88 (-6.15, -11.5) 13 (13, 5)	-3.46 (-3.11, -3.99) 5 (2, 3)	-9.32 (-12.43, -6.44) 12 (5, 5)	-3.86 (-6.98, -0.65) 5 (1, 5)	-0.19 (-0.12, -0.45) <i>0 (0, 1)</i>	6.65 (-0.55, 13.89) -5 (-2, 1)	-5.17 (-2.67, -7.67) 8 (7, 3)	NA 10 (14, 2)
Spirulina	2.71 (7.03, -1.48) -4 (1, -3)	1.86 (3.02, 0.85) -2 (0, -1)	-0.09 (4.84, -4.71) 1 (4, -1)	8.03 (9.58, 6.86) -10 (-3, -7)	-0.09 (4.24, -4.66) 0 (4, -1)	-2.11 (-4.51, 0.05) 2 (0, 0)	5.2 (11.9, -1.57) -8 (1, -11)	16.27 (20.87, 11.44) -15 (-3, -22)	2.13 (-0.57, 4.72) -3 (-2, 0)	13.36 (14.97, 11.28) -14 (-3, -17)	0.49 (-1.41, 2.19) -1 (-1, 0)	1.45 (1.75, 0.86) -2 (0, 0)	0.47 (1.24, -0.3) -1 (0, 0)	4.16 (4.83, 3.82) -5 (-2, -2)	1.18 (8.25, -5.9) -2 (5, -4)	11.35 (9.02, 13.51) -12 (-3, -6)	-1.23 (-1.59, -0.7) 1 (0, 0)	4.69 (8.04, 1.42) -6 (-1, -5)	1.67 (-9.21, 12.46) 17 (4, 27)	-4.19 (1.89, -10.08) 6 (12, 0)	1.23 (4.93, -2.57) -2 (1, -2)	-4.64 (-4.39, -5.02) 5 (4, 0)	0.83 (1.06, 0.76) -1 (0, 0)	4.5 (7.92, 0.97) -6 (-1, -4)	11.34 (7.49, 15.31) -11 (-3, -4)	-0.48 (5.37, -6.25) 1 (6, -2)	NA 4 (13, -3)
Vitamin C/E	6.89 (5.14, 8.6) -10 (-11, -3)	6.04 (1.13, 10.93) -9 (-12, -1)	4.09 (2.95, 5.37) -6 (-8, -1)	12.21 (7.69, 16.94) -16 (-15, -7)	4.1 (2.35, 5.43)	2.08 (-6.39, 10.13) -4 (-12, 0)	9.39 (10.01, 8.51) -14 (-11, -11)	20.46 (18.98, 21.52)	6.32 (-2.46, 14.8) -9 (-14, 0)	17.55 (13.08, 21.36) -20 (-15, -17)	4.68 (-3.3, 12.27) -7 (-13, 0)	5.64 (-0.14, 10.94) -8 (-12, 0)	4.66 (-0.64, 9.78) -7 (-12, 0)	8.35 (2.94, 13.9) -12 (-14, -2)	5.37 (6.37, 4.18) -8 (-7, -4)	15.54 (7.14, 23.59) -18 (-15, -6)	2.95 (-3.48, 9.38) -5 (-12, 0)	8.88 (6.15, 11.5) -13 (-13, -5)	4.19 (-1.89, 10.08) -6 (-12, 0)	-2.52 (-7.32, 2.38) 23 (16, 27)	5.42 (3.04, 7.51) -8 (-11, -2)	-0.45 (-6.28, 5.07) -1 (-8, 0)	5.02 (-0.83, 10.85) -7 (-12, 0)	8.69 (6.03, 11.05) -13 (-13, -4)	15.52 (5.6, 25.39) -17 (-15, -4)	3.7 (3.48, 3.83) -5 (-6, -2)	NA -3 (1, -3)
Vitamin D3	1.48 (2.1, 1.09) -2 (0, -1)	0.63 (-1.91, 3.42) -1 (-1, 1)	-1.32 (-0.09, -2.14) 2 (3, 1)	6.8 (4.65, 9.43) -8 (-4, -5)	-1.32 (-0.69, -2.08) 2 (3, 1)	-3.34 (-9.43, 2.62) 4 (-1, 2)	3.97 (6.97, 1) -6 (0, -9)	15.04 (15.94, 14.02) -13 (-4, -20)	0.9 (-5.5, 7.29) -1 (-3, 2)	12.13 (10.04, 13.85) -12 (-4, -15)	-0.74 (-6.34, 4.77) 1 (-2, 2)	0.22 (-3.18, 3.43) 0 (-1, 2)	-0.75 (-3.68, 2.27) 1 (-1, 2)	2.94 (-0.1, 6.39) -4 (-3, 0)	-0.05 (3.33, -3.33) 0 (4, -2)	10.12 (4.1, 16.08) -10 (-4, -4)	-2.46 (-6.52, 1.87) 3 (-1, 2)	3.46 (3.11, 3.99) -5 (-2, -3)	-1.23 (-4.93, 2.57) 2 (-1, 2)	-5.42 (-3.04, -7.51) 8 (11, 2)	2.9 (-4.28, 9.89) 15 (5, 25)	-5.86 (-9.32, -2.44) 7 (3, 2)	-0.4 (-3.87, 3.34) 1 (-1, 2)	3.27 (2.99, 3.54) -5 (-2, -2)	10.11 (2.56, 17.88) -10 (-4, -2)	-1.71 (0.44, -3.68) 3 (5, 0)	NA 5 (12, -1)
Vitamin D3 + calcium	7.34 (11.42, 3.54) -9 (-3, -3)	6.49 (7.41, 5.86) -8 (-4, -1)	4.54 (9.23, 0.31) -5 (0, -1)	12.66 (13.98, 11.87) -15 (-7, -7)	4.54	2.53 (-0.11, 5.06) -3 (-4, 0)	9.84 (16.29, 3.44) -13 (-3, -11)	20.91 (25.27, 16.46)	6.77 (3.82, 9.74) -8 (-6, 0)	17.99 (19.36, 16.29) -19 (-7, -17)	5.13 (2.98, 7.21) -6 (-5, 0)	6.09 (6.14, 5.87) -7 (-4, 0)	5.11 (5.64, 4.71) -6 (-4, 0)	8.8 (9.22, 8.83) -10 (-6, -2)	5.81 (12.65, -0.88) -7 (1, -4)	15.99 (13.42, 18.52) -17 (-7, -6)	3.4 (2.8, 4.31) -4 (-4, 0)	9.32 (12.43, 6.44) -12 (-5, -5)	4.64 (4.39, 5.02) -5 (-4, 0)	0.45 (6.28, -5.07) 1 (8, 0)	5.86 (9.32, 2.44) -7 (-3, -2)	-2.97 (-13.61, 7.45) 22 (8, 27)	5.46 (5.46, 5.78) -6 (-4, 0)	9.14 (12.31, 5.99) -11 (-5, -4)	15.97 (11.88, 20.33) -16 (-7, -4)	4.15 (9.76, -1.23) -4 (2, -2)	NA -2 (9, -3)
Vitamin/Minera comb	1.88 (5.97, -2.24) -3 (1, -3)	1.03 (1.95, 0.08) -1 (0, -1)	-0.92 (3.77, -5.47) 2 (4, -1)	7.2 (8.52, 6.09) -9 (-3, -7)	-0.92 (3.17, -5.42) 2 (4, -1)	-2.94 (-5.57, -0.72) 3 (0, 0)	4.37 (10.83, -2.34) -7 (1, -11)	15.45	1.3 (-1.63, 3.96) -2 (-2, 0)	12.53 (13.91, 10.51) -12 (-3, -17)	-0.34 (-2.47, 1.43) 0 (-1, 0)	0.62 (0.69, 0.09) -1 (0, 0)	-0.35 (0.18, -1.07) 1 (0, 0)	3.34 (3.76, 3.05) -4 (-2, -2)	0.35 (7.19, -6.66) 0 (5, -4)	10.52 (7.96, 12.74) -11 (-3, -6)	-2.06 (-2.65, -1.47) 3 (0, 0)	3.86 (6.98, 0.65) -5 (-1, -5)	-0.83 (-1.06, -0.76) 1 (0, 0)	-5.02 (0.83, -10.85) 7 (12, 0)	0.4 (3.87, -3.34) -1 (1, -2)	-5.46 (-5.46, -5.78) 6 (4, 0)	2.5 (-8.15, 13.23) 16 (4, 27)	3.67 (6.85, 0.21) -5 (-1, -4)	10.51 (6.43, 14.55) -10 (-3, -4)	-1.31 (4.3, -7.01) 2 (6, -2)	NA 5 (13, -3)
Vitamin/Minera supplements	-1.79 (-0.89, -2.45) 2 (2, 1)	-2.64 (-4.9, -0.12) 4 (1, 3)	-4.59 (-3.08, -5.68) 7 (5, 3)	3.52 (1.67, 5.89) -4 (-2, -3)	-4.59 (-3.68, -5.63) 7 (5, 3)	-6.61 (-12.42, -0.93) 8 (1, 4)	0.7 (3.98, -2.54) -1 (2, -7)	11.77 (12.96, 10.47) -9 (-2, -18)	-2.37 (-8.49, 3.75) 4 (-1, 4)	8.86 (7.05, 10.3) -7 (-2, -13)	-4.01 (-9.33, 1.22) 5 (0, 4)	-3.05 (-6.17, -0.12) 4 (1, 4)	-4.03 (-6.67, -1.28) 6 (1, 4)	-0.34 (-3.09, 2.85) 1 (-1, 2)	-3.32 (0.34, -6.87) 5 (6, 0)	6.85 (1.11, 12.53) -5 (-2, -2)	-5.73 (-9.51, -1.68) 8 (1, 4)	0.19 (0.12, 0.45) 0 (0, -1)	-4.5 (-7.92, -0.97) 6 (1, 4)	-8.69 (-6.03, -11.05) 13 (13, 4)	-3.27 (-2.99, -3.54) 5 (2, 2)	-9.14 (-12.31, -5.99) 11 (5, 4)	-3.67 (-6.85, -0.21) 5 (1, 4)	6.17 (-1.29, 13.43) 11 (3, 23)	6.84 (-0.43, 14.34) -5 (-2, 0)	-4.99 (-2.55, -7.22) 7 (7, 2)	NA 10 (14, 1)
Walnuts	-8.63 (-0.46, -16.79) 7 (4, 1)	-9.48	-11.43	-3.31	-11.43 (-3.25, -19.97) 12 (7, 3)	-13.44	-6.13 (4.41, -16.88) 3 (4, -7)	4.94	-9.2 (-8.06, -10.59) 9 (1, 4)	2.02 (7.48, -4.04) -2 (0, -13)	-10.85 (-8.9, -13.12) 10 (2, 4)	-9.88 (-5.74, -14.46) 9 (3, 4)	-10.86	-7.17 (-2.66, -11.49) 6 (1, 2)	-10.16 (0.76, -21.21) 10 (8, 0)	0.02 (1.53, -1.81) 0 (0, -2)	-12.57 (-9.08, -16.01) 13 (3, 4)	-6.65	-11.34 (-7.49, -15.31) <i>11 (3, 4)</i>	-15.52	-10.11 (-2.56, -17.88) 10 (4, 2)	-15.97 (-11.88, -20.33) 16 (7, 4)	-10.51	-6.84 (0.43, -14.34) 5 (2, 0)	13.01 (-1.72, 27.77) 6 (1, 23)	-11.82 (-2.12, -21.56) 12 (9, 2)	NA 15 (16, 1)
Zinc/Zinc + folic acid	3.19 (1.66, 4.77) -5 (-5, -1)	2.34 (-2.35, 7.1) -4 (-6, 1)	0.39 (-0.53, 1.54) -1 (-2, 1)	8.51 (4.22, 13.11) -11 (-9, -5)	0.39	-1.62 (-9.87, 6.3) 1 (-6, 2)	5.69 (6.53, 4.68) -9 (-5, -9)	16.76 (15.51, 17.69) -16 (-9, -20)	2.62 (-5.94, 10.97) -4 (-8, 2)	13.84 (9.6, 17.53) -15 (-9, -15)	0.97 (-6.78, 8.44) -2 (-7, 2)	1.94 (-3.62, 7.11) -3 (-6, 2)	0.96 (-4.12, 5.95) -2 (-6, 2)	4.65 (-0.54, 10.07) -6 (-8, 0)	1.66 (2.89, 0.35) -3 (-1, -2)	11.84 (3.66, 19.76) -13 (-9, -4)	-0.75 (-6.96, 5.55) 0 (-6, 2)	5.17 (2.67, 7.67) -8 (-7, -3)	0.48 (-5.37, 6.25) -1 (-6, 2)	-3.7 (-3.48, -3.83) 5 (6, 2)	1.71 (-0.44, 3.68) -3 (-5, 0)	-4.15 (-9.76, 1.23) 4 (-2, 2)	1.31 (-4.3, 7.01) -2 (-6, 2)	4.99 (2.55, 7.22) -7 (-7, -2)	11.82 (2.12, 21.56) -12 (-9, -2)	1.19 (-3.85, 6.21) 18 (10, 25)	NA 2 (7, -1)
Placebo/No treatment	NA -7 (-12, 0)	NA -6 (-13, 2)	NA -3 (-9, 2)	NA -13 (-16, -4)	NA -3 (-9, 2)	NA -1 (-13, 3)	NA -11 (-12, -8)	NA	NA -6 (-15, 3)	NA -17 (-16, -14)	NA -4 (-14, 3)	NA -5 (-13, 3)	NA -4 (-13, 3)	NA -9 (-15, 1)	NA -5 (-8, -1)	NA -15 (-16, -3)	NA -2 (-13, 3)	NA -10 (-14, -2)	NA -4 (-13, 3)	NA 3 (-1, 3)	NA -5 (-12, 1)	NA 2 (-9, 3)	NA -5 (-13, 3)	NA -10 (-14, -1)	NA -15 (-16, -1)	NA -2 (-7, 1)	NA <b>21 (17, 24)</b>