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 + I- carnitine + lycopene + zinc high dose	coenzyme- q10 + I- carnitine + lycopene + zinc low dose	folic acid	herb/mineral supplement	I-carnitine/I-acetylcarnitine	I- carnitine+cinno	I-carnitine+I- 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/minera	walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	5.65 (-0.74, 12.08) 12 (3, 23)	-4.64 (-9.21, -0.78) 7 (1, 6)	-4.5 (-4.75, -4.4) 7 (5, 5)	4.71 (0.72, 8.76) -5 (-2, -2)	3.44 (-1.08, 7.45) -4 (-2, 1)	0.8 (-0.61, 2.11) -1 (-1, 1)	-0.4 (-6.89, 6.45) 2 (-2, 5)	-3.04 (-1.14, -5.19) 5 (5, 2)	6.08 (6.14, 5.78) -7 (-2, -11)	-3.66 (-11.58, 4.14) 5 (-2, 6)	-2.27 (-7.66, 3.15) 4 (-1, 5)	-2.88 (-5.89, 0.1) 5 (0, 5)	-3.97 (-8.28, 0.28) 6 (0, 5)	-1.7 (-5.5, 2.01) 3 (-1, 5)	-3.13 (-6.84, 0.67) 5 (0, 5)	3.68 (-3.45, 10.22) -3 (-2, 4)	-2.8 (-1.52, -4.17) 5 (4, 2)	0.32 (-2.7, 3.2) 0 (-1, 3)	4.22 (-0.66, 8.42) -4 (-2, 1)	-6.12 (-9.88, -2.16) 9 (2, 6)	-0.32 (-2.63, 1.91) 1 (-1, 3)	-13.65 (-21.53, -5.41) 15 (7, 6)	-0.28 (-0.2, -0.31) 0 (0, 1)	-6.02 (-8.04, -3.66) 9 (4, 6)	-9.26 (-14.06, -5.15) 12 (6, 6)	-2.52 (-8.77, 3.99) 4 (-2, 6)	-2.61 (-12.3, 7.48) 4 (-2, 6)	-3.23 (-1.82, -4.47) 6 (5, 3)	NA 10 (15, 2)
carob	4.64 (9.21, 0.78) -7 (-1, -6)	1.01 (-9.95, 11.3) 19 (4, 29)	0.13 (4.45, -3.62) 0 (4, -1)	9.35 (9.92, 9.55) -12 (-3, -8)	8.07 (8.13, 8.24) -11 (-3, -5)	5.43 (8.59, 2.9) -8 (-2, -5)	4.24 (2.31, 7.24) -6 (-3, -1)	1.59 (8.06, -4.4) -2 (4, -4)	10.71 (15.35, 6.56) -14 (-3, -17)	0.98 (-2.38, 4.92) -2 (-3, 0)	2.37 (1.55, 3.93) -3 (-2, -1)	1.76 (3.31, 0.88) -2 (-1, -1)	0.67 (0.93, 1.06) -1 (-1, -1)	2.93 (3.7, 2.79) -4 (-2, -1)	1.51 (2.36, 1.45) -2 (-1, -1)	8.31 (5.75, 11) -10 (-3, -2)	1.84 (7.68, -3.39) -2 (3, -4)	4.95 (6.51, 3.99) -7 (-2, -3)	8.85 (8.55, 9.21) -12 (-3, -5)	-1.48 (-0.68, -1.37) 2 (1, 0)	4.32 (6.57, 2.7) -6 (-2, -3)	-9.02 (-12.33, -4.63) 7 (6, 0)	4.36 (9.01, 0.48) -7 (-1, -5)	-1.38 (1.17, -2.88) 2 (3, 0)	-4.62 (-4.86, -4.36) 5 (5, 0)	2.12 (0.43, 4.78) -3 (-3, 0)	2.02 (-3.09, 8.27) -3 (-3, 0)	1.41 (7.39, -3.68) -2 (4, -3)	NA 3 (14, -4)
coenzyme q10	4.5 (4.75, 4.4) -7 (-5, -5)	-0.13 (-4.45, 3.62) 0 (-4, 1)	1.14 (-5.5, 7.68) 19 (8, 28)	9.22 (5.47, 13.17) -12 (-7, -7)	7.94 (3.67, 11.86) -11 (-7, -4)	5.3 (4.14, 6.52) -8 (-6, -4)	4.11 (-2.14, 10.86) -6 (-7, 0)	1.46 (3.61, -0.78) -2 (0, -3)	10.58 (10.9, 10.18) -15 (-7, -16)	0.85 (-6.83, 8.54) -2 (-7, 1)	2.24 (-2.9, 7.55) -4 (-6, 0)	1.63 (-1.14, 4.5) -3 (-5, 0)	0.54 (-3.52, 4.68) -1 (-5, 0)	2.8 (-0.75, 6.41) -4 (-6, 0)	1.37 (-2.09, 5.07) -2 (-5, 0)	8.18 (1.3, 14.62) -11 (-7, -1)	1.71 (3.23, 0.23) -3 (-1, -3)	4.82 (2.06, 7.61) -7 (-6, -2)	8.72 (4.1, 12.83) -12 (-7, -4)	-1.61 (-5.13, 2.25) 2 (-3, 1)	4.19 (2.12, 6.32) -7 (-6, -2)	-9.15 (-16.78, -1.01) 7 (2, 1)	4.23 (4.55, 4.1) -7 (-5, -4)	-1.51 (-3.29, 0.74) 2 (-1, 1)	-4.76 (-9.31, -0.74) 5 (1, 1)	1.99 (-4.02, 8.4) -3 (-7, 1)	1.89 (-7.54, 11.89) -3 (-7, 1)	1.28 (2.93, -0.06) -2 (0, -2)	NA 3 (10, -3)
coenzyme-q10 + I-carnitine + lycopene +	-4.71 (-0.72, -8.76)	-9.35 (-9.92, -9.55)	-9.22 (-5.47, -13.17)	10.36 (-0.03, 20.85)	-1.28 (-1.8, -1.31)	-3.92 (-1.33, -6.65)	-5.11 (-7.61, -2.31)	-7.76 (-1.86, -13.95)	1.36 (5.43, -2.98)	-8.37 (-12.3, -4.62)	-6.98 (-8.37, -5.62)	-7.59 (-6.61, -8.67)	-8.68 (-8.99, -8.48)	-6.42 (-6.22, -6.75)	-7.84 (-7.56, -8.1)	-1.04 (-4.17, 1.45)	-7.51 (-2.24, -12.94)	-4.4 (-3.41, -5.56)	-0.5 (-1.37, -0.34)	-10.83 (-10.6, -10.92)	-5.03 (-3.35, -6.85)	-18.37 (-22.25, -14.18)	-4.99 (-0.92, -9.07)	-10.73 (-8.76, -12.43)	-13.97	-7.23 (-9.49, -4.77)	-7.33 (-13.01, -1.28)	-7.94 (-2.54, -13.23)	NA 15 (17, 4)
zinc high dose coenzyme-q10 + I-carnitine +	5 (2, 2) -3.44 (1.08, -7.45)	-8.07 (-8.13, -8.24)	-7.94 (-3.67, -11.86)	7 (1, 21) 1.28 (1.8, 1.31)	9.08 (-1.82, 19.53)	-2.64 (0.47, -5.34)	-3.83 (-5.81, -1)	-6.48 (-0.06, -12.64)	-2 (0, -9) 2.64 (7.22, -1.67)	-7.09 (-10.5, -3.31)	9 (1, 7) -5.71 (-6.58, -4.31)	-6.31 (-4.81, -7.36)	-7.4 (-7.2, -7.17)	-5.14 (-4.43, -5.44)	-6.57 (-5.76, -6.79)	2 (0, 6) 0.24 (-2.37, 2.77)	-6.23 (-0.44, -11.62)	-3.12 (-1.62, -4.25)	0 (0, 3) 0.78 (0.42, 0.97)	-9.55 (-8.8, -9.61)	-3.75 (-1.55, -5.54)	-17.09 (-20.45, -12.87)	-3.71 (0.88, -7.76)	-9.45 (-6.96, -11.12)	-12.7 (-12.98, -12.6)	9 (0, 8) -5.95 (-7.69, -3.46)	9 (0, 8) -6.05 (-11.22, 0.03)	-6.66 (-0.74, -11.92)	NA 14 (17, 1)
zinc low dose	-0.8 (0.61, -2.11)	-5.43 (-8.59, -2.9)	-5.3 (-4.146.52)	-1 (0, -3) 3.92 (1.33, 6.65)	2.64 (-0.47, 5.34)	3 (1, 0) 6.45 (-1.35, 14.19)	5 (0, 4) -1.19 (-6.28, 4.34)	9 (7, 1) -3.84 (-0.53, -7.3)	-4 (0, -12) 5.28 (6.75, 3.67)	9 (0, 5) -4.46 (-10.97, 2.03)	7 (1, 4) -3.07 (-7.05, 1.03)	-3.67 (-5.28, -2.02)	-4.77 (-7.67, -1.83)	7 (1, 4) -2.5 (-4.890.1)	9 (2, 4) -3.93 (-6.23, -1.45)	0 (0, 3) 2.88 (-2.84, 8.11)	8 (6, 1) -3.59 (-0.91, -6.28)	-0.48 (-2.09, 1.09)	-1 (0, 0) 3.42 (-0.04, 6.31)	-6.91 (-9.27, -4.27)	4 (1, 2) -1.12 (-2.02, -0.2)	18 (9, 5) -14.45 (-20.92, -7.52)	4 (2, 0) -1.07 (0.41, -2.42)	13 (6, 5) -6.82 (-7.43, -5.78)	16 (8, 5) -10.06 (-13.45, -7.26)	-3.31 (-8.16, 1.88)	8 (0, 5) -3.41 (-11.69, 5.37)	9 (7, 2) -4.02 (-1.21, -6.58)	NA
herb/mineral	1 (1, -1) 0.4 (6.89, -6.45)	8 (2, 5)	8 (6, 4) -4.11 (2.14, -10.86)	-4 (-1, -3) 5.11 (7.61, 2.31)	-3 (-1, 0) 3.83 (5.81, 1)	11 (2, 24) 1.19 (6.28, -4.34)	2 (-1, 4) 5.25 (-7.63, 18.54)	6 (6, 1) -2.65 (5.75, -11.64)	6.47 (13.03, -0.67)	6 (-1, 5) -3.26 (-4.69, -2.32)	-1.87 (-0.76, -3.31)	6 (1, 4) -2.48 (1, -6.36)	7 (1, 4) -3.57 (-1.39, -6.18)	4 (0, 4) -1.31 (1.39, -4.45)	6 (1, 4) -2.73 (0.05, -5.79)	-2 (-1, 3) 4.08 (3.44, 3.76)	6 (5, 1) -2.4 (5.37, -10.63)	1 (0, 2) 0.71 (4.2, -3.25)	4.61 (6.24, 1.97)	10 (3, 5) -5.72 (-2.99, -8.61)	2 (0, 2) 0.08 (4.26, -4.54)	16 (8, 5) -13.26 (-14.64, -11.87)	1 (1, 0)	10 (5, 5) -5.62 (-1.15, -10.12)	13 (7, 5)	5 (-1, 5) -2.12 (-1.88, -2.46)	5 (-1, 5) -2.22 (-5.4, 1.03)	-2.83 (5.07, -10.92)	11 (16, 1) NA
l-carnitine/l-	-2 (2, -5) 3.04 (1.14, 5.19)	6 (3, 1) -1.59 (-8.06, 4.4)	6 (7, 0) -1.46 (-3.61, 0.78)	7.76 (1.86, 13.95)	6.48 (0.06, 12.64)	-2 (1, -4) 3.84 (0.53, 7.3)	13 (1, 28) 2.65 (-5.75, 11.64)	4 (7, -3) 2.6 (-1.89, 6.89)	9.12 (7.29, 10.97)	4 (0, 1) -0.61 (-10.44, 9.33)	2 (1, 0) 0.78 (-6.51, 8.33)	3 (2, 0) 0.17 (-4.75, 5.28)	5 (2, 0) -0.92 (-7.13, 5.47)	2 (1, 0) 1.34 (-4.36, 7.2)	4 (2, 0) -0.09 (-5.7, 5.85)	-5 (0, -1) 6.72 (-2.31, 15.4)	3 (6, -3) 0.25 (-0.38, 1.01)	-1 (1, -2) 3.36 (-1.55, 8.39)	7.26 (0.49, 13.61)	8 (4, 1) -3.07 (-8.74, 3.03)	-1 (1, -2) 2.73 (-1.49, 7.1)	13 (9, 1) -10.61 (-20.39, -0.23)	2.77 (0.94, 4.88)	8 (6, 1) -2.97 (-6.89, 1.52)	11 (8, 1) -6.22 (-12.92, 0.04)	3 (0, 1) 0.53 (-7.63, 9.18)	3 (0, 1) 0.43 (-11.15, 12.67)	-0.18 (-0.68, 0.72)	9 (17, -3) NA
acetylcarnitine	-5 (-5, -2) -6.08	2 (-4, 4) -10.71 (-15.35, -6.56)	2 (0, 3)	-10 (-7, -4) -1.36	-9 (-7, -1) -2.64 (-7.22, 1.67)	-6 (-6, -1) -5.28	-4 (-7, 3) -6.47 (-13.03, 0.67)	17 (8, 25) -9.12	-12 (-7, -13) 11.73	-9.73	-1 (-6, 3) -8.35	0 (-5, 3) -8.95	1 (-5, 3)	-2 (-6, 3) -7.78	0 (-5, 3) -9.21	-2.4 (-9.6, 4.44)	0 (-1, 0)	-5 (-6, 1) -5.76	-10 (-7, -1) -1.86	<i>4 (-3, 4)</i> -12.19	-4 (-6, 1) -6.4	9 (2, 4) -19.73 (-27.68, -11.19)	-5 (-5, -1) -6.35	-12.1	7 (1, 4)	-1 (-7, 4) -8.59	-1 (-7, 4) -8.69	-9.3 (-7.96, -10.25)	5 (10, 0) NA
I-carnitine+l-carnitine	7 (2, 11) 3.66 (11.58, -4.14)	14 (3, 17) -0.98 (2.38, -4.92)	15 (7, 16) -0.85 (6.83, -8.54)	2 (0, 9) 8.37 (12.3, 4.62)	7.09 (10.5, 3.31)	6 (1, 12) 4.46 (10.97, -2.03)	9 (0, 16) 3.26 (4.69, 2.32)	12 (7, 13) 0.61 (10.44, -9.33)	9.73 (17.73, 1.64)	13 (0, 17) 1.99	11 (1, 16) 1.39	12 (2, 16) 0.78 (5.69, -4.04)	13 (2, 16) -0.31 (3.3, -3.86)	10 (1, 16) 1.95 (6.08, -2.13)	12 (2, 16) 0.53 (4.74, -3.47)	4 (0, 15) 7.34 (8.13, 6.08)	12 (6, 13) 0.86 (10.06, -8.31)	7 (1, 14) 3.97 (8.89, -0.94)	3 (0, 12) 7.87 (10.93, 4.28)	16 (4, 17) -2.46 (1.7, -6.3)	8 (1, 14) 3.34 (8.95, -2.23)	22 (9, 17) -9.99	8 (2, 12) 3.38 (11.38, -4.45)	17 (6, 17) -2.36	20 (8, 17) -5.6 (-2.48, -9.29)	11 (0, 17) 1.14 (2.81, -0.15)	11 (0, 17) 1.04 (-0.71, 3.34)	13 (7, 14) 0.43 (9.76, -8.61)	18 (17, 13) NA
fumarate+ala magnesium	-5 (2, -6) 2.27 (7.66, -3.15)	2 (3, 0) -2.37 (-1.55, -3.93)	2 (7, -1) -2.24 (2.9, -7.55)	6.98 (8.37, 5.62)	5.71 (6.58, 4.31)	-6 (1, -5) 3.07 (7.05, -1.03)	1.87 (0.76, 3.31)	-0.78 (6.51, -8.33)	8.35 (13.8, 2.63)	-1.39 (-3.93, 0.99)	-2 (1, -1) 3.38 (-8.4, 15.23)	-1 (2, -1) -0.61 (1.76, -3.05)	-1.7 (-0.62, -2.87)	-2 (1, -1) 0.56 (2.15, -1.14)	-0.86 (0.81, -2.48)	-9 (0, -2) 5.95 (4.2, 7.07)	-1 (6, -4) -0.53 (6.14, -7.32)	2.59 (4.96, 0.05)	-10 (0, -5) 6.49 (7, 5.28)	-3.85 (-2.22, -5.3)	-5 (1, -3) 1.95 (5.02, -1.23)	9 (9, 0) -11.38 (-13.88, -8.56)	-5 (2, -5) 1.99 (7.46, -3.45)	-3.75 (-0.38, -6.81)	7 (8, 0) -6.99 (-6.41, -8.29)	-1 (0, 0) -0.25 (-1.12, 0.85)	-1 (0, 0) -0.35 (-4.64, 4.34)	0 (7, -3) -0.96 (5.84, -7.61)	NA (16, 2)
micronutrient	-4 (1, -5) 2.88 (5.89, -0.1)	3 (2, 1) -1.76 (-3.31, -0.88)	4 (6, 0) -1.63 (1.14, -4.5)	-9 (-1, -7) 7.59 (6.61, 8.67)	-7 (-1, -4) 6.31 (4.81, 7.36)	3.67 (5.28, 2.02)	-2 (-1, 0) 2.48 (-1, 6.36)	1 (6, -3) -0.17 (4.75, -5.28)	8.95 (12.04, 5.69)	2 (-1, 1) -0.78 (-5.69, 4.04)	0.61 (-1.76, 3.05)	1 (1, 0) 2.77 (-6.64, 12.18)	2 (1, 0) -1.09 (-2.39, 0.18)	-1 (0, 0) 1.17 (0.39, 1.91)	1 (1, 0) -0.25 (-0.95, 0.57)	-7 (-1, -1) 6.56 (2.44, 10.12)	1 (5, -3) 0.08 (4.37, -4.27)	3.19 (3.2, 3.11)	7.09 (5.24, 8.33)	5 (3, 1) -3.24 (-3.99, -2.25)	-3 (0, -2) 2.56 (3.26, 1.82)	-10.78 (-15.64, -5.51)	-3 (1, -4) 2.6 (5.69, -0.4)	6 (5, 1) -3.14 (-2.15, -3.76)	9 (7, 1) -6.38 (-8.17, -5.24)	0 (-1, 1) 0.36 (-2.88, 3.9)	0 (-1, 1) 0.26 (-6.4, 7.39)	2 (6, -2) -0.35 (4.07, -4.56)	NA 5 (15, -3)
minerals	-5 (0, -5) 3.97 (8.28, -0.28)	2 (1, 1) -0.67 (-0.93, -1.06)	3 (5, 0) -0.54 (3.52, -4.68)	-10 (-2, -7) 8.68 (8.99, 8.48)	-8 (-2, -4) 7.4 (7.2, 7.17)	-6 (-1, -4) 4.77 (7.67, 1.83)	-3 (-2, 0) 3.57 (1.39, 6.18)	0 (5, -3) 0.92 (7.13, -5.47)	-12 (-2, -16) 10.05 (14.42, 5.5)	1 (-2, 1) 0.31 (-3.3, 3.86)	-1 (-1, 0) 1.7 (0.62, 2.87)	1.09 (2.39, -0.18)	1 (0, 0) 1.68 (-9.02, 12.36)	-2 (-1, 0) 2.26 (2.77, 1.73)	0 (0, 0) 0.84 (1.43, 0.39)	-8 (-2, -1) 7.65 (4.83, 9.94)	0 (4, -3) 1.17 (6.76, -4.45)	-5 (-1, -2) 4.29 (5.58, 2.92)	-9 (-2, -4) 8.19 (7.62, 8.14)	4 (2, 1) -2.15 (-1.6, -2.44)	-4 (-1, -2) 3.65 (5.64, 1.63)	-9.68 (-13.26, -5.69)	-4 (0, -4) 3.69 (8.08, -0.59)	5 (4, 1) -2.05 (0.24, -3.94)	8 (6, 1) -5.29 (-5.79, -5.43)	-1 (-2, 1) 1.45 (-0.5, 3.71)	-1 (-2, 1) 1.35 (-4.02, 7.2)	1 (5, -2) 0.74 (6.46, -4.75)	NA 4 (15 - 2)
myoinositol	-6 (0, -5) 1.7 (5.5, -2.01)	1 (1, 1) -2.93 (-3.7, -2.79)	1 (5, 0) -2.8 (0.75, -6.41)	-11 (-2, -7) 6.42 (6.22, 6.75)	-10 (-2, -4) 5.14 (4.43, 5.44)	-7 (-1, -4) 2.5 (4.89, 0.1)	-5 (-2, 0) 1.31 (-1.39, 4.45)	-1 (5, -3) -1.34 (4.36, -7.2)	-13 (-2, -16) 7.78 (11.65, 3.77)	-1 (-2, 1) -1.95 (-6.08, 2.13)	-2 (-1, 0) -0.56 (-2.15, 1.14)	-1 (0, 0) -1.17 (-0.39, -1.91)	-2.26 (-2.77, -1.73)	-3 (-1, 0) 3.94 (-6.25, 14.09)	-1 (0, 0) -1.43 (-1.34, -1.34)	-9 (-2, -1) 5.38 (2.05, 8.21)	-1 (4, -3) -1.09 (3.98, -6.18)	-6 (-1, -2) 2.02 (2.81, 1.19)	-11 (-2, -4) 5.92 (4.85, 6.41)	3 (2, 1) -4.41 (-4.38, -4.17)	-5 (-1, -2) 1.39 (2.87, -0.1)	8 (7, 1) -11.95 (-16.03, -7.42)	-6 (0, -4) 1.43 (5.31, -2.32)	3 (4, 1) -4.31 (-2.53, -5.67)	6 (6, 1) -7.56 (-8.56, -7.16)	-2 (-2, 1) -0.81 (-3.27, 1.98)	-2 (-2, 1) -0.91 (-6.79, 5.47)	-1 (5, -2) -1.52 (3.69, -6.48)	NA 7 (16 -3)
n-acetyl	-3 (1, -5) 3.13 (6.84, -0.67)	4 (2, 1) -1.51 (-2.36, -1.45)	4 (6, 0) -1.37 (2.09, -5.07)	-8 (-1, -7) 7.84 (7.56, 8.1)	-7 (-1, -4) 6.57 (5.76, 6.79)	-4 (0, -4) 3.93 (6.23, 1.45)	-2 (-1, 0) 2.73 (-0.05, 5.79)	2 (6, -3) 0.09 (5.7, -5.85)	9.21 (12.99, 5.11)	2 (-1, 1) -0.53 (-4.74, 3.47)	1 (0, 0) 0.86 (-0.81, 2.48)	2 (1, 0) 0.25 (0.95, -0.57)	, , ,	15 (2, 28) 1.43 (1.34, 1.34)	2 (1, 0) 2.52 (-7.59, 12.75)	-6 (-1, -1) 6.81 (3.39, 9.55)	2 (5, -3) 0.34 (5.32, -4.84)	-3 (0, -2) 3.45 (4.15, 2.53)	-8 (-1, -4) 7.35 (6.19, 7.76)	6 (3, 1) -2.99 (-3.04, -2.82)	-2 (0, -2) 2.81 (4.21, 1.25)	, ,	, , ,	6 (5, 1) -2.89 (-1.2, -4.33)	9 (7, 1) -6.13 (-7.22, -5.81)	1 (-1, 1) 0.62 (-1.93, 3.33)	1 (-1, 1) 0.52 (-5.45, 6.82)	2 (6, -2) -0.09 (5.02, -5.13)	NA 5 (15 -3)
nigella sativa	-5 (0, -5) -3.68 (3.45, -10.22)	2 (1, 1) -8.31 (-5.75, -11)	2 (5, 0) -8.18 (-1.3, -14.62)	-10 (-2, -7) 1.04 (4.17, -1.45)	-9 (-2, -4) -0.24 (2.37, -2.77)	-6 (-1, -4) -2.88 (2.84, -8.11)	-4 (-2, 0) -4.08 (-3.44, -3.76)	0 (5, -3) -6.72 (2.31, -15.4)	-12 (-2, -16) 2.4 (9.6, -4.44)	0 (-2, 1) -7.34 (-8.13, -6.08)	l ' ' '	-6.56 (-2.44, -10.12)		-2 (-1, 0) -5.38 (-2.05, -8.21)	-6.81 (-3.39, -9.55)	9.33 (-4.2, 22.3)	0 (4, -3) -6.47 (1.93, -14.39)	-5 (-1, -2) -3.36 (0.76, -7.02)	, ,	-9.8 (-6.43, -12.37)	, , ,	9 (7, 1) -17.33 (-18.08, -15.63)	, ,	1 ' ' /	1 ' ' '	' - :- '	-1 (-2, 1) -6.29 (-8.84, -2.73)	-6.9 (1.63, -14.68)	NA 13 (17 -2)
omega-3 fatty	3 (2, -4) 2.8 (1.52, 4.17)	10 (3, 2) -1.84 (-7.68, 3.39)	-1.71 (-3.23, -0.23)	-2 (0, -6) 7.51 (2.24, 12.94)	0 (0, -3) 6.23 (0.44, 11.62)	2 (1, -3) 3.59 (0.91, 6.28)	5 (0, 1) 2.4 (-5.37, 10.63)	-0.25 (0.38, -1.01)	-4 (0, -15) 8.87 (7.66, 9.95)	9 (0, 2) -0.86 (-10.06, 8.31)	7 (1, 1) 0.53 (-6.14, 7.32)	-0.08 (-4.37, 4.27)	9 (2, 1) -1.17 (-6.76, 4.45)	6 (1, 1) 1.09 (-3.98, 6.18)	8 (2, 1) -0.34 (-5.32, 4.84)	8 (1, 27) 6.47 (-1.93, 14.39)	8 (6, -2) 2.85 (-2.26, 7.91)	3 (1, -1) 3.11 (-1.18, 7.37)	, , ,	-3.32 (-8.36, 2.02)	4 (1, -1) 2.48 (-1.11, 6.09)	18 (9, 2) -10.86 (-20.01, -1.24)	l '''	-3.22 (-6.52, 0.51)	-6.47 (-12.54, -0.98)	7 (0, 2) 0.28 (-7.25, 8.17)	7 (0, 2) 0.18 (-10.78, 11.66)	9 (7, -1) -0.43 (-0.3, -0.29)	NA 6 (11, 0)
omega-3s +	-5 (-4, -2) -0.32 (2.7, -3.2)	2 (-3, 4) -4.95 (-6.51, -3.99)	3 (1, 3) -4.82 (-2.06, -7.61)	-10 (-6, -4) 4.4 (3.41, 5.56)	-8 (-6, -1) 3.12 (1.62, 4.25)	-6 (-5, -1) 0.48 (2.09, -1.09)	-3 (-6, 3) -0.71 (-4.2, 3.25)	0 (1, 0) -3.36 (1.55, -8.39)	-12 (-6, -13) 5.76 (8.84, 2.58)	1 (-6, 4) -3.97 (-8.89, 0.94)	-1 (-5, 3) -2.59 (-4.96, -0.05)	-3.19 (-3.2, -3.11)	1 (-4, 3) -4.29 (-5.58, -2.92)	-2 (-5, 3) -2.02 (-2.81, -1.19)	-3.45 (-4.15, -2.53)	-8 (-6, 2) 3.36 (-0.76, 7.02)	-3.11 (1.18, -7.37)	-5 (-5, 1) 5.97 (-3.44, 15.28)	·	-6.43 (-7.18, -5.36)	-4 (-5, 1) -0.64 (0.06, -1.29)	-13.97 (-18.84, -8.61)	-4 (-4, -1) -0.59 (2.5, -3.51)	5 (0, 4) -6.34 (-5.34, -6.87)	8 (2, 4) -9.58 (-11.37, -8.35)	-1 (-6, 4) -2.83 (-6.08, 0.79)	-1 (-6, 4) -2.93 (-9.6, 4.28)	1 (1, 1) -3.54 (0.88, -7.67)	NA 10 (16, -1)
prelox	0 (1, -3) -4.22 (0.66, -8.42)	7 (2, 3) -8.85 (-8.55, -9.21)	7 (6, 2) -8.72 (-4.1, -12.83)	-5 (-1, -5) 0.5 (1.37, 0.34)	-4 (-1, -2) -0.78 (-0.42, -0.97)	-1 (0, -2) -3.42 (0.04, -6.31)	-4.61 (-6.24, -1.97)	5 (6, -1) -7.26 (-0.49, -13.61)	-7 (-1, -14) 1.86 (6.8, -2.64)	5 (-1, 3) -7.87 (-10.93, -4.28)	-6.49 (-7, -5.28)	5 (1, 2) -7.09 (-5.24, -8.33)	6 (1, 2) -8.19 (-7.62, -8.14)	3 (0, 2) -5.92 (-4.85, -6.41)	5 (1, 2) -7.35 (-6.19, -7.76)	-3 (-1, 1) -0.54 (-2.8, 1.79)	5 (5, -1) -7.01 (-0.86, -12.6)	-3.9 (-2.04, -5.22)		9 (3, 3) -10.33 (-9.22, -10.58)	1 (0, 0) -4.54 (-1.98, -6.51)	15 (8, 3) -17.87 (-20.88, -13.84)	, , ,	9 (5, 3) -10.24 (-7.38, -12.09)	1 1 1 1 1	' - '- '	-6.83 (-11.64, -0.94)	5 (6, 0) -7.44 (-1.16, -12.89)	NA 15 (17, 1)
saffron	4 (2, -1) 6.12 (9.88, 2.16)	12 (3, 5) 1.48 (0.68, 1.37) -2 (-1, 0)	12 (7, 4) 1.61 (5.13, -2.25)	0 (0, -3) 10.83 (10.6, 10.92)	1 (0, 0) 9.55 (8.8, 9.61) -13 (-4, -5)	6.91 (9.27, 4.27)	5.72 (2.99, 8.61)	10 (7, 1) 3.07 (8.74, -3.03) -4 (3, -4)	-3 (0, -12) 12.19 (16.02, 7.94)	2.46 (-1.7, 6.3)	8 (1, 4) 3.85 (2.22, 5.3)	9 (2, 4) 3.24 (3.99, 2.25)	2.15 (1.6, 2.44)	8 (1, 4) 4.41 (4.38, 4.17)	2.99 (3.04, 2.82)	9.8 (6.43, 12.37)	9 (6, 1) 3.32 (8.36, -2.02)	5 (1, 2) 6.43 (7.18, 5.36)	7 (1, 24) 10.33 (9.22, 10.58)	-0.47 (-10.62, 9.92)	5 (1, 2) 5.8 (7.25, 4.07)	19 (9, 5) -7.54 (-11.65, -3.26)	5 (2, 0) 5.84 (9.68, 1.85)	0.1 (1.84, -1.51)	-3.14 (-4.18, -2.99)	9 (0, 5) 3.6 (1.11, 6.15)	9 (0, 5) 3.5 (-2.42, 9.64)	2.89 (8.06, -2.31) -4 (3, -3)	NA 1 (13, -4)
selenium supplements	-9 (-2, -6) 0.32 (2.63, -1.91) -1 (1, -3)	-4.32 (-6.57, -2.7)	-2 (3, -1) -4.19 (-2.12, -6.32) 7 (6, 2)	5.03 (3.35, 6.85) -6 (-1, -5)	3.75 (1.55, 5.54) -4 (-1, -2)	1.12 (2.02, 0.2) -2 (0, -2)	-8 (-4, -1) -0.08 (-4.26, 4.54) 1 (-1, 2)	-2.73 (1.49, -7.1) 4 (6, -1)	-16 (-4, -17) 6.4 (8.78, 3.87) -8 (-1, -14)	-4 (-4, 0) -3.34 (-8.95, 2.23) 5 (-1, 3)	-5 (-3, -1) -1.95 (-5.02, 1.23) 3 (0, 2)	-4 (-2, -1) -2.56 (-3.26, -1.82) 4 (1, 2)	-3 (-2, -1) -3.65 (-5.64, -1.63) 5 (1, 2)	-6 (-3, -1) -1.39 (-2.87, 0.1) 2 (0, 2)	-4 (-2, -1) -2.81 (-4.21, -1.25) 4 (1, 2)	-12 (-4, -2) 4 (-0.82, 8.31) -4 (-1, 1)	-4 (2, -4) -2.48 (1.11, -6.09) 4 (5, -1)	-9 (-3, -3) 0.64 (-0.06, 1.29) -1 (0, 0)	-14 (-4, -5) 4.54 (1.98, 6.51) -5 (-1, -2)	-5.8 (-7.25, -4.07) 8 (3, 3)	-8 (-3, -3) 5.33 (-3.38, 13.99) 12 (2, 26)	5 (5, 0) -13.33 (-18.9, -7.33) 14 (8, 3)	-9 (-2, -5) 0.04 (2.43, -2.22) 0 (1, -2)	0 (2, 0) -5.7 (-5.41, -5.58) 9 (5, 3)	3 (4, 0) -8.94 (-11.43, -7.06) 12 (7, 3)	-5 (-4, 0) -2.2 (-6.14, 2.08) 3 (-1, 3)	-5 (-4, 0) -2.3 (-9.66, 5.57) 3 (-1, 3)	-2.91 (0.81, -6.38) 5 (6, 0)	NA 9 (16, -1)
spirulina	13.65	9.02 (12.33, 4.63) -7 (-6, 0)	9.15	18.37	17.09	14.45	13.26	10.61	19.73	9.99	11.38 (13.88, 8.56)	10.78	9.68	11.95	10.52	17.33	10.86	13.97	17.87	7.54	13.33	-8 (-22.28, 6.67) 26 (10, 29)	13.38	7.63	4.39	11.14	11.04	10.43	NA -4 (8, -4)
vitamin c/e	0.28 (0.2, 0.31) 0 (0, -1)	-4.36 (-9.01, -0.48) 7 (1, 5)	-4.23 (-4.55, -4.1) 7 (5, 4)	4.99 (0.92, 9.07) -5 (-2, -3)	3.71 (-0.88, 7.76) -4 (-2, 0)	1.07 (-0.41, 2.42) -1 (-1, 0)	-0.12 (-6.69, 6.76) 1 (-2, 4)	-2.77 (-0.94, -4.88) 5 (5, 1)	6.35	-3.38 (-11.38, 4.45) 5 (-2, 5)	-1.99 (-7.46, 3.45) 3 (-1, 4)	-2.6 (-5.69, 0.4) 4 (0, 4)	-3.69 (-8.08, 0.59) 6 (0, 4)	-1.43 (-5.31, 2.32) 3 (-1, 4)	-2.86 (-6.64, 0.97) 5 (0, 4)	3.95 (-3.25, 10.52) -4 (-2, 3)	-2.52 (-1.32, -3.87) 4 (4, 1)	0.59 (-2.5, 3.51) 0 (-1, 2)	4.49 (-0.46, 8.73) -5 (-2, 0)	-5.84 (-9.68, -1.85) 9 (2, 5)	-0.04 (-2.43, 2.22) 0 (-1, 2)	-13.38	5.37 (-0.94, 11.77) 12 (3, 24)	-5.74	-8.99 (-13.86, -4.84) 12 (6, 5)	-2.24 (-8.57, 4.3) 4 (-2, 5)	-2.34 (-12.1, 7.79) 4 (-2, 5)	-2.95 (-1.62, -4.16) 5 (5, 2)	NA 10 (15, 1)
vitamin d3	6.02 (8.04, 3.66) -9 (-4, -6)	1.38	1.51 (3.29, -0.74) -2 (1, -1)	10.73 (8.76, 12.43) -14 (-6, -8)	9.45 (6.96, 11.12) -13 (-6, -5)	6.82	5.62 (1.15, 10.12) -8 (-6, -1)	2.97	12.1 (14.18, 9.45) -17 (-6, -17)	2.36 (-3.54, 7.8) -4 (-6, 0)	3.75 (0.38, 6.81) -6 (-5, -1)	3.14 (2.15, 3.76) -5 (-4, -1)	2.05 (-0.24, 3.94) -3 (-4, -1)	4.31 (2.53, 5.67) -6 (-5, -1)	2.89 (1.2, 4.33) -4 (-4, -1)	9.7 (4.59, 13.88) -13 (-6, -2)	3.22 (6.52, -0.51) -5 (0, -4)	6.34 (5.34, 6.87) -9 (-5, -3)	10.24 (7.38, 12.09) -14 (-6, -5)	-0.1 (-1.84, 1.51) 0 (-2, 0)	5.7 (5.41, 5.58) -9 (-5, -3)	-7.63	5.74 (7.84, 3.36) -9 (-4, -5)	-0.37 (-8.78, 8.42) 21 (7, 29)	-3.24 (-6.02, -1.48) 3 (2, 0)	3.5 (-0.73, 7.66) -5 (-6, 0)	3.4 (-4.26, 11.15) -5 (-6, 0)	2.79 (6.22, -0.8) -4 (1, -3)	NA 1 (11, -4)
vitamin d3 + calcium	9.26 (14.06, 5.15) -12 (-6, -6)	4.62 (4.86, 4.36) -5 (-5, 0)	4.76 (9.31, 0.74) -5 (-1, -1)	13.97	12.7	10.06	8.86	6.22	15.34 (20.21, 10.93) -20 (-8, -17)	5.6 (2.48, 9.29) -7 (-8, 0)	6.99	6.38 (8.17, 5.24) -8 (-6, -1)	5.29 (5.79, 5.43) -6 (-6, -1)	7.56 (8.56, 7.16) -9 (-7, -1)	6.13	12.94 (10.61, 15.37) -16 (-8, -2)	6.47 (12.54, 0.98) -8 (-2, -4)	9.58	13.48	3.14	8.94 (11.43, 7.06) -12 (-7, -3)	-4.39 (-7.47, -0.26) 2 (1, 0)	8.99 (13.86, 4.84) -12 (-6, -5)	3.24	-3.61 (-14.81, 6.93) 24 (9, 29)	6.74 (5.29, 9.14) -8 (-8, 0)	6.65 (1.77, 12.63) -8 (-8, 0)	6.03 (12.24, 0.68) -7 (-1, -3)	NA -2 (9, -4)
vitamin/mineral supplements	2.52 (8.77, -3.99) -4 (2, -6)	-2.12 (-0.43, -4.78) 3 (3, 0)	-1.99 (4.02, -8.4) 3 (7, -1)	7.23 (9.49, 4.77) -9 (0, -8)	5.95 (7.69, 3.46) -8 (0, -5)	3.31 (8.16, -1.88) -5 (1, -5)	2.12 (1.88, 2.46) -3 (0, -1)	-0.53 (7.63, -9.18) 1 (7, -4)	8.59 (14.92, 1.79) -11 (0, -17)	-1.14 (-2.81, 0.15) 1 (0, 0)	0.25 (1.12, -0.85) 0 (1, -1)	-0.36 (2.88, -3.9) 1 (2, -1)	-1.45 (0.5, -3.71) 2 (2, -1)	0.81 (3.27, -1.98) -1 (1, -1)	-0.62 (1.93, -3.33) 1 (2, -1)	6.19 (5.32, 6.22) -7 (0, -2)	-0.28 (7.25, -8.17) 1 (6, -4)	2.83 (6.08, -0.79) -4 (1, -3)	6.73	-3.6	2.2 (6.14, -2.08) -3 (1, -3)	-11.14 (-12.76, -9.41) 10 (9, 0)	2.24	-3.5 (0.73, -7.66) 5 (6, 0)	-6.74 (-5.29, -9.14) 8 (8, 0)	3.13 (-9.52, 16.08) 16 (1, 29)	-0.1 (-3.52, 3.49) 0 (0, 0)	-0.71 (6.95, -8.46) 1 (7, -3)	NA 6 (17, -4)
walnuts	2.61 (12.3, -7.48) -4 (2, -6)	-2.02 (3.09, -8.27) 3 (3, 0)	-1.89 (7.54, -11.89) 3 (7, -1)	7.33	6.05 (11.22, -0.03) -8 (0, -5)	3.41	2.22	-0.43 (11.15, -12.67) 1 (7, -4)	8.69 (18.44, -1.7) -11 (0, -17)	-1.04 (0.71, -3.34) 1 (0, 0)	0.35 (4.64, -4.34) 0 (1, -1)	-0.26	-1.35	0.91 (6.79, -5.47) -1 (1, -1)	-0.52	6.29	-0.18 (10.78, -11.66) 1 (6, -4)	2.93	6.83 (11.64, 0.94) -9 (0, -5)	-3.5 (2.42, -9.64) 5 (4, 0)	2.3 (9.66, -5.57) -3 (1, -3)	-11.04	2.34 (12.1, -7.79) -4 (2, -5)	-3.4 (4.26, -11.15) 5 (6, 0)	-6.65 (-1.77, -12.63) 8 (8, 0)	0.1 (3.52, -3.49) 0 (0, 0)	3.03 (-13.04, 19.56) 16 (1, 29)	-0.61	NA 6 (17, -4)
zinc/zinc + folic acid	3.23	-1.41	-1.28 (-2.93, 0.06) 2 (0, 2)	7.94	6.66 (0.74, 11.92) -9 (-7, -2)	4.02 (1.21, 6.58) -6 (-6, -2)	2.83 (-5.07, 10.92) -4 (-7, 2)	0.18 (0.68, -0.72) 0 (0, -1)	9.3	-0.43 (-9.76, 8.61) 0 (-7, 3)	0.96	0.35 (-4.07, 4.56) -1 (-5, 2)	-0.74 (-6.46, 4.75) 1 (-5, 2)	1.52	0.09 (-5.02, 5.13) 0 (-5, 2)	6.9 (-1.63, 14.68) -9 (-7, 1)	0.43 (0.3, 0.29) -1 (-1, -1)	3.54	7.44 (1.16, 12.89) -10 (-7, -2)	-2.89	2.91 (-0.81, 6.38) -5 (-6, 0)	-10.43 (-19.72, -0.95) 9 (2, 3)	2.95	-2.79 (-6.22, 0.8) 4 (-1, 3)	-6.03 (-12.24, -0.68) 7 (1, 3)	0.71	0.61 (-10.48, 11.95) -1 (-7, 3)	2.42	NA 5 (10, -1)
placebo/no treatment	NA -10 (-15, -2)	NA -3 (-14, 4)	NA -3 (-10, 3)	NA -15 (-17, -4)	NA -14 (-17, -1)	NA -11 (-16, -1)	NA -9 (-17, 3)	NA -5 (-10, 0)	NA -18 (-17, -13)	NA -5 (-17, 4)	NA -6 (-16, 3)	NA -5 (-15, 3)	NA -4 (-15, 3)	NA -7 (-16, 3)	NA -5 (-15, 3)	NA -13 (-17, 2)	NA -6 (-11, 0)	NA -10 (-16, 1)	NA -15 (-17, -1)	NA -1 (-13, 4)	NA -9 (-16, 1)	NA 4 (-8, 4)	NA -10 (-15, -1)	NA -1 (-11, 4)	NA 2 (-9, 4)	NA -6 (-17, 4)	NA -6 (-17, 4)	NA -5 (-10, 1)	NA 22 (18, 25)