

Difference between morphology 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	Coenzyme Q10	Folic acid	Herb/Mineral supplement	L-carnitine/L-acetylcarnitine	L-carnitine+cinn	Magnesium	Micronutrient supplement	N-acetyl cysteine	Nigella sativa seed oil	Omega-3 fatty acids	Prelox	Saffron	Selenium supplements	Vitamin C/E	Vitamin D3	Vitamin D3 + calcium	Vitamin/Miner comb	Vitamin/Miner supplements	VitaminsE	Walnuts	Zinc/Zinc + folic acid	Placebo/No treatment
Antioxidants	2.87 (-2.13, 8.03) 10 (3, 20)	-3.2 (-2.37, -4.17) 6 (4, 3)	-3.08 (-2.35, -4.07) 6 (3, 3)	-3.41 (-8.7, 1.41) 6 (0, 3)	-0.87 (1.07, -2.94) 1 (2, -1)	7.81 (7.9, 7.33) -7 (-2, -15)	6.61 (0.02, 12.92) -5 (-2, 0)	-0.72 (-2.15, 0.64) 2 (0, 2)	-1.29 (-3.44, 1.11) 3 (0, 3)	6.88 (2.53, 11.43) -6 (-2, -6)	-1.46 (0.77, -3.89) 3 (0, -1)	2.26 (-0.5, 5.16) -3 (-2, 1)	-2.61 (-5.2, -0.41) 5 (0, 3)	-1.2 (-2.87, 0.22) 2 (0, 2)	-2.19 (-1.4, -3.29) 4 (2, 2)	-3.15 (-3.88, -2.47) 6 (2, 3)	-3.44 (-5.95, -1.27) 6 (1, 3)	-1.65 (-5.47, 1.8) 3 (-1, 3)	-1.12 (-1.75, -0.39) 2 (0, 2)	-2.95 (-6.56, 0.33) 5 (0, 3)	-2.41 (-6.79, 1.84) 4 (0, 3)	-2.75 (-1.26, -4.38) 6 (4, 2)	NA 6 (9, 0)
Coenzyme Q10	3.2 (2.37, 4.17) -6 (-4, -3)	-0.33 (-4.44, 3.86) 16 (7, 23)	0.11 (0.01, 0.2) 0 (-1, 0)	-0.22 (-6.33, 5.58) -5 (-2, -4)	2.33 (3.44, 1.23) -5 (-2, -4)	11 (10.27, 11.5) -14 (-6, -18)	9.81 (2.38, 17.09) -12 (-6, -3)	2.48 (0.21, 4.81) -5 (-4, -1)	1.9 (-1.07, 5.28) -4 (-4, 0)	10.08 (4.9, 15.6) -13 (-6, -9)	1.73 (3.13, 0.28) -4 (-1, -4)	5.45 (1.86, 9.33) -9 (-6, -2)	0.58 (-2.83, 3.76) -2 (-4, 0)	1.99 (-0.5, 4.39) -4 (-4, -1)	1 (0.96, 0.88) -2 (-2, -1)	0.05 (-1.51, 1.7) 0 (-2, 0)	0.25 (-3.58, 2.9) 0 (-3, 0)	1.54 (-3.11, 5.97) -3 (-5, 0)	2.07 (0.61, 3.78) -4 (-4, -1)	0.24 (-4.19, 4.5) -1 (-4, 0)	0.79 (-4.42, 6.01) -2 (-4, 0)	0.44 (1.1, -0.21) 0 (0, -1)	NA 0 (5, -3)
Folic acid	3.08 (2.35, 4.07) -6 (-3, -3)	-0.11 (-0.02, -0.1) 0 (1, 0)	-0.22 (-4.47, 3.97) 16 (6, 23)	-0.33 (-6.35, 5.48) -1 (-3, 0)	2.21 (3.42, 1.13) -5 (-1, -4)	2.21 (10.25, 11.4) -14 (-5, -18)	10.99 (2.36, 16.99) -12 (-5, -3)	2.36 (0.19, 4.71) -5 (-3, -1)	1.79 (-1.09, 5.17) -4 (-3, 0)	5.34 (4.88, 15.5) -12 (-5, -9)	1.62 (3.11, 0.18) -4 (-3, 0)	5.34 (8.2, 3.75) -9 (-5, -2)	0.47 (-2.85, 3.66) -1 (-2, 0)	1.88 (-0.52, 4.28) -1 (-2, 0)	0.89 (0.94, 0.77) -2 (-1, -1)	-0.06 (-1.53, 1.59) 0 (-2, 0)	-0.36 (-3.13, 5.86) -3 (-4, 0)	1.43 (0.59, 3.68) -4 (-3, -1)	0.13 (-4.21, 4.39) -3 (-3, 0)	0.67 (-4.44, 5.91) -1 (-1, -1)	0.33 (1.08, -0.32) -2 (-3, 0)	NA 0 (5, -3)	
Herb/Mineral supplement	3.41 (8.7, -1.41) -6 (0, -3)	0.22 (6.33, -5.58) 1 (4, 0)	0.33 (6.35, -5.48) 1 (3, 0)	-0.55 (-10.83, 9.44) 15 (3, 24)	2.55 (9.77, -4.35) 4 (-2, -4)	2.55 (16.6, 5.92) -13 (-2, -18)	11.22 (8.72, 11.51) -11 (-2, -9)	10.03 (6.55, -0.77) -4 (-3, 0)	2.12 (5.26, -0.31) -3 (0, 0)	10.3 (11.23, 10.02) -3 (-3, -4)	1.95 (9.47, -5.3) -3 (-3, -4)	5.67 (8.2, 3.75) -8 (-2, -2)	0.8 (3.5, -1.82) -1 (0, 0)	2.21 (5.83, -1.19) -3 (-3, 0)	1.22 (7.3, -4.7) -1 (-2, -1)	0.27 (4.82, -2.68) 0 (0, 0)	-0.03 (2.75, 2.68) 1 (1, 0)	1.76 (3.23, 0.38) -2 (-1, 0)	2.29 (6.95, -1.8) -3 (-3, -1)	0.46 (2.14, -1.09) 0 (0, 0)	1.01 (1.91, 0.43) -1 (0, 0)	0.66 (7.43, -5.79) 0 (4, -1)	NA 1 (9, -3)
L-carnitine/L-acetylcarnitine	0.87 (-1.07, 2.94) -1 (-2, 1)	-2.33 (-3.44, -1.23) 5 (2, 4)	-2.21 (-3.42, -1.13) 5 (1, 4)	-2.55 (-9.77, 4.35) 4 (-2, 4)	-2.55 (-9.77, 4.35) 4 (-2, 4)	8.68 (6.83, 10.27) -9 (-4, -14)	7.48 (-1.05, 15.86) 0 (-2, 3)	0.15 (-3.22, 3.58) 2 (0, 2)	-0.42 (-4.51, 4.05) 2 (0, 2)	7.75 (1.46, 14.37) -0.3 (-0.95)	3.12 (-1.57, 8.1) -6 (-2, 3)	-1.74 (-2.7, 2.53) 1 (1, 0)	-0.33 (-3.94, 3.16) -1 (-2, 0)	-1.33 (-4.95, 0.47) 3 (0, 3)	-2.28 (-5.06, 0.47) 5 (0, 4)	-2.57 (-7.02, 1.67) 1 (1, 0)	-0.78 (-6.54, 4.74) -2 (-4, 0)	-0.25 (-2.82, 2.55) 1 (-2, 3)	-2.08 (-7.63, 3.27) -4 (-2, 4)	-1.54 (-7.86, 4.78) -3 (-2, 4)	-1.89 (-2.33, -1.44) 4 (2, 3)	NA 5 (7, 1)	
L-carnitine+cinn	-7.81 (-7.9, -7.33) 7 (2, 15)	-11 (-10.27, -11.5) 14 (6, 18)	-10.89 (-10.25, -11.4) 13 (2, 18)	-11.22 (-16.8, -5.92) 13 (2, 18)	-8.68 (-6.83, -10.27) 2 (1, 5)	10.67 (5.78, 15.36) 2 (1, 5)	-1.19 (-10.06, -6.69) 7 (2, 18)	-8.53 (-10.06, -6.69) 1 (0, 9)	-9.1 (-11.34, -6.22) 10 (2, 18)	-0.92 (-5.37, 4.1) 10 (5, 14)	9.27 (-7.14, -11.22) 10 (2, 18)	-5.55 (-8.41, -2.17) 10 (2, 18)	-10.42 (-13.1, -7.74) 10 (2, 17)	-9.01 (-10.77, -7.11) 9 (2, 8)	-10 (-9.31, -10.62) 11 (1, 18)	-10.95 (-13.85, -8.6) 12 (3, 3)	-11.25 (-13.85, -8.6) 11 (1, 18)	-9.46 (-13.38, -5.53) 9 (1, 3)	-8.93 (-9.66, -7.72) 8 (2, 2)	-10.76 (-14.46, -7) 12 (2, 18)	-10.22 (-14.7, -5.49) 13 (6, 17)	-10.56 (-9.17, -11.71) 13 (6, 17)	NA 14 (11, 15)
Magnesium	-6.61 (-0.02, -12.92) 5 (2, 0)	-9.81 (-2.36, -17.09) 12 (6, 3)	-9.7 (-2.36, -16.99) 12 (6, 3)	-10.03 (-8.72, -11.51) 11 (2, 51)	-7.48 (1.05, -15.86) 7 (4, -1)	1.19 (-2.11, 20.95) 4 (1, 20)	9.48 (-2.17, -12.28) 7 (2, 2)	7.33 (-3.45, -11.82) 8 (2, 3)	7.91 (2.52, -14.9) 7 (2, 2)	0.27 (0.75, -16.81) 8 (5, -1)	-4.36 (-0.52, -7.76) 3 (0, 1)	-9.23 (-5.22, -13.33) 10 (2, 3)	-7.82 (-2.89, -12.7) 8 (2, 2)	-3.81 (-14.2, -16.22) 10 (4, 2)	-3.76 (-9.39, -15.4) 11 (3, 3)	-10.06 (-5.96, -14.2) 12 (3, 3)	-9.75 (-5.49, -11.13) 9 (1, 3)	-7.74 (-1.77, -13.31) 8 (2, 2)	-9.57 (-6.57, -12.6) 11 (2, 3)	-9.02 (-6.81, -11.08) 10 (2, 3)	-9.37 (-1.28, -17.31) 12 (6, 2)	NA 12 (11, 0)	
Micronutrient supplement	0.72 (2.15, -0.64) -2 (0, -2)	-2.48 (-0.21, -4.81) 5 (4, 1)	-2.36 (-0.19, -4.71) 5 (3, 1)	-2.7 (-6.55, 0.77) 4 (0, 1)	-0.15 (3.22, -3.58) 0 (2, -3)	8.53 (10.06, 6.69) -7 (-2, -17)	7.33 (2.17, 12.28) -11 (-3, 22)	2.15 (-1.28, 0.46) 1 (3, -2)	-0.57 (-1.28, 0.46) 1 (3, -2)	7.6 (4.69, 10.79) -8 (-2, -8)	-0.75 (2.92, -4.53) -4 (-2, -1)	2.97 (1.65, 4.52) 3 (0, 1)	1.89 (-3.05, -1.05) -1 (0, 0)	-0.48 (-0.72, -0.42) 0 (0, 0)	-1.48 (-3.79, -1.91) 2 (-1, 1)	-2.43 (-3.79, -1.91) 5 (2, 1)	-2.72 (-3.51, -1.91) 3 (0, 1)	-0.93 (-3.32, 1.15) 1 (0, 0)	-0.4 (0.4, -1.03) 4 (0, 1)	-2.23 (-4.4, -0.32) 3 (0, 1)	-1.69 (-4.64, 1.2) 4 (0, 0)	-2.04 (0.89, -5.02) 3 (4, 0)	NA 5 (9, -2)
N-acetyl cysteine	1.29 (3.44, -1.11) -3 (0, -3)	-1.9 (1.07, -5.28) 4 (4, 0)	-1.79 (1.09, -5.17) 4 (3, 0)	-2.12 (-5.26, 0.31) 3 (0, 0)	0.42 (4.51, -4.05) -2 (-2, -4)	9.1 (11.34, 6.22) -10 (-2, -18)	7.91 (3.45, 11.82) -8 (-2, -4)	0.57 (1.28, -0.46) -1 (0, -1)	<b>1.57</b> <b>(-5.57, 9.14)</b> <b>12 (3, 23)</b>	8.18 (5.97, 10.33) -9 (-2, -9)	-0.17 (-1.29, 9.05) 0 (-3, -4)	3.55 (2.94, 4.06) -5 (-2, -2)	-1.32 (-1.76, -1.51) 2 (0, 0)	0.09 (0.57, -0.89) 0 (0, -1)	-0.9 (-2.04, -4.4) 2 (-2, -1)	-1.85 (-4.44, -3.58) 3 (2, 0)	-2.15 (-2.51, -2.38) 3 (1, 0)	-0.36 (-2.03, 0.69) 1 (-1, 0)	0.17 (1.68, -1.49) 0 (0, -1)	-1.66 (-3.12, -0.78) 3 (0, 0)	-1.12 (-3.35, 0.73) 2 (0, 0)	-1.46 (2.17, -5.49) 3 (4, -1)	NA 4 (9, -3)
Nigella sativa seed oil	-6.88 (-2.53, -11.43) 13 (6, 9)	-10.08 (-4.9, -15.6) 12 (5, 9)	-9.97 (-4.88, -15.5) 12 (2, 9)	-10.3 (-11.23, -10.02) 7 (4, 5)	-7.75 (-1.46, -14.37) 1 (0, -9)	0.92 (5.37, -4.1) -1 (0, -9)	-0.27 (-2.52, 1.49) 8 (2, 8)	-7.6 (-4.69, -10.79) 9 (2, 9)	-8.18 (-5.97, -10.33) 3 (1, 14)	9.75 (0.41, 19.46) -1.36 (4, 14)	8.35 (-1.29, 9.05) -5 (-5, -5)	-4.63 (-4.04, -6.27) 4 (0, 7)	-9.5 (-7.73, -11.84) 11 (2, 9)	-8.09 (-5.41, -11.21) 9 (2, 8)	-9.08 (-3.94, -14.73) 10 (4, 8)	-10.03 (-6.41, -13.91) 12 (3, 3)	-10.33 (-8.48, -12.71) 12 (3, 9)	-8.54 (-8.01, -9.64) 9 (1, 9)	-8.01 (-4.29, -11.82) 11 (2, 9)	-9.84 (-9.09, -11.11) -9 (3, -9)	-9.29 (-9.33, -9.59) 12 (6, 8)	-2.04 (-3.8, -15.81) 12 (6, 8)	NA 12 (11, 6)
Omega-3 fatty acids	1.46 (-0.77, 3.89) -3 (-3, 1)	-1.73 (-3.13, -0.28) 4 (1, 4)	-1.62 (-3.11, -0.18) 4 (0, 4)	-1.95 (-9.47, 5.3) 3 (-3, 4)	0.6 (0.3, 0.95) -1 (-1, 0)	9.27 (7.14, 11.22) -10 (-5, -14)	8.08 (-2.92, 16.81) -8 (-5, -3)	0.75 (-2.92, 4.53) -1 (-3, 3)	0.17 (-4.2, 4.99) 0 (-3, 4)	8.35 (1.77, 15.32) -9 (-5, -5)	1.4 (-1.29, 9.05) -5 (-5, -5)	3.72 (-1.29, 9.05) -5 (-5, -5)	-1.15 (-5.96, 3.48) 2 (-3, 4)	0.26 (-3.64, 4.11) 0 (-3, 3)	-0.73 (-2.17, 0.6) 2 (-1, 3)	-1.68 (-4.64, 1.41) 3 (-1, 4)	-1.98 (-6.24, 5.68) 4 (-2, 4)	-0.19 (-2.52, 3.5) 1 (-4, 4)	0.34 (-2.32, 3.4) 0 (-3, 3)	-1.49 (-7.32, 4.21) 3 (-3, 4)	-0.94 (-7.56, 5.73) 2 (-3, 4)	-1.29 (-2.03, -0.49) 3 (1, 1)	NA 4 (6, 1)
Prelox	-2.26 (0.5, -5.16) 3 (2, -1)	-5.45 (-1.86, -9.33) 9 (5, 2)	-5.34 (-1.84, -9.23) 8 (2, 2)	-3.12 (-8.2, -3.75) 4 (0, 4)	-5.67 (1.57, -8.1) 5 (0, -16)	5.55 (8.41, 2.17) -5 (-10, -16)	4.36 (0.52, 7.76) 4 (2, 1)	-2.97 (-1.65, -4.52) 5 (5, -2)	-3.55 (-2.94, -4.06) 5 (2, 2)	5.12 (-2.63, 13.2) 7 (1, 21)	-4.87 (3.04, 6.27) 7 (2, 2)	-3.46 (-4.7, -5.57) 7 (2, 2)	-4.45 (-2.37, -4.95) 7 (4, 2)	-5.7 (-0.9, -8.46) 9 (3, 3)	-4.5 (-3.38, -7.64) 6 (1, 9)	-4.45 (-5.44, -6.44) 9 (3, 2)	-3.38 (-4.97, -3.37) 5 (2, 1)	-5.21 (-1.25, -5.55) 8 (2, 2)	-4.66 (-6.05, -4.84) 8 (2, 2)	-5.01 (-6.29, -3.32) 7 (2, 2)	-9.55 (-0.76, -9.55) 8 (6, 1)	NA 9 (11, -1)	
Saffron	2.61 (5.2, 0.41) -5 (0, -3)	-0.58 (2.83, -3.76) 2 (4, 0)	-0.47 (2.85, -3.66) 1 (3, 0)	-0.8 (-3.5, 1.82) -4 (-2, -4)	1.74 (6.27, -2.53) -12 (-2, -18)	10.42 (13.1, 7.74) -10 (-2, -18)	9.23 (5.22, 13.33) -10 (-2, -3)	1.89 (3.05, 1.05) -3 (0, -1)	1.32 (1.76, 1.51) -2 (0, 0)	9.5 (7.73, 11.84) -2 (3, -4)	1.15 (5.96, -3.48) -2 (3, -4)	4.87 (4.7, 5.57) -7 (-2, -2)	<b>0.25</b> <b>(-7.33, 7.62)</b> <b>14 (3, 23)</b>	1.41 (2.33, 0.63) -2 (0, -1)	0.42 (3.8, -2.88) -1 (-2, -1)	-0.53 (-3.2, -5.07) 1 (2, 0)	-0.83 (-2.07, 2.2) 1 (1, 0)	0.96 (3.45, 0.02) -3 (0, -1)	1.49 (-1.36, 0.73) 0 (0, 0)	-0.34 (-1.59, 2.25) 0 (0, 0)	0.2 (3.93, -3.97) 1 (4, -1)	-0.14 (3.93, -3.97) 1 (4, -1)	NA 1 (9, -3)
Selenium supplements	1.2 (2.97, -0.22) -2 (0, -2)	-1.88 (0.5, -4.39) 4 (4, 1)	-1.99 (0.52, -4.28) 4 (3, 1)	-2.21 (-5.83, 1.19) 3 (0, 1)	0.33 (3.94, -3.16) -1 (-2, -3)	9.01 (10.77, 7.11) -10 (-2, -17)	7.82 (2.89, 12.7) -8 (-2, -2)	0.48 (0.72, 0.42) -1 (0, 0)	-0.09 (-0.57, 0.89) 0 (0, 1)	8.09 (5.41, 11.21) -9 (-2, -8)	-0.26 (3.64, -4.11) 5 (-2, -1)	3.46 (2.37, 4.95) -5 (-2, -1)	-1.41 (-2.33, -0.63) 2 (0, 1)	<b>1.67</b> <b>(-5.82, 9.25)</b> <b>12 (3, 22)</b>	-0.99 (1.47, -3.51) 2 (2, 0)	-1.94 (-1.01, -2.69) 4 (1, 1)	-2.24 (-						