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																													
				Coenzyme- q10 + I- carnitine + lycopene +	Coenzyme- q10 + I- carnitine +					L-carnitine+l-																			
Intervention	Antioxidants	Carob	Coenzyme q10	zinc high dose	lycopene + zinc low dose	Folic acid	Herb/mineral supplement	,	L- carnitine+cinno	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 supplements	Walnuts	Zinc/zinc + folic acid	Placebo/no treatment
Antioxidants	6.78 (-0.38, 13.48) 10 (2, 23)	-5.76 (-9.24, -1.92) 9 (2, 6)	-5.5 (-4.65, -5.83) 9 (6, 5)	3.77 (0.25, 7.65) -4 (-1, -1)	2.57 (-1.27, 6.46) -2 (-1, 1)	-0.13 (-0.6, 0.78) 0 (0, 1)	-1.6 (-7.8, 4.85) 3 (-1, 5)	-5.12 (-2.1, -7.76) 8 (8, 3)	4.29 (5.01, 3.74) -5 (-1, -10)	-4.79 (-12.1, 2.88) 7 (0, 6)	-3.51 (-8.02, 1.54) 5 (0, 5)	-4.28 (-6.09, -1.44) 7 (1, 5)	-5.34 (-8.78, -1.55) 8 (2, 6)	-2.79 (-6.26, 0.61) 4 (0, 5)	-4.29 (-7.11, -0.99) 7 (1, 5)	2.8 (-3.88, 9.89) -2 (-1, 4)	-4.19 (-2.1, -5.85) 7 (6, 3)	-0.72 (-2.42, 1.25) 1 (0, 3)	3.24 (-0.71, 7.5) -3 (-1, 0)	-7.32 (-10.95, -3.61) 11 (4, 6)	-1.51 (-2.72, 0.1) 2 (0, 3)	-14.79 (-22.4, -6.84) 16 (8, 6)	-3.03 (-2.09, -3.46) 5 (3, 3)	-7.15 (-8.5, -5.35) 11 (5, 6)	-10.22 (-13.42, -6.16) 14 (6, 6)	2.45 (0.65, 4.44) -3 (-1, -2)	-3.65 (-12.06, 5.49) 6 (-1, 6)	-4.39 (-2.45, -5.95) 7 (6, 3)	NA 12 (16, 3)
Carob	5.76 (9.24, 1.92) -9 (-2, -6)	1.03 (-9.62, 11.55) 19 (4, 29)	0.26 (4.59, -3.91) 0 (4, -1)	9.52 (9.48, 9.57) -12 (-3, -7)	8.33 (7.97, 8.38) -11 (-3, -5)	5.62 (8.64, 2.7) -8 (-2, -5)	4.16 (1.44, 6.78) -5 (-3, -1)	0.64 (7.14, -5.84) 0 (6, -3)	10.04 (14.25, 5.66) -14 (-3, -16)	0.96 (-2.86, 4.8) -2 (-2, 0)	2.24 (1.22, 3.46) -3 (-2, -1)	1.48 (3.15, 0.48) -2 (-1, -1)	0.42 (0.45, 0.37) 0 (0, 0)	2.96 (2.98, 2.54) -4 (-2, -1)	1.47 (2.13, 0.93) -2 (-1, -1)	8.56 (5.36, 11.81) -10 (-3, -2)	1.57 (7.14, -3.92) -2 (4, -3)	5.04 (6.82, 3.17) -7 (-2, -3)	9 (8.53, 9.43) -11 (-3, -6)	-1.57 (-1.71, -1.69) 2 (2, 0)	4.25 (6.52, 2.02) -6 (-2, -3)	-9.04 (-13.16, -4.92) 7 (6, 0)	2.73 (7.14, -1.53) -4 (1, -3)	-1.39 (0.74, -3.43) 2 (3, 0)	-4.46 (-4.18, -4.23) 5 (4, 0)	8.21 (9.89, 6.36) -11 (-3, -8)	2.11 (-2.82, 7.42) -3 (-3, 0)	1.36 (6.79, -4.02) -1 (4, -3)	NA 3 (14, -3)
Coenzyme q10	5.5 (4.65, 5.83) -9 (-6, -5)	-0.26 (-4.59, 3.91) 0 (-4, 1)	1.28 (-5.03, 7.64) 19 (8, 28)	9.27 (4.89, 13.48) -13 (-7, -6)	8.07 (3.38, 12.29) -11 (-7, -4)	5.37 (4.05, 6.61) -9 (-6, -4)	3.9 (-3.15, 10.68) -6 (-7, 0)	0.38 (2.55, -1.93) 0 (2, -2)	9.79 (9.66, 9.57) -14 (-7, -15)	0.71 (-7.45, 8.71) -2 (-6, 1)	1.99 (-3.37, 7.37) -3 (-6, 0)	1.22 (-1.44, 4.39) -2 (-5, 0)	0.16 (-4.14, 4.28) -1 (-4, 1)	2.71 (-1.61, 6.44) -4 (-6, 0)	1.21 (-2.46, 4.84) -2 (-5, 0)	8.3 (0.76, 15.72) -11 (-7, -1)	1.31 (2.55, -0.01) -2 (0, -2)	4.78 (2.23, 7.08) -7 (-6, -2)	8.74 (3.94, 13.33) -12 (-7, -5)	-1.82 (-6.3, 2.22) 2 (-2, 1)	3.99 (1.93, 5.93) -6 (-6, -2)	-9.29 (-17.75, -1.01) 7 (2, 1)	2.47 (2.55, 2.37) -4 (-3, -2)	-1.65 (-3.86, 0.48) 2 (-1, 1)	-4.72 (-8.77, -0.32) 5 (0, 1)	7.95 (5.3, 10.27) -12 (-7, -7)	1.85 (-7.41, 11.33) -3 (-7, 1)	1.11 (2.2, -0.12) -2 (0, -2)	NA 3 (10, -2)
Coenzyme-q10 + I-carnitine + lycopene + zinc high dose	-3.77 (-0.25, -7.65) 4 (1, 1)	-9.52 (-9.48, -9.57) 12 (3, 7)	-9.27 (-4.89, -13.48) 13 (7, 6)	10.55 (-0.14, 21.13) 7 (1, 22)	-1.19 (-1.51, -1.19) 1 (0, 2)	-3.9 (-0.84, -6.87) 4 (1, 2)	-5.37 (-8.05, -2.8) 7 (0, 6)	-8.89 (-2.34, -15.41) 12 (9, 4)	0.52 (4.76, -3.91) -2 (0, -9)	-8.56 (-12.34, -4.77) 11 (1, 7)	-7.28 (-8.27, -6.11) 9 (1, 6)	-8.05 (-6.33, -9.09) 10 (2, 6)	-9.1 (-9.03, -9.2) 12 (3, 7)	-6.56 (-6.5, -7.04) 8 (1, 6)	-8.05 (-7.35, -8.64) 10 (2, 6)	-0.96 (-4.13, 2.24) 2 (0, 5)	-7.95 (-2.34, -13.5) 10 (7, 4)	-4.49 (-2.67, -6.4) 5 (1, 4)	-0.53 (-0.96, -0.15) 1 (0, 1)	-11.09 (-11.19, -11.26) <i>14 (5, 7)</i>	-5.28 (-2.96, -7.55) 6 (1, 4)	-18.56 (-22.64, -14.49) 20 (9, 7)	-6.8 (-2.34, -11.11) 8 (4, 4)	-10.92 (-8.75, -13) 15 (6, 7)	-13.98 (-13.66, -13.81) 17 (7, 7)	-1.32 (0.41, -3.21) 1 (0, -1)	-7.42 (-12.3, -2.16) 9 (0, 7)	-8.16 (-2.69, -13.6) <i>11 (7, 4)</i>	NA 15 (17, 4)
Coenzyme-q10 + I-carnitine + lycopene + zinc low dose	-2.57 (1.27, -6.46) 2 (1, -1)	-8.33 (-7.97, -8.38) 11 (3, 5)	-8.07 (-3.38, -12.29) 11 (7, 4)	1.19 (1.51, 1.19) -1 (0, -2)	9.36 (-1.65, 19.93) 8 (1, 24)	-2.71 (0.67, -5.68) 3 (1, 0)	-4.18 (-6.53, -1.6) 5 (0, 4)	-7.7 (-0.83, -14.22) 11 (9, 2)	1.71 (6.27, -2.72) -3 (0, -11)	-7.37 (-10.83, -3.58) 9 (1, 5)	-6.09 (-6.75, -4.92) 8 (1, 4)	-6.85 (-4.82, -7.9) 9 (2, 4)	-7.91 (-7.52, -8.01) 10 (3, 5)	-5.37 (-4.99, -5.84) 7 (1, 4)	-6.86 (-5.84, -7.45) 9 (2, 4)	0.23 (-2.62, 3.43) 1 (0, 3)	-6.76 (-0.83, -12.3) 9 (7, 2)	-3.3 (-1.15, -5.21) 4 (1, 2)	0.67 (0.55, 1.05) -1 (0, -1)	-9.9 (-9.68, -10.07) 13 (5, 5)	-4.09 (-1.45, -6.36) 5 (1, 2)	-17.37 (-21.13, -13.3) 18 (9, 5)	-5.6 (-0.83, -9.91) 7 (4, 2)	-9.73 (-7.24, -11.81) 13 (6, 5)	-12.79 (-12.15, -12.61) 16 (7, 5)	-0.12 (1.92, -2.02) 0 (0, -3)	-6.22 (-10.79, -0.96) 8 (0, 5)	-6.97 (-1.18, -12.4) <i>10 (7, 2)</i>	NA 14 (17, 2)
Folic acid	0.13 (0.6, -0.78)	-5.62 (-8.64, -2.7)	-5.37 (-4.05, -6.61)	3.9 (0.84, 6.87)	2.71 (-0.67, 5.68)	6.65 (-0.98, 14.25)	-1.47 (-7.2, 4.07)	-4.99 (-1.5, -8.54)	4.42 (5.61, 2.96)	-4.66 (-11.5, 2.1)	-3.38 (-7.42, 0.76)	-4.14 (-5.49, -2.22)	-5.2 (-8.18, -2.33)	-2.66 (-5.66, -0.17)	-4.15 (-6.51, -1.77)	2.94 (-3.28, 9.11)	-4.05 (-1.5, -6.62)	-0.59 (-1.82, 0.47)	3.37 (-0.11, 6.72)	-7.19 (-10.35, -4.39)	-1.38 (-2.12, -0.68)	-14.66 (-21.8, -7.62)	-2.9 (-1.49, -4.24)	-7.02 (-7.9, -6.13)	-10.08 (-12.82, -6.93)	2.59 (1.25, 3.66)	-3.51 (-11.46, 4.72)	-4.26 (-1.85, -6.73)	NA 11 (16, 2)
Herb/mineral supplement	0 (0, -1) 1.6 (7.8, -4.85) -3 (1, -5)	8 (2, 5) -4.16 (-1.44, -6.78) 5 (3, 1)	9 (6, 4) -3.9 (3.15, -10.68) 6 (7, 0)	-4 (-1, -2) 5.37 (8.05, 2.8) -7 (0, -6)	-3 (-1, 0) 4.18 (6.53, 1.6) -5 (0, -4)	1.47 (7.2, -4.07) -3 (1, -4)	3 (-1, 4) 5.18 (-8.18, 18.33) 13 (1, 28)	8 (8, 2) -3.52 (5.7, -12.61) 5 (9, -2)	-6 (-1, -11) 5.89 (12.81, -1.11) -8 (0, -15)	7 (0, 5) -3.19 (-4.3, -1.97) 4 (1, 1)	5 (0, 4) -1.91 (-0.22, -3.32) 2 (1, 0)	6 (1, 4) -2.68 (1.72, -6.3) 4 (2, 0)	8 (2, 5) -3.73 (-0.98, -6.4) 5 (3, 1)	4 (0, 4) -1.19 (1.54, -4.24) 1 (1, 0)	6 (1, 4) -2.68 (0.69, -5.84) 4 (2, 0)	-2 (-1, 3) 4.41 (3.92, 5.04) -5 (0, -1)	6 (6, 2) -2.58 (5.7, -10.7) 4 (7, -2)	1 (0, 2) 0.88 (5.38, -3.6) -2 (1, -2)	-3 (-1, -1) 4.84 (7.09, 2.65) -6 (0, -5)	10 (4, 5) -5.72 (-3.15, -8.46) 8 (5, 1)	2 (0, 2) 0.09 (5.08, -4.75) -1 (1, -2)	16 (8, 5) -13.19 (-14.59, -11.69) 13 (9, 1)	4 (3, 2) -1.43 (5.71, -8.31) 2 (4, -2)	11 (5, 5) -5.55 (-0.7, -10.2) 8 (6, 1)	-8.61 (-5.61, -11.01) 11 (7, 1)	-3 (-1, -3) 4.05 (8.45, -0.41) -6 (0, -7)	5 (-1, 5) -2.05 (-4.26, 0.64) 3 (0, 1)	7 (6, 2) -2.79 (5.35, -10.8) 4 (7, -2)	NA 9 (17, -2)
L-carnitine/l- acetylcarnitine	5.12 (2.1, 7.76) -8 (-8, -3)	-0.64 (-7.14, 5.84) 0 (-6, 3)	-0.38 (-2.55, 1.93) 0 (-2, 2)	8.89 (2.34, 15.41) -12 (-9, -4)	7.7 (0.83, 14.22) -11 (-9, -2)	4.99 (1.5, 8.54) -8 (-8, -2)	3.52 (-5.7, 12.61) -5 (-9, 2)	1.66 (-2.48, 5.71) 19 (10, 26)	9.41 (7.1, 11.5) -14 (-9, -13)	0.33 (-10, 10.64) -1 (-8, 3)	1.61 (-5.92, 9.3) -3 (-8, 2)	0.84 (-3.99, 6.32) -2 (-7, 2)	-0.22 (-6.69, 6.21) 0 (-6, 3)	2.33 (-4.16, 8.37) -4 (-8, 2)	0.83 (-5.01, 6.77) -2 (-7, 2)	7.92 (-1.79, 17.65) -10 (-9, 1)	0.93 (0, 1.91) -2 (-2, 0)	4.4 (-0.32, 9.01) -7 (-8, 0)	8.36 (1.39, 15.26) -11 (-9, -3)	-2.2 (-8.85, 4.15) 2 (-4, 3)	3.61 (-0.62, 7.86) -6 (-8, 0)	-9.67 (-20.3, 0.92) 7 (0, 3)	2.09 (0, 4.3) -4 (-5, 0)	-2.03 (-6.41, 2.41) 2 (-3, 3)	-5.1 (-11.32, 1.61) 5 (-2, 3)	7.57 (2.75, 12.2) -11 (-9, -5)	1.47 (-9.96, 13.26) -3 (-9, 3)	0.73 (-0.35, 1.81) -1 (-2, 0)	NA 3 (8, 0)
L- carnitine+cinno	-4.29 (-5.01, -3.74) 5 (1, 10)	-10.04	-9.79	-0.52	-1.71	-4.42	-5.89 (-12.81, 1.11) 8 (0, 15)	-9.41	11.07	-9.08	-7.8	-8.57	-9.62 (-13.79, -5.29)	-7.08	-8.57 (-12.12, -4.73)	-1.48	-8.47	-5.01	-1.05 (-5.72, 3.76) 2 (0, 10)	-11.61 (-15.96, -7.35) 16 (5, 16)	-5.8	-19.08	-7.32	-11.44 (-13.51, -9.09) 16 (6, 16)	-14.5	-1.83	-7.94	-8.68 (-7.46, -9.69) 12 (7, 13)	NA 17 (17, 13)
L-carnitine+l- carnitine fumarate+ala	4.79 (12.1, -2.88) -7 (0, -6)	-0.96 (2.86, -4.8) 2 (2, 0)	-0.71 (7.45, -8.71) 2 (6, -1)	8.56 (12.34, 4.77) -11 (-1, -7)	7.37 (10.83, 3.58) -9 (-1, -5)	4.66 (11.5, -2.1) -7 (0, -5)	3.19 (4.3, 1.97) -4 (-1, -1)	-0.33 (10, -10.64) 1 (8, -3)	9.08 (17.1, 0.86) -12 (-1, -16)	1.99 (-12.48, 16.35) 17 (2, 29)	1.28	0.52 (6.01, -4.32) 0 (1, -1)	-0.54 (3.31, -4.43) 1 (2, 0)	2 (5.84, -2.27) -3 (0, -1)	0.51 (4.99, -3.87) 0 (1, -1)	7.6 (8.21, 7.01) -9 (-1, -2)	0.61 (10, -8.72) 0 (6, -3)	4.07 (9.68, -1.63) -6 (0, -3)	8.03 (11.39, 4.62) -10 (-1, -6)	-2.53 (1.15, -6.49) 4 (4, 0)	3.28	-10 (-10.3, -9.72) 9 (8, 0)	1.76 (10, -6.34) -2 (3, -3)	-2.36 (3.59, -8.23) 4 (5, 0)	-5.42 (-1.32, -9.03) 7 (6, 0)	7.25 (12.75, 1.56) -10 (-1, -8)	1.15 (0.04, 2.62) -1 (-1, 0)	0.4 (9.65, -8.83) 0 (6, -3)	NA 5 (16, -3)
Magnesium	3.51 (8.02, -1.54) -5 (0, -5)	-2.24 (-1.22, -3.46) 3 (2, 1)	-1.99 (3.37, -7.37) 3 (6, 0)	7.28 (8.27, 6.11) -9 (-1, -6)	6.09 (6.75, 4.92) -8 (-1, -4)	3.38 (7.42, -0.76) -5 (0, -4)	1.91 (0.22, 3.32) -2 (-1, 0)	-1.61 (5.92, -9.3) 3 (8, -2)	7.8 (13.03, 2.2) -11 (-1, -15)	-1.28 (-4.08, 1.34) 2 (0, 1)	3.27 (-8.4, 15.01) 16 (2, 28)	-0.76 (1.93, -2.98) 1 (1, 0)	-1.82 (-0.76, -3.09) 3 (2, 1)	0.72 (1.76, -0.92) -1 (0, 0)	-0.77 (0.91, -2.53) 1 (1, 0)	6.32 (4.14, 8.35) -7 (-1, -1)	-0.67 (5.92, -7.38) 1 (6, -2)	2.79 (5.6, -0.29) -4 (0, -2)	6.75 (7.31, 5.97) -8 (-1, -5)	-3.81 (-2.93, -5.15) 5 (4, 1)	2 (5.3, -1.44) -3 (0, -2)	-11.28 (-14.37, -8.38) 10 (8, 1)	0.48 (5.93, -4.99) -1 (3, -2)	-3.64 (-0.48, -6.89) 5 (5, 1)	-6.7 (-5.39, -7.69) 8 (6, 1)	5.97 (8.67, 2.9) -8 (-1, -7)	-0.13 (-4.04, 3.96) 0 (-1, 1)	-0.88 (5.57, -7.48) 2 (6, -2)	NA 6 (16, -2)
Micronutrient supplement	4.28 (6.09, 1.44) -7 (-1, -5)	-1.48 (-3.15, -0.48) 2 (1, 1)	-1.22 (1.44, -4.39) 2 (5, 0)	8.05 (6.33, 9.09) -10 (-2, -6)	6.85 (4.82, 7.9) -9 (-2, -4)	4.14 (5.49, 2.22) -6 (-1, -4)	2.68 (-1.72, 6.3) -4 (-2, 0)	-0.84 (3.99, -6.32) 2 (7, -2)	8.57 (11.09, 5.18) -12 (-2, -15)	-0.52 (-6.01, 4.32) 0 (-1, 1)	0.76 (-1.93, 2.98) -1 (-1, 0)	2.51 (-6.47, 12.03) 17 (3, 28)	-1.06 (-2.7, -0.11) 1 (1, 1)	1.49 (-0.17, 2.06) -2 (-1, 0)	-0.01 (-1.02, 0.45) 0 (0, 0)	7.08 (2.2, 11.33) -9 (-2, -1)	0.09 (3.99, -4.4) 0 (5, -2)	3.56 (3.67, 2.69) -5 (-1, -2)	7.52 (5.37, 8.95) -10 (-2, -5)	-3.04 (-4.86, -2.17) 4 (3, 1)	2.77 (3.37, 1.54) -4 (-1, -2)	-10.51 (-16.31, -5.4) 9 (7, 1)	1.25 (3.99, -2.01) -2 (2, -2)	-2.87 (-2.42, -3.91) 4 (4, 1)	-5.94 (-7.33, -4.71) 7 (5, 1)	6.73 (6.74, 5.88) -9 (-2, -7)	0.63 (-5.97, 6.94) -1 (-2, 1)	-0.11 (3.64, -4.5) 0 (5, -2)	NA 5 (15, -2)
Minerals	5.34 (8.78, 1.55) -8 (-2, -6)	-0.42 (-0.45, -0.37) 0 (0, 0)	-0.16 (4.14, -4.28) 1 (4, -1)	9.1 (9.03, 9.2) -12 (-3, -7)	7.91 (7.52, 8.01) -10 (-3, -5)	5.2 (8.18, 2.33) -8 (-2, -5)	3.73 (0.98, 6.4) -5 (-3, -1)	0.22 (6.69, -6.21) 0 (6, -3)	9.62 (13.79, 5.29) -13 (-3, -16)	0.54 (-3.31, 4.43) -1 (-2, 0)	1.82 (0.76, 3.09) -3 (-2, -1)	1.06 (2.7, 0.11) -1 (-1, -1)	1.45 (-9.16, 11.92) 18 (4, 29)	2.54 (2.53, 2.16) -4 (-2, -1)	1.05 (1.67, 0.56) -1 (-1, -1)	8.14 (4.9, 11.44) -10 (-3, -2)	1.15 (6.69, -4.29) -1 (4, -3)	4.61 (6.36, 2.8) -7 (-2, -3)	8.58 (8.07, 9.05) -11 (-3, -6)	-1.99 (-2.17, -2.06) 3 (2, 0)	3.83 (6.07, 1.65) -6 (-2, -3)	-9.46 (-13.61, -5.29) 8 (6, 0)	2.31 (6.69, -1.91) -3 (1, -3)	-1.82 (0.28, -3.8) 3 (3, 0)	-4.88 (-4.63, -4.6) 6 (4, 0)	7.79 (9.44, 5.99) -11 (-3, -8)	1.69 (-3.28, 7.05) -2 (-3, 0)	0.94 (6.34, -4.4) -1 (4, -3)	NA 4 (14, -3)
Myoinositol	2.79 (6.26, -0.61) -4 (0, -5)	-2.96 (-2.98, -2.54) 4 (2, 1)	-2.71 (1.61, -6.44) 4 (6, 0)	6.56 (6.5, 7.04) -8 (-1, -6)	5.37 (4.99, 5.84) -7 (-1, -4)	2.66 (5.66, 0.17) -4 (0, -4)	1.19 (-1.54, 4.24) -1 (-1, 0)	-2.33 (4.16, -8.37) 4 (8, -2)	7.08 (11.27, 3.13) -10 (-1, -15)	-2 (-5.84, 2.27) 3 (0, 1)	-0.72 (-1.76, 0.92) 1 (0, 0)	-1.49 (0.17, -2.06) 2 (1, 0)	-2.54 (-2.53, -2.16) 4 (2, 1)	3.99 (-6.64, 14.09) 15 (2, 28)	-1.49 (-0.85, -1.6) 2 (1, 0)	5.6 (2.38, 9.28) -6 (-1, -1)	-1.39 (4.16, -6.46) 2 (6, -2)	2.07 (3.84, 0.64) -3 (0, -2)	6.03 (5.55, 6.89) -7 (-1, -5)	-4.53 (-4.69, -4.22) 6 (4, 1)	1.28 (3.54, -0.51) -2 (0, -2)	-12 (-16.14, -7.45) 11 (8, 1)	-0.24 (4.16, -4.07) 0 (3, -2)	-4.36 (-2.24, -5.96) 6 (5, 1)	-7.42 (-7.16, -6.77) 9 (6, 1)	5.24 (6.91, 3.83) -7 (-1, -7)	-0.86 (-5.8, 4.88) 1 (-1, 1)	-1.6 (3.81, -6.56) 3 (6, -2)	NA 7 (16, -2)
N-acetyl cysteine	4.29 (7.11, 0.99) -7 (-1, -5)	-1.47 (-2.13, -0.93) 2 (1, 1)	-1.21 (2.46, -4.84) 2 (5, 0)	8.05 (7.35, 8.64) -10 (-2, -6)	6.86 (5.84, 7.45) -9 (-2, -4)	4.15 (6.51, 1.77) -6 (-1, -4)	2.68 (-0.69, 5.84) -4 (-2, 0)	-0.83 (5.01, -6.77) 2 (7, -2)	8.57 (12.12, 4.73) -12 (-2, -15)	-0.51 (-4.99, 3.87) 0 (-1, 1)	0.77 (-0.91, 2.53) -1 (-1, 0)	0.01 (1.02, -0.45) 0 (0, 0)	-1.05 (-1.67, -0.56) 1 (1, 1)	1.49 (0.85, 1.6) -2 (-1, 0)	2.5 (-7.49, 12.49) 17 (3, 28)	7.09 (3.23, 10.88) -9 (-2, -1)	0.1 (5.01, -4.86) 0 (5, -2)	3.56 (4.69, 2.24) -5 (-1, -2)	7.53 (6.4, 8.49) -10 (-2, -5)	-3.04 (-3.84, -2.62) 4 (3, 1)	2.78 (4.39, 1.09) -4 (-1, -2)	-10.51 (-15.29, -5.85) 9 (7, 1)	1.26 (5.02, -2.47) -2 (2, -2)	-2.87 (-1.39, -4.36) 4 (4, 1)	-5.93 (-6.31, -5.17) 7 (5, 1)	6.74 (7.76, 5.43) -9 (-2, -7)	0.64 (-4.95, 6.48) -1 (-2, 1)	-0.11 (4.66, -4.96) 0 (5, -2)	NA 5 (15, -2)
Nigella sativa seed oil	-2.8 (3.88, -9.89) 2 (1, -4)	-8.56 (-5.36, -11.81) 10 (3, 2)	-8.3 (-0.76, -15.72) 11 (7, 1)	0.96 (4.13, -2.24) -2 (0, -5)	-0.23 (2.62, -3.43) -1 (0, -3)	-2.94 (3.28, -9.11) 2 (1, -3)	-4.41 (-3.92, -5.04) 5 (0, 1)	-7.92 (1.79, -17.65) 10 (9, -1)	1.48 (8.89, -6.15) -3 (0, -14)	-7.6 (-8.21, -7.01) 9 (1, 2)	-6.32 (-4.14, -8.35) 7 (1, 1)	-7.08 (-2.2, -11.33) 9 (2, 1)	-8.14 (-4.9, -11.44) 10 (3, 2)	-5.6 (-2.38, -9.28) 6 (1, 1)	-7.09 (-3.23, -10.88) 9 (2, 1)	9.59 (-4.26, 23.37) 8 (1, 27)	-6.99 (1.78, -15.74) 9 (7, -1)	-3.53 (1.46, -8.64) 3 (1, -1)	0.44 (3.17, -2.39) -1 (0, -4)	-10.13 (-7.07, -13.5) 13 (5, 2)	-4.31 (1.17, -9.79) 4 (1, -1)	-17.6 (-18.51, -16.73) 18 (9, 2)	-5.83 (1.79, -13.35) 7 (4, -1)	-9.96 (-4.62, -15.24) 13 (6, 2)	-13.02 (-9.53, -16.05) 16 (7, 2)	-0.35 (4.53, -5.45) -1 (0, -6)	-6.45 (-8.18, -4.4) 7 (0, 2)	-7.2 (1.43, -15.84) 9 (7, -1)	NA 14 (17, -1)
Omega-3 fatty acids	4.19 (2.1, 5.85) -7 (-6, -3)	-1.57 (-7.14, 3.92) 2 (-4, 3)	-1.31 (-2.55, 0.01) 2 (0, 2)	7.95 (2.34, 13.5) -10 (-7, -4)	6.76 (0.83, 12.3) -9 (-7, -2)	4.05 (1.5, 6.62) -6 (-6, -2)	2.58 (-5.7, 10.7) -4 (-7, 2)	-0.93 (0, -1.91) 2 (2, 0)	8.47 (7.11, 9.58) -12 (-7, -13)	-0.61 (-10, 8.72) 0 (-6, 3)	0.67 (-5.92, 7.38) -1 (-6, 2)	-0.09 (-3.99, 4.4) 0 (-5, 2)	-1.15 (-6.69, 4.29) 1 (-4, 3)	1.39 (-4.16, 6.46) -2 (-6, 2)	-0.1 (-5.01, 4.86) 0 (-5, 2)	6.99 (-1.78, 15.74) -9 (-7, 1)	2.6 (-2.48, 7.63) 17 (8, 26)	3.46 (-0.32, 7.1) -5 (-6, 0)	7.43 (1.39, 13.35) -10 (-7, -3)	-3.14 (-8.85, 2.24) 4 (-2, 3)	2.68 (-0.62, 5.94) -4 (-6, 0)	-10.61 (-20.3, -0.99) 9 (2, 3)	1.16 (0, 2.39) -2 (-3, 0)	-2.97 (-6.4, 0.5) 4 (-1, 3)	-6.03 (-11.32, -0.31) 7 (0, 3)	6.64 (2.75, 10.29) -9 (-7, -5)	0.54 (-9.96, 11.34) -1 (-7, 3)	-0.21 (-0.35, -0.1) 0 (0, 0)	NA 5 (10, 0)
Omega-3s + vitamins	0.72 (2.42, -1.25) -1 (0, -3)	-5.04 (-6.82, -3.17) 7 (2, 3)	-4.78 (-2.23, -7.08) 7 (6, 2)	4.49 (2.67, 6.4) -5 (-1, -4)	3.3 (1.15, 5.21) -4 (-1, -2)	0.59 (1.82, -0.47) -1 (0, -2)	-0.88 (-5.38, 3.6) 2 (-1, 2)	-4.4 (0.32, -9.01) 7 (8, 0)	5.01 (7.43, 2.49) -7 (-1, -13)	-4.07 (-9.68, 1.63) 6 (0, 3)	-2.79 (-5.6, 0.29) 4 (0, 2)	-3.56 (-3.67, -2.69) 5 (1, 2)	-4.61 (-6.36, -2.8) 7 (2, 3)	-2.07 (-3.84, -0.64) 3 (0, 2)	-3.56 (-4.69, -2.24) 5 (1, 2)	3.53 (-1.46, 8.64) -3 (-1, 1)	-3.46 (0.32, -7.1) 5 (6, 0)	6.06 (-2.8, 14.73) 12 (2, 26)	3.96 (1.71, 6.25) -4 (-1, -3)	-6.6 (-8.53, -4.86) 9 (4, 3)	-0.79 (-0.3, -1.15) 1 (0, 0)	-14.07 (-19.98, -8.09) 15 (8, 3)	-2.31 (0.33, -4.71) 3 (3, 0)	-6.43 (-6.08, -6.6) 10 (5, 3)	-9.49 (-10.99, -7.4) 12 (6, 3)	3.17 (3.07, 3.19) -4 (-1, -5)	-2.93 (-9.64, 4.25) 4 (-1, 3)	-3.67 (-0.03, -7.2) 6 (6, 0)	NA 10 (16, 0)
Prelox	-3.24 (0.71, -7.5) 3 (1, 0)	-9 (-8.53, -9.43) 11 (3, 6)	-8.74 (-3.94, -13.33) 12 (7, 5)	0.53 (0.96, 0.15) -1 (0, -1)	-0.67 (-0.55, -1.05) 1 (0, 1)	-3.37 (0.11, -6.72) 3 (1, 1)	-4.84 (-7.09, -2.65) 6 (0, 5)	-8.36 (-1.39, -15.26) 11 (9, 3)	1.05 (5.72, -3.76) -2 (0, -10)	-8.03 (-11.39, -4.62) 10 (1, 6)	-6.75 (-7.31, -5.97) 8 (1, 5)	-7.52 (-5.37, -8.95) 10 (2, 5)	-8.58 (-8.07, -9.05) 11 (3, 6)	-6.03 (-5.55, -6.89) 7 (1, 5)	-7.53 (-6.4, -8.49) 10 (2, 5)	-0.44 (-3.17, 2.39) 1 (0, 4)	-7.43 (-1.39, -13.35) 10 (7, 3)	-3.96 (-1.71, -6.25) 4 (1, 3)	10.02 (-1.09, 20.98) 7 (1, 23)	-10.56 (-10.24, -11.11) 14 (5, 6)	-4.75 (-2, -7.4) 5 (1, 3)	-18.03 (-21.68, -14.34) 19 (9, 6)	-6.27 (-1.38, -10.96) 8 (4, 3)	-10.39 (-7.79, -12.85) 14 (6, 6)	-13.46 (-12.7, -13.66) 17 (7, 6)	-0.79 (1.36, -3.06) 0 (0, -2)	-6.89 (-11.35, -2.01) 9 (0, 6)	-7.63 (-1.74, -13.45) 10 (7, 3)	NA 15 (17, 3)
Saffron	7.32 (10.95, 3.61) -11 (-4, -6)	1.57 (1.71, 1.69) -2 (-2, 0)	1.82 (6.3, -2.22) -2 (2, -1)	11.09 (11.19, 11.26) -14 (-5, -7)	9.9 (9.68, 10.07) -13 (-5, -5)	7.19 (10.35, 4.39) -10 (-4, -5)	5.72 (3.15, 8.46) -8 (-5, -1)	2.2 (8.85, -4.15) -2 (4, -3)	11.61 (15.96, 7.35) -16 (-5, -16)	2.53 (-1.15, 6.49) -4 (-4, 0)	3.81 (2.93, 5.15) -5 (-4, -1)	3.04 (4.86, 2.17) -4 (-3, -1)	1.99 (2.17, 2.06) -3 (-2, 0)	4.53 (4.69, 4.22) -6 (-4, -1)	3.04 (3.84, 2.62) -4 (-3, -1)	10.13 (7.07, 13.5) -13 (-5, -2)	3.14 (8.85, -2.24) -4 (2, -3)	6.6 (8.53, 4.86) -9 (-4, -3)	10.56 (10.24, 11.11) -14 (-5, -6)	-0.54 (-11.33, 9.87) 21 (6, 29)	5.81 (8.23, 3.71) -8 (-4, -3)	-7.47 (-11.45, -3.23) 5 (4, 0)	4.29 (8.86, 0.15) -6 (-1, -3)	0.17 (2.45, -1.74) 0 (1, 0)	-2.89 (-2.47, -2.55) 3 (2, 0)	9.78 (11.6, 8.05) -13 (-5, -8)	3.67 (-1.11, 9.1) -5 (-5, 0)	2.93 (8.5, -2.34) -4 (2, -3)	NA 1 (12, -3)
Selenium supplements	1.51 (2.72, -0.1) -2 (0, -3)	-4.25 (-6.52, -2.02) 6 (2, 3)	-3.99 (-1.93, -5.93) 6 (6, 2)	5.28 (2.96, 7.55) -6 (-1, -4)	4.09 (1.45, 6.36) -5 (-1, -2)	1.38 (2.12, 0.68) -2 (0, -2)	-0.09 (-5.08, 4.75) 1 (-1, 2)	-3.61 (0.62, -7.86) 6 (8, 0)	5.8 (7.72, 3.64) -8 (-1, -13)	-3.28 (-9.38, 2.78) 5 (0, 3)	-2 (-5.3, 1.44) 3 (0, 2)	-2.77 (-3.37, -1.54) 4 (1, 2)	-3.83 (-6.07, -1.65) 6 (2, 3)	-1.28 (-3.54, 0.51) 2 (0, 2)	-2.78 (-4.39, -1.09) 4 (1, 2)	4.31 (-1.17, 9.79) -4 (-1, 1)	-2.68 (0.62, -5.94) 4 (6, 0)	0.79 (0.3, 1.15) -1 (0, 0)	4.75 (2, 7.4) -5 (-1, -3)	-5.81 (-8.23, -3.71) 8 (4, 3)	5.27 (-3.1, 13.57) 13 (2, 26)	-13.28 (-19.68, -6.94) 14 (8, 3)	-1.52 (0.62, -3.56) 2 (3, 0)	-5.64 (-5.79, -5.45) 8 (5, 3)	-8.71 (-10.7, -6.25) 11 (6, 3)	3.96 (3.37, 4.34) -5 (-1, -5)	-2.14 (-9.34, 5.4) 3 (-1, 3)	-2.88 (0.27, -6.05) 5 (6, 0)	NA 9 (16, 0)
Spirulina	14.79 (22.4, 6.84) -16 (-8, -6)	9.04 (13.16, 4.92) -7 (-6, 0)	-7 (-2, -1)	-20 (-9, -7)	17.37 (21.13, 13.3) -18 (-9, -5)	-16 (-8, -5)	-13 (-9, -1)	-7 (0, -3)	19.08 (27.4, 10.58) -21 (-9, -16)	-9 (-8, 0)	-10 (-8, -1)	-9 (-7, -1)	-8 (-6, 0)	-11 (-8, -1)	-9 (-7, -1)	-18 (-9, -2)	-9 (-2, -3)	-15 (-8, -3)	-19 (-9, -6)	-5 (-4, 0)	-14 (-8, -3)	-8.01 (-22.78, 6.64) 26 (10, 29)	-11 (-5, -3)	-5 (-3, 0)	-2 (-2, 0)	-19 (-9, -8)	11.14 (10.34, 12.33) -10 (-9, 0)	10.4 (19.95, 0.89) -9 (-2, -3)	NA -4 (8, -3)
Vitamin c/e	3.03 (2.09, 3.46) -5 (-3, -3)	-2.73 (-7.14, 1.53) 4 (-1, 3)	-2.47 (-2.55, -2.37) 4 (3, 2)	6.8 (2.34, 11.11) -8 (-4, -4)	-7 (-4, -2)	2.9 (1.49, 4.24) -4 (-3, -2)	1.43 (-5.71, 8.31) -2 (-4, 2)	-2.09 (0, -4.3) 4 (5, 0)	7.32 (7.1, 7.2) -10 (-4, -13)	-1.76 (-10, 6.34) 2 (-3, 3)	-0.48 (-5.93, 4.99) 1 (-3, 2)	-1.25 (-3.99, 2.01) 2 (-2, 2)	-2.31 (-6.69, 1.91) 3 (-1, 3)	0.24 (-4.16, 4.07) 0 (-3, 2)	-1.26 (-5.02, 2.47) 2 (-2, 2)	5.83 (-1.79, 13.35) -7 (-4, 1)	-1.16 (0, -2.39) 2 (3, 0)	2.31 (-0.33, 4.71) -3 (-3, 0)	6.27 (1.38, 10.96) -8 (-4, -3)	-4.29 (-8.86, -0.15) 6 (1, 3)	1.52 (-0.62, 3.56) -2 (-3, 0)	-11.76 (-20.3, -3.38) 11 (5, 3)	3.75 (-2.48, 10.02) 15 (5, 26)	-4.12 (-6.41, -1.89) 6 (2, 3)	-7.19 (-11.32, -2.7) 9 (3, 3)	5.48 (2.75, 7.9) -7 (-4, -5)	-0.62 (-9.97, 8.95) 1 (-4, 3)	-1.36 (-0.35, -2.49) 2 (3, 0)	NA 7 (13, 0)
Vitamin d3	7.15 (8.5, 5.35) -11 (-5, -6)	1.39 (-0.74, 3.43) -2 (-3, 0)	1.65 (3.86, -0.48) -2 (1, -1)	10.92 (8.75, 13) -15 (-6, -7)	9.73 (7.24, 11.81) -13 (-6, -5)	7.02 (7.9, 6.13) -11 (-5, -5)	5.55 (0.7, 10.2) -8 (-6, -1)	2.03 (6.41, -2.41) -2 (3, -3)	11.44 (13.51, 9.09) -16 (-6, -16)	2.36 (-3.59, 8.23) -4 (-5, 0)	3.64 (0.48, 6.89) -5 (-5, -1)	2.87 (2.42, 3.91) -4 (-4, -1)	1.82 (-0.28, 3.8) -3 (-3, 0)	4.36 (2.24, 5.96) -6 (-5, -1)	2.87 (1.39, 4.36) -4 (-4, -1)	9.96 (4.62, 15.24) -13 (-6, -2)	2.97 (6.4, -0.5) -4 (1, -3)	6.43 (6.08, 6.6) -10 (-5, -3)	10.39 (7.79, 12.85) -14 (-6, -6)	-0.17 (-2.45, 1.74) 0 (-1, 0)	-8 (-5, -3)	-7.64 (-13.89, -1.49) 5 (3, 0)	4.12 (6.41, 1.89) -6 (-2, -3)	-0.37 (-8.88, 8.13) 21 (7, 29)	-3.06 (-4.91, -0.8) 3 (1, 0)	-14 (-6, -8)	3.5 (-3.56, 10.85) -5 (-6, 0)	2.76 (6.05, -0.6) -4 (1, -3)	NA 1 (11, -3)
Vitamin d3 + calcium	-14 (-6, -6)	4.46 (4.18, 4.23) -5 (-4, 0)	4.72 (8.77, 0.32) -5 (0, -1)	-17 (-7, -7)	12.79 (12.15, 12.61) -16 (-7, -5)	10.08 (12.82, 6.93) -13 (-6, -5)	-11 (-7, -1)	5.1 (11.32, -1.61) -5 (2, -3)	-19 (-7, -16)	5.42 (1.32, 9.03) -7 (-6, 0)	6.7 (5.39, 7.69) -8 (-6, -1)	5.94 (7.33, 4.71) -7 (-5, -1)	4.88 (4.63, 4.6) -6 (-4, 0)	7.42 (7.16, 6.77) -9 (-6, -1)	5.93 (6.31, 5.17) -7 (-5, -1)	13.02 (9.53, 16.05) -16 (-7, -2)	6.03 (11.32, 0.31) -7 (0, -3)	9.49 (10.99, 7.4) -12 (-6, -3)	13.46 (12.7, 13.66) -17 (-7, -6)	2.89 (2.47, 2.55) -3 (-2, 0)	8.71 (10.7, 6.25) -11 (-6, -3)	-4.58 (-8.98, -0.68) 2 (2, 0)	7.19 (11.32, 2.7) -9 (-3, -3)	3.06 (4.91, 0.8) -3 (-1, 0)	-3.43 (-13.8, 7.32) 24 (8, 29)	-16 (-7, -8)	-8 (-7, 0)	5.82 (10.97, 0.21) -7 (0, -3)	NA -2 (10, -3)
Vitamin/minera supplements	-2.45 (-0.65, -4.44) 3 (1, 2)	11 (3, 8)	-7.95 (-5.3, -10.27) 12 (7, 7)	1.32 (-0.41, 3.21) -1 (0, 1)	0.12 (-1.92, 2.02) 0 (0, 3)	-2.59 (-1.25, -3.66) 3 (1, 3)	-4.05 (-8.45, 0.41) 6 (0, 7)	-7.57 (-2.75, -12.2) 11 (9, 5)	1.83 (4.36, -0.7) -3 (0, -8)	-7.25 (-12.75, -1.56) 10 (1, 8)	-5.97 (-8.67, -2.9) 8 (1, 7)	-6.73 (-6.74, -5.88) 9 (2, 7)	-7.79 (-9.44, -5.99) 11 (3, 8)	-5.24 (-6.91, -3.83) 7 (1, 7)	-6.74 (-7.76, -5.43) 9 (2, 7)	1 (0, 6)	-6.64 (-2.75, -10.29) 9 (7, 5)	4 (1, 5)	0.79 (-1.36, 3.06) 0 (0, 2)	-9.78 (-11.6, -8.05) 13 (5, 8)	5 (1, 5)	-17.24 (-23.05, -11.28) 19 (9, 8)	7 (4, 5)	14 (6, 8)	-12.67 (-14.07, -10.59) 16 (7, 8)	9.24 (0.27, 17.92) 7 (1, 21)	8 (0, 8)	-6.84 (-3.1, -10.39) 10 (7, 5)	NA 14 (17, 5)
Walnuts	3.65 (12.06, -5.49) -6 (1, -6)	-2.11 (2.82, -7.42) 3 (3, 0)	-1.85 (7.41, -11.33) 3 (7, -1)	7.42 (12.3, 2.16) -9 (0, -7)	-8 (0, -5)	3.51 (11.46, -4.72) -5 (1, -5)	-3 (0, -1)	-1.47 (9.96, -13.26) 3 (9, -3)	7.94 (17.07, -1.76) -11 (0, -16)	-1.15 (-0.04, -2.62) 1 (1, 0)	0.13 (4.04, -3.96) 0 (1, -1)	-0.63 (5.97, -6.94) 1 (2, -1)	-1.69 (3.28, -7.05) 2 (3, 0)	0.86 (5.8, -4.88) -1 (1, -1)	-0.64 (4.95, -6.48) 1 (2, -1)	6.45 (8.18, 4.4) -7 (0, -2)	1 (7, -3)	-4 (1, -3)	6.89 (11.35, 2.01) -9 (0, -6)	-3.67 (1.11, -9.1) 5 (5, 0)	-3 (1, -3)	-11.14 (-10.34, -12.33) 10 (9, 0)	-1 (4, -3)	-3.5 (3.56, -10.85) 5 (6, 0)	8 (7, 0)	6.1 (12.71, -1.06) -8 (0, -8)	3.14 (-12.44, 18.97) 16 (1, 29)	-0.74 (9.61, -11.44) 2 (7, -3)	NA 6 (17, -3)
Zinc/zinc + folic acid	4.39 (2.45, 5.95) -7 (-6, -3)	-1.36 (-6.79, 4.02) 1 (-4, 3) NA	-1.11 (-2.2, 0.12) 2 (0, 2) NA	8.16 (2.69, 13.6) -11 (-7, -4)	6.97 (1.18, 12.4) -10 (-7, -2)	4.26 (1.85, 6.73) -7 (-6, -2)	2.79 (-5.35, 10.8) -4 (-7, 2)	-0.73 (0.35, -1.81) 1 (2, 0) NA	8.68 (7.46, 9.69) -12 (-7, -13)	-0.4 (-9.65, 8.83) 0 (-6, 3)	0.88 (-5.57, 7.48) -2 (-6, 2) NA	0.11 (-3.64, 4.5) 0 (-5, 2) NA	-0.94 (-6.34, 4.4) 1 (-4, 3) NA	1.6 (-3.81, 6.56) -3 (-6, 2)	0.11 (-4.66, 4.96) 0 (-5, 2)	7.2 (-1.43, 15.84) -9 (-7, 1)	0.21 (0.35, 0.1) 0 (0, 0)	3.67 (0.03, 7.2) -6 (-6, 0)	7.63 (1.74, 13.45) -10 (-7, -3)	-2.93 (-8.5, 2.34) 4 (-2, 3)	2.88 (-0.27, 6.05) -5 (-6, 0)	-10.4 (-19.95, -0.89) 9 (2, 3)	1.36 (0.35, 2.49) -2 (-3, 0)	-2.76 (-6.05, 0.6) 4 (-1, 3) NA	-5.82 (-10.97, -0.21) 7 (0, 3)	6.84 (3.1, 10.39) -10 (-7, -5)	0.74 (-9.61, 11.44) -2 (-7, 3)	2.39 (-2.83, 7.53) 17 (8, 26) NA	NA 5 (10, 0) NA

Placebo/no treatment