

Difference between morphology NMA estimated relative effect compared to placebo and ranks																							
Ranks in <i>italics</i> , 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 e	Vitamin/minerals combos	Vitamin/minerals supplements	Walnuts	Zinc/zinc + folic acid	Placebo/no treatment
Antioxidants	2.84 (-2.26, 7.71) 10 (3, 20)	-3.2 (-2.12, -4.01) 6 (4, 3)	-3.05 (-2.13, -3.58) 6 (3, 3)	-3.34 (-8.17, 2.03) 6 (1, 3)	-0.8 (1.2, -2.59) 7 (2, -1)	7.93 (8.37, 7.76) -7 (-2, -15)	6.45 (-0.16, 13.21) -5 (-2, 1)	-0.68 (-2.45, 1.16) 1 (0, 2)	-1.27 (-3.46, 1.35) 3 (0, 3)	6.83 (2, 11.68) 6 (-2, -4)	-1.41 (1.02, -3.49) 2 (3, -1)	2.19 (-0.68, 5.1) -2 (-2, 1)	-2.54 (-5.03, -0.07) 5 (0, 3)	-1.12 (-2.54, 0.62) 2 (0, 2)	-2.14 (-1.27, -2.57) 4 (2, 2)	-3.14 (-4.26, -2.14) 6 (2, 3)	-3.42 (-5.86, -0.6) 6 (1, 3)	-2.77 (-6.21, 1.04) 5 (0, 3)	-1.62 (-5.31, 2.65) 3 (-1, 3)	-1 (-1.7, -0.01) 2 (0, 2)	-2.41 (-7.32, 2.38) 4 (-1, 3)	-2.87 (-1.41, -4.14) 6 (4, 2)	NA 6 (9, 0)
Coenzyme q10	3.2 (2.12, 4.01) -6 (-4, -3)	-0.37 (-4.39, 3.7) 16 (7, 23)	0.15 (-0.01, 0.44) 0 (-1, 0)	-0.13 (-6.05, 6.04) -1 (-5, 0)	2.41 (3.33, 1.42) -5 (-2, -4)	2.41 (10.49, 11.77) -14 (-6, -18)	9.66 (1.97, 17.22) -12 (-6, -2)	2.52 (-0.32, 5.17) -5 (-4, -1)	1.94 (-1.33, 5.36) -4 (-4, 0)	10.04 (4.13, 15.69) -12 (-6, -7)	1.79 (3.14, 0.52) -4 (-1, -4)	5.39 (1.44, 9.11) -9 (-6, -2)	0.66 (-2.9, 3.94) -2 (-4, 0)	2.08 (-0.41, 4.63) -4 (-4, -1)	1.06 (0.85, 1.44) -2 (-2, -1)	0.06 (-2.14, 1.88) 0 (-3, 0)	-0.21 (-3.74, 3.41) 0 (-3, 0)	0.43 (-4.08, 5.05) -1 (-4, 0)	1.58 (-3.19, 6.66) -3 (-5, 0)	2.2 (0.43, 4) -5 (-4, -1)	0.79 (-5.19, 6.39) -2 (-5, 0)	0.33 (0.71, -0.13) -1 (0, -1)	NA 0 (5, -3)
Folic acid	3.05 (2.13, 3.58) -6 (-3, -3)	-0.15 (0.01, -0.44) 0 (1, 0)	-0.22 (-4.39, 4.13) 16 (6, 23)	-0.28 (-6.04, 5.6) -1 (-4, 0)	2.26 (3.33, 0.99) -5 (-1, -4)	10.99 (10.5, 11.34) -14 (-5, -18)	9.51 (1.97, 16.79) -11 (-5, -2)	2.37 (-0.32, 4.74) -5 (-3, -1)	1.79 (-1.33, 4.93) -4 (-3, 0)	1.64 (4.13, 15.26) -4 (0, -4)	5.24 (1.45, 8.67) -9 (-5, -2)	0.51 (-2.9, 3.51) -1 (-3, 0)	1.93 (-0.4, 4.2) -4 (-3, -1)	0.91 (0.86, 1) -2 (-1, -1)	-0.09 (-2.13, 1.44) 0 (-2, 0)	-0.36 (-3.73, 2.97) 0 (-2, 0)	-0.28 (-4.07, 4.61) -1 (-3, 0)	1.43 (-3.18, 6.23) -3 (-4, 0)	2.05 (0.43, 3.56) -4 (-3, -1)	0.64 (-5.18, 5.96) -2 (-4, 0)	0.18 (0.72, -0.57) 0 (1, -1)	NA 0 (6, -3)	
Herb/mineral supplement	3.34 (8.17, -7.03) -6 (-1, -3)	0.13 (6.05, -6.04) 1 (5, 0)	0.28 (6.04, -5.6) 1 (4, 0)	-0.5 (-10.43, 9.74) 15 (2, 23)	2.54 (9.37, -4.62) -4 (-3, -4)	2.54 (16.54, 5.73) -13 (-1, -2)	11.27 (8.02, 11.18) -11 (-5, -2)	2.65 (5.73, -0.87) -4 (-1, -2)	2.07 (4.71, -0.68) -3 (1, 0)	10.17 (10.17, 9.65) -12 (-1, -7)	1.93 (9.19, -5.52) -3 (-4, -2)	5.52 (7.49, 3.07) -8 (-1, -2)	0.8 (3.14, -2.1) -1 (1, 0)	2.22 (5.64, -7.14) -3 (-1, -1)	1.19 (6.9, -4.6) -1 (-3, 0)	0.19 (3.91, -4.16) 0 (3, 0)	-0.08 (1.97, -0.99) 1 (2, 0)	0.57 (-1.97, -0.99) -1 (-3, 0)	1.72 (2.86, 0.62) -2 (0, 0)	2.34 (6.47, -2.04) -4 (-3, -1)	0.93 (0.86, 0.35) -1 (0, 0)	0.46 (6.76, -6.17) 0 (5, -1)	NA 1 (10, -3)
L-carnitine/l-acetylcarnitine	0.8 (-1.2, 2.59) -1 (-2, 1)	-2.41 (-3.33, -1.42) 5 (2, 4)	-2.26 (-3.33, -0.99) 5 (1, 4)	-2.54 (-9.37, 4.62) 4 (-3, 4)	2.04 (-1.06, 5.12) 11 (5, 19)	8.73 (7.17, 10.35) -9 (-4, -14)	7.25 (-1.36, 15.8) -6 (-4, -2)	0.12 (-3.65, 3.75) 0 (-2, 3)	-0.47 (-4.66, 3.94) 2 (-2, 4)	7.63 (0.8, 14.27) -9 (-2, -3)	-0.61 (-0.18, -0.9) 1 (1, 0)	2.98 (-1.89, 7.69) -4 (-4, 2)	-1.74 (-6.23, 2.52) 4 (2, 4)	-0.32 (-3.74, 3.21) 1 (2, 3)	-1.35 (-2.47, 0.01) 3 (0, 3)	-2.35 (-5.46, 0.45) 5 (0, 4)	-2.62 (-7.07, 1.99) 4 (-2, 4)	-0.82 (-7.41, 3.63) 2 (-3, 4)	-0.2 (-2.9, 2.58) 1 (-2, 3)	-1.61 (-8.52, 4.97) 3 (-3, 4)	-2.08 (-2.62, -1.55) 5 (2, 3)	NA 5 (7, 1)	
L-carnitine+cinn	-7.93 (-8.37, -7.76) 7 (2, 15)	-11.14 (-10.49, -11.77) 14 (6, 18)	-10.99 (-10.5, -11.34) 14 (5, 18)	-11.27 (-16.54, -5.73) 13 (1, 18)	-8.73 (-7.17, -10.35) 9 (4, 14)	10.77 (6.11, 15.47) 2 (1, 5)	-1.48 (-8.52, 5.45) 2 (0, 16)	-8.62 (-10.81, -6.6) 9 (2, 17)	-9.2 (-11.83, -6.41) 10 (2, 18)	-9.34 (-7.35, -11.25) 10 (5, 14)	-5.75 (-9.05, -2.66) 8 (2, 18)	-10.47 (-13.4, -7.83) 12 (2, 18)	-9.05 (-10.9, -7.14) 10 (2, 17)	-10.08 (-9.64, -10.33) 12 (4, 17)	-11.08 (-12.63, -9.49) 13 (6, 19)	-11.35 (-14.23, -8.36) 14 (3, 18)	-11.35 (-14.57, -6.72) 13 (2, 18)	-9.55 (-13.68, -5.11) 11 (1, 18)	-8.93 (-10.07, -7.77) 9 (2, 17)	-10.34 (-15.68, -5.38) 12 (1, 18)	-10.81 (-9.78, -11.9) 13 (6, 17)	NA 14 (11, 15)	
Magnesium	-6.45 (0.16, -13.21) 5 (2, -1)	-9.66 (-1.97, -17.22) 12 (6, 2)	-9.51 (-1.97, -16.79) 11 (5, 2)	-9.79 (-8.02, -11.18) 11 (1, 2)	-7.25 (1.36, -15.8) 6 (4, -2)	9.29 (-2.42, 20.92) 4 (1, 21)	-7.13 (8.52, -5.45) -2 (0, -16)	-7.72 (-2.29, -12.05) 8 (2, 2)	-0.77 (-3.3, -11.86) 9 (2, 3)	-0.38 (-10.83, -6.41) 10 (2, 18)	-7.86 (-6.37, 3.92) 8 (5, -2)	-4.27 (-0.53, -8.12) 3 (0, 0)	-8.99 (-2.38, -12.59) 8 (2, 1)	-7.57 (-1.12, -15.79) 9 (4, 1)	-8.6 (-4.1, -15.35) 11 (4, 2)	-9.6 (-5.71, -13.81) 11 (2, 4)	-9.22 (-6.05, -12.18) 10 (2, 2)	-8.07 (-5.15, -10.56) 9 (1, 2)	-7.45 (-1.54, -13.22) 7 (2, 1)	-8.86 (-7.16, -10.83) 10 (1, 2)	-9.33 (-1.26, -17.36) 11 (6, 1)	NA 11 (11, -1)	
Micronutrient supplement	0.68 (2.45, -1.16) -1 (0, -2)	-2.52 (0.32, -5.17) 5 (4, 1)	-2.37 (0.32, -4.74) 5 (3, 1)	-2.65 (-5.73, 0.87) 4 (-1, 1)	-0.12 (3.65, -3.75) 0 (2, -3)	8.62 (10.81, 6.6) -9 (-2, -7)	7.13 (2.29, 12.05) -7 (-2, -1)	2.15 (-0.71, 8.87) 11 (3, 22)	-0.58 (-1.01, 0.19) 1 (0, 1)	7.52 (4.45, 10.52) -7 (-2, -6)	-0.73 (-3.47, -4.65) 1 (3, 3)	2.87 (1.76, 3.93) -4 (-2, -1)	-1.86 (-2.58, -1.23) 3 (0, 1)	-0.44 (-0.09, -0.54) 1 (0, 0)	-1.46 (1.17, -3.74) 3 (2, 0)	-2.46 (-1.81, -3.3) 4 (2, 1)	-2.73 (-3.76, -0.13) 5 (1, 1)	-2.09 (-3.76, -0.13) 4 (0, 1)	-0.94 (-2.86, 1.49) 2 (-1, 1)	-0.32 (0.75, -1.17) 1 (0, 0)	-1.73 (-4.87, 1.22) 3 (-1, 1)	-2.19 (1.03, -5.31) 4 (4, 0)	NA 5 (9, -2)
N-acetyl cysteine	1.27 (3.46, -1.35) -3 (-0, -3)	-1.94 (1.33, -5.36) 4 (4, 0)	-1.79 (1.33, -4.93) 4 (3, 0)	-2.07 (-4.71, 0.68) -1 (-3, 0)	0.47 (4.66, -3.94) 3 (-1, 0)	9.2 (11.83, 6.41) -8 (-2, -2)	7.72 (3.3, 11.86) -1 (0, -1)	0.58 (-5.72, 9.06) 12 (3, 23)	1.57 (-0.96, 5.06) 12 (3, 23)	8.1 (5.46, 10.33) -9 (-2, -7)	-0.14 (-4.48, -4.84) 0 (3, -4)	3.45 (-2.77, 3.75) 2 (0, 0)	-1.27 (-1.57, -1.42) 2 (0, 0)	0.15 (0.92, 0.73) 2 (1, -3)	-0.88 (-2.19, -3.93) 3 (0, 2)	-1.88 (-0.8, -3.49) 4 (1, 0)	-2.15 (-4.21, -1.95) 4 (1, 0)	-0.31 (-2.75, -0.31) 2 (0, 0)	-1.85 (-1.85, 1.3) 9 (1, 2)	1.76 (1.76, -1.36) -1 (0, -1)	-1.15 (-3.86, 1.03) 2 (-1, 0)	-1.61 (2.04, -5.49) 3 (4, -4)	NA 4 (9, -3)
Nigella sativa seed oil	-6.83 (-2, -11.68) 6 (2, 4)	-10.04 (-4.13, -15.69) 12 (6, 7)	-9.89 (-4.13, -15.26) 12 (5, 7)	-10.17 (-16.54, -5.73) 12 (1, 7)	-7.63 (-0.8, -14.27) 7 (4, 3)	1.1 (8.37, -3.92) -2 (0, -1)	-0.38 (-2.16, 1.53) 1 (0, 5)	-7.52 (-4.45, -10.33) 7 (2, 6)	-8.25 (-5.46, -10.33) 8 (1, 16)	-8.25 (-9.98, -5.17) 8 (5, 3)	-8.25 (-1.24, 4.42) 12 (6, 19)	-4.65 (-2.69, -6.59) 4 (0, 5)	-9.37 (-7.03, -11.75) 11 (7, 2)	-7.96 (-4.54, -11.06) 8 (2, 6)	-8.98 (-6.26, -13.82) 10 (4, 6)	-9.98 (-14.23, -8.36) 12 (4, 7)	-10.25 (-14.57, -12.28) 12 (3, 2)	-9.61 (-7.31, -9.03) 9 (1, 2)	-8.46 (-13.68, -5.11) 8 (2, 6)	-9.25 (-9.32, -9.3) 10 (1, 7)	-9.71 (-3.42, -15.83) 12 (6, 6)	NA 12 (11, 4)	
Omega-3 fatty acids	1.41 (-1.02, 3.49) -2 (-3, 1)	-1.79 (-3.14, -0.52) 4 (1, 4)	-1.64 (-3.15, -0.09) 4 (0, 4)	-1.93 (-9.19, 5.52) -1 (-1, 0)	0.61 (0.18, 0.9) -1 (-1, 0)	1.74 (7.35, 11.25) -1 (18, 16.7)	7.86 (-1.18, 16.7) 0 (-3, 4)	0.73 (-3.47, 4.65) -1 (-5, -2)	9.34 (-4.48, 4.84) 0 (-3, 4)	8.25 (0.98, 15.17) -1 (12, 6)	1.42 (-1.24, 4.22) 12 (6, 19)	3.6 (-1.7, 8.59) -2 (3, 4)	-1.13 (-6.05, 3.42) 1 (-1, 3)	0.29 (-3.55, 4.11) 0 (3, 3)	-0.73 (-2.29, 0.92) 4 (-1, 3)	-1.73 (-5.28, 1.36) 4 (-1, 4)	-2.01 (-6.88, 2.89) 3 (-3, 3)	-1.36 (-7.22, 4.53) 4 (-1, 4)	-0.21 (-6.33, 6.14) 3 (-3, 3)	0.41 (-2.72, 3.48) 0 (3, 3)	-1 (-8.33, 5.87) 2 (-4, 4)	-1.46 (-2.43, -0.65) 3 (1, 3)	NA 4 (6, 1)
Prelox	-2.19 (0.68, -5.1) 2 (2, -1)	-5.39 (-1.44, -9.11) 9 (6, 2)	-5.24 (-1.45, -8.67) 9 (5, 2)	-5.52 (-7.49, -3.07) 8 (1, 2)	-2.98 (1.89, -7.69) 3 (4, -2)	5.75 (9.05, 2.66) -5 (0, -16)	4.27 (0.53, 8.12) -3 (0, 0)	-2.87 (-3.76, -3.93) 4 (2, 1)	-3.45 (-2.77, -3.75) 5 (2, 2)	4.65 (-2.69, 6.59) 0 (0, 5)	-3.6 (1.7, -8.59) 7 (1, 21)	5.02 (-2.95, 12.81) 7 (2, 2)	-4.73 (-4.34, -5.16) 7 (2, 2)	-3.31 (-1.85, -4.48) 5 (2, 1)	-4.33 (-0.59, -7.67) 7 (4, 1)	-5.33 (-3.58, -7.23) 8 (4, 2)	-5.6 (-5.52, -4.06) 7 (2, 2)	-4.96 (-4.63, -2.45) 6 (1, 2)	-3.81 (-1.01, -5.11) 4 (2, 1)	-4.6 (-6.63, -2.72) 7 (1, 2)	-5.06 (-0.73, -9.24) 8 (6, 1)	NA 9 (11, -1)	
Saffron	2.54 (5.03, 0.07) -5 (0, -3)	-0.66 (2.9, -3.94) 2 (4, 0)	-0.51 (2.9, -3.51) 1 (3, 0)	-0.8 (-3.14, 2.1) 1 (-1, 0)	1.74 (6.23, -2.52) -4 (2, 4)	1.74 (13.4, 7.83) -10 (-2, -2)	8.99 (4.87, 13.28) -10 (-2, -2)	1.86 (2.58, 1.23) -2 (0, 0)	1.27 (1.57, 1.42) -11 (-2, -7)	1.13 (4.34, 5.16) -2 (3, -4)	0.3 (-7.29, 7.64) 14 (3, 23)	1.42 (2.49, 0.69) -2 (0, -1)	0.39 (3.75, -2.51) 1 (-2, 1)	1.42 (0.84, -0.53) 2 (0, 1)	0.39 (3.75, -2.51) 1 (-2, 1)	-0.6 (0.77, 2.07) 1 (2, 0)	-0.88 (-0.84, -0.53) 0 (0, 0)	-0.23 (-1.18, 1.1) -1 (0, -1)	0.92 (3.33, 0.06) -3 (0, -1)	1.54 (-2.29, 2.45) 0 (0, 0)	-0.33 (3.61, -4.08) 1 (4, -1)	NA 1 (9, -3)	
Selenium supplements	1.12 (2.54, -0.62) -2 (0, -2)	-2.08 (0.41, -4.63) 4 (4, 1)	-1.93 (0.4, -4.2) 4 (3, 1)	-2.22 (-5.64, 1.41) 3 (-1, 1)	0.32 (3.74, -3.21) -1 (2, -3)	9.05 (10.9, 7.14) -10 (-2, -1)	7.57 (2.38, 12.59) -8 (-2, -1)	0.44 (0.09, 0.54) -1 (0, 0)	-0.15 (-0.92, 0.73) 0 (0, 1)	7.96 (4.54, 11.06) -8 (-2, -6)	-0.29 (3.55, -4.11) 0 (3, -3)	3.31 (1.85, 4.48) -5 (-2, -1)	-1.42 (-2.49,										