

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 e	vitamin/minera combos	walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	1.79 (-2.3, 6.16) <b>11 (4, 20)</b>	-2.08 (-2.1, -2.31) <i>4 (2, 2)</i>	-2.01 (-2.29, -2.09) <i>4 (2, 2)</i>	-2.32 (-8.09, 3.17) <i>4 (-1, 2)</i>	0.59 (1.84, -0.93) <i>-1 (0, -3)</i>	9.21 (8.47, 9.57) <i>-9 (-3, -16)</i>	7.67 (-0.08, 15.17) <i>-7 (-3, 0)</i>	0.52 (-2.22, 2.76) <i>-1 (-1, 1)</i>	-0.2 (-3.54, 2.87) <i>1 (-1, 2)</i>	7.86 (2.42, 12.93) <i>-7 (-3, -5)</i>	-0.34 (1.09, -2.04) <i>1 (1, -1)</i>	3.37 (-0.33, 6.7) <i>-4 (-3, 0)</i>	-1.5 (-4.7, 1.39) <i>3 (-1, 2)</i>	-0.12 (-2.69, 2.24) <i>1 (-1, 1)</i>	-1.08 (-1.28, -1.13) <i>2 (1, 1)</i>	-2.08 (-3.94, -0.66) <i>4 (1, 2)</i>	-2.37 (-5.73, 0.79) <i>4 (0, 2)</i>	-1.47 (-5.92, 2.7) <i>3 (-1, 2)</i>	-0.45 (-5.76, 4.69) <i>1 (-2, 2)</i>	-1.15 (-6.57, 4.41) <i>2 (-2, 2)</i>	-1.73 (-1.11, -2.54) <i>4 (2, 1)</i>	NA <i>4 (7, -1)</i>
coenzyme q10	2.08 (2.1, 2.31) <i>-4 (-2, -2)</i>	<b>-0.29</b> (-4.4, <b>3.85</b> ) <b>15 (6, 22)</b>	0.02 (-0.19, 0.22) <i>0 (0, 0)</i>	-0.24 (-5.99, 5.47) <i>-1 (-3, 0)</i>	2.67 (3.93, 1.38) <i>-6 (-2, -5)</i>	11.29 (10.57, 11.88) <i>-13 (-5, -18)</i>	9.75 (2.01, 17.48) <i>-11 (-5, -2)</i>	2.61 (-0.12, 5.07) <i>-5 (-3, -1)</i>	1.88 (-1.44, 5.17) <i>-4 (-3, 0)</i>	9.94 (4.52, 15.24) <i>-12 (-5, -7)</i>	1.74 (3.18, 0.27) <i>-4 (-1, -3)</i>	0.58 (1.77, 9.01) <i>-9 (-5, -2)</i>	0.96 (-0.59, 4.54) <i>-4 (-3, -1)</i>	1.96 (0.82, 1.18) <i>-2 (-1, -1)</i>	0 (-1.85, 1.65) <i>0 (-2, 0)</i>	-0.28 (-3.64, 3.1) <i>0 (2, 0)</i>	0.61 (-3.83, 5) <i>-2 (-3, 0)</i>	1.63 (-3.66, 7) <i>-3 (-4, 0)</i>	0.93 (-4.48, 6.72) <i>-2 (-4, 0)</i>	0.35 (0.99, -0.23) <i>-1 (0, -1)</i>	NA <i>0 (5, -3)</i>	
folic acid	2.01 (2.29, 2.09) <i>-4 (-2, -2)</i>	-0.08 (0.19, -0.22) <i>0 (0, 0)</i>	<b>-0.22</b> (-4.59, <b>4.07</b> ) <b>15 (6, 22)</b>	-0.32 (-5.8, 5.25) <i>0 (-3, 0)</i>	2.59 (4.13, 1.16) <i>-6 (-2, -5)</i>	11.22 (10.76, 11.65) <i>-13 (-5, -18)</i>	9.67 (2.21, 17.26) <i>-11 (-5, -2)</i>	2.53 (0.07, 4.85) <i>1 (-1, -1)</i>	1.81 (-1.25, 4.95) <i>-2 (-3, 0)</i>	9.86 (4.71, 15.02) <i>-12 (-5, -7)</i>	1.67 (3.38, 0.05) <i>-2 (-1, -2)</i>	5.38 (1.96, 8.79) <i>-8 (-5, -2)</i>	0.51 (-2.41, 3.47) <i>-1 (-1, 0)</i>	1.89 (-0.4, 4.32) <i>-4 (-3, -1)</i>	0.92 (1.01, 0.96) <i>-2 (-1, -1)</i>	-0.36 (-1.65, 1.43) <i>0 (-2, 0)</i>	-0.67 (-3.44, 2.88) <i>-2 (-3, 0)</i>	0.53 (-3.63, 4.78) <i>-3 (-4, 0)</i>	1.56 (-3.47, 6.78) <i>-4 (-5, 0)</i>	0.86 (-4.28, 6.5) <i>-2 (-4, 0)</i>	0.28 (1.18, -0.45) <i>0 (0, -1)</i>	NA <i>0 (5, -3)</i>
herb/mineral supplement	2.32 (8.09, -3.17) <i>-4 (1, -2)</i>	0.24 (5.99, -5.47) <i>1 (3, 0)</i>	0.32 (5.8, -5.25) <i>0 (3, 0)</i>	<b>-0.54</b> (-10.39, <b>9.32</b> ) <b>15 (3, 22)</b>	2.91 (9.93, -4.09) <i>-5 (1, -5)</i>	11.53 (16.56, 6.4) <i>-13 (-5, -18)</i>	9.99 (8, 12.01) <i>-10 (-2, -2)</i>	2.85 (-0.69, -6.81) <i>-4 (0, -1)</i>	2.13 (4.55, -0.3) <i>-3 (0, 0)</i>	10.18 (10.51, 9.77) <i>-11 (-2, -7)</i>	1.99 (9.17, -5.21) <i>-3 (2, -3)</i>	5.7 (7.76, 3.54) <i>-8 (-2, -2)</i>	0.83 (3.38, -1.78) <i>-1 (0, 0)</i>	2.21 (5.4, -0.93) <i>-3 (0, -1)</i>	1.24 (6.81, -4.29) <i>-1 (2, -1)</i>	0.24 (4.15, -3.83) <i>0 (2, 0)</i>	-0.04 (2.35, -2.37) <i>0 (1, 0)</i>	0.85 (2.17, -0.47) <i>-1 (0, 0)</i>	1.87 (2.33, 1.53) <i>-3 (-1, 0)</i>	1.17 (1.52, 1.25) <i>-2 (-1, 0)</i>	0.6 (6.98, -5.71) <i>0 (3, -1)</i>	NA <i>0 (8, -3)</i>
l-carnitine/l-acetylcarnitine	-0.59 (-1.84, 0.93) <i>1 (0, 3)</i>	-2.67 (-3.93, -1.38) <i>6 (2, 5)</i>	-2.59 (-4.13, -1.16) <i>6 (2, 5)</i>	-2.91 (-9.93, 4.09) <i>6 (2, 5)</i>	<b>2.38</b> (-0.46, <b>5.23</b> ) <b>9 (4, 17)</b>	6.63 (6.63, 10.49) <i>-5 (-1, 5)</i>	-1.92 (-1.92, 16.1) <i>1 (-1, 4)</i>	-4.06 (-4.06, 3.69) <i>3 (-3, 0)</i>	-0.79 (-5.38, 3.79) <i>-1 (0, 0)</i>	7.27 (0.59, 13.86) <i>-6 (-3, -2)</i>	-0.93 (-0.75, -1.11) <i>2 (1, -2)</i>	2.78 (-2.17, 7.63) <i>-8 (-5, -2)</i>	-2.09 (-6.54, 2.32) <i>4 (1, -4)</i>	-0.7 (-4.53, 3.16) <i>2 (-1, 1)</i>	-1.67 (-3.12, -0.2) <i>5 (1, 5)</i>	-2.95 (-5.78, 0.27) <i>6 (0, 5)</i>	-2.06 (-7.57, 1.72) <i>4 (-1, 5)</i>	-1.04 (-7.76, 3.62) <i>3 (-2, 5)</i>	-1.74 (-7.59, 5.62) <i>4 (-2, 5)</i>	-2.31 (-8.41, 5.34) <i>5 (2, 4)</i>	NA <i>6 (7, 2)</i>	
l-carnitine+cinn	-9.21 (-8.47, -9.57) <i>9 (3, 16)</i>	-11.29 (-10.57, -11.88) <i>13 (5, 18)</i>	-11.22 (-10.76, -11.65) <i>13 (5, 18)</i>	-11.53 (-16.56, -6.4) <i>13 (2, 18)</i>	-8.62 (-6.63, -10.49) <i>7 (3, 13)</i>	<b>11</b> ( <b>6.17, 15.72</b> ) <b>2 (1, 4)</b>	-1.54 (-8.55, 5.61) <i>2 (0, 16)</i>	-8.69 (-10.69, -6.81) <i>8 (2, 17)</i>	-9.41 (-12.01, -6.7) <i>10 (2, 18)</i>	-1.36 (-6.05, 3.37) <i>1 (0, 11)</i>	-9.55 (-7.38, -11.61) <i>9 (4, 15)</i>	-5.84 (-8.8, -2.86) <i>5 (0, 16)</i>	-10.71 (-13.17, -8.18) <i>12 (2, 18)</i>	-9.33 (-11.16, -7.33) <i>9 (2, 17)</i>	-10.29 (-9.75, -10.69) <i>11 (4, 17)</i>	-11.29 (-12.41, -10.23) <i>13 (4, 18)</i>	-11.58 (-14.2, -8.77) <i>13 (3, 18)</i>	-10.68 (-14.39, -6.87) <i>12 (2, 18)</i>	-9.66 (-14.23, -4.88) <i>10 (1, 18)</i>	-10.36 (-15.04, -5.15) <i>11 (1, 18)</i>	-10.94 (-9.58, -12.11) <i>13 (5, 17)</i>	NA <i>13 (10, 15)</i>
magnesium	-7.67 (0.08, -15.17) <i>7 (3, 0)</i>	-9.75 (-2.01, -17.48) <i>11 (5, 2)</i>	-9.67 (-2.21, -17.26) <i>11 (5, 2)</i>	-9.99 (-8, -12.01) <i>10 (2, 2)</i>	1.54 (1.92, -16.1) <i>5 (3, -3)</i>	<b>9.45</b> (8.55, -5.61) <b>(-2.39, 21.33)</b> <b>4 (1, 20)</b>	-7.14 (2.14, -12.42) <i>6 (2, 12)</i>	-7.86 (-3.46, -12.31) <i>7 (2, 2)</i>	-8.6 (-1.32, -12.42) <i>-1 (0, -1)</i>	0.19 (2.51, -2.24) <i>-1 (0, -5)</i>	-4.29 (1.17, -17.21) <i>9 (4, 15)</i>	-9.16 (-0.25, -8.47) <i>2 (0, 0)</i>	-7.78 (-4.62, -13.79) <i>9 (2, 2)</i>	-9.75 (-2.6, -12.94) <i>2 (0, 0)</i>	-10.03 (-1.19, -16.3) <i>11 (4, 17)</i>	-9.75 (-3.86, -15.83) <i>11 (4, 2)</i>	-10.03 (-9.75, -10.69) <i>11 (4, 2)</i>	-9.14 (-14.21, -10.23) <i>9 (2, 2)</i>	-8.12 (-14.39, -6.87) <i>8 (1, 2)</i>	-8.82 (-15.04, -5.15) <i>11 (1, 18)</i>	-9.39 (-1.02, -17.72) <i>10 (5, 1)</i>	NA <i>11 (10, -1)</i>
micronutrient supplement	-0.52 (2.22, -2.76) <i>1 (1, -1)</i>	-2.61 (0.12, -5.07) <i>5 (3, 1)</i>	-2.53 (-0.07, -4.85) <i>5 (3, 1)</i>	-2.85 (-5.87, 0.41) <i>4 (0, 1)</i>	0.06 (4.06, -3.69) <i>-1 (1, -4)</i>	8.69 (10.69, 6.81) <i>-8 (-2, -17)</i>	7.14 (2.14, 12.42) <i>-6 (-2, -1)</i>	-0.72 (-1.32, 0.11) <i>10 (3, 21)</i>	-0.86 (4.64, 10.18) <i>-7 (-2, -6)</i>	7.33 (4.64, 10.18) <i>-7 (-2, -6)</i>	-0.86 (3.31, -4.7) <i>1 (2, -3)</i>	2.85 (1.89, 3.95) <i>-4 (-2, -1)</i>	-2.02 (-2.48, -1.37) <i>3 (0, 1)</i>	-0.64 (-0.47, -0.52) <i>1 (0, 0)</i>	-1.61 (0.94, -3.89) <i>3 (2, 0)</i>	-2.61 (-1.72, -3.42) <i>5 (2, 1)</i>	-2.89 (-3.51, -1.96) <i>5 (1, 1)</i>	-2 (-3.7, 0.06) <i>3 (0, 1)</i>	-0.97 (-3.54, 1.93) <i>2 (-1, 2)</i>	-1.67 (-4.35, 1.66) <i>3 (-1, 1)</i>	-2.25 (1.11, -5.3) <i>4 (3, 0)</i>	NA <i>5 (8, -2)</i>
n-acetyl cysteine	0.2 (3.54, -2.87) <i>-1 (1, -1)</i>	-1.88 (1.44, -5.17) <i>4 (3, 0)</i>	-1.81 (1.25, -4.95) <i>3 (3, 0)</i>	-2.13 (-4.55, 0.3) <i>3 (0, 0)</i>	0.79 (5.38, -3.79) <i>-2 (1, -5)</i>	9.41 (12.01, 6.7) <i>-2 (1, -5)</i>	7.86 (3.46, 12.31) <i>-1 (0, -1)</i>	0.72 (1.32, -0.11) <i>12 (3, 22)</i>	<b>1.59</b> (-5.84, <b>9.02</b> ) <b>12 (3, 22)</b>	8.05 (5.96, 10.07) <i>4 (2, 3)</i>	-0.14 (0.63, -4.91) <i>2 (0, 0)</i>	3.57 (3.21, 3.84) <i>-5 (-2, -2)</i>	-1.3 (-1.16, -1.48) <i>2 (0, 0)</i>	1.08 (0.85, -0.63) <i>2 (2, -1)</i>	-0.88 (2.26, -3.99) <i>3 (0, 2)</i>	-1.87 (-0.4, -3.52) <i>3 (0, 0)</i>	-2.17 (-2.19, -2.07) <i>2 (0, 0)</i>	-1.28 (-2.38, -0.17) <i>2 (0, 0)</i>	-0.25 (-2.22, 1.83) <i>0 (-1, 0)</i>	-0.95 (-3.03, 1.55) <i>1 (-1, 0)</i>	-1.53 (2.43, -5.41) <i>3 (3, -1)</i>	NA <i>3 (8, -3)</i>
nigella sativa seed oil	-7.86 (-2.42, -12.93) <i>7 (3, 5)</i>	-9.94 (-4.52, -15.24) <i>12 (5, 7)</i>	-9.86 (-4.71, -15.02) <i>12 (5, 7)</i>	-10.18 (-17.56, -9.77) <i>11 (2, 7)</i>	-7.27 (-0.59, -13.86) <i>6 (3, 2)</i>	1.36 (6.05, -3.37) <i>-1 (0, 1)</i>	-0.19 (-2.51, 2.24) <i>1 (0, 5)</i>	-7.33 (-4.64, -10.18) <i>7 (2, 6)</i>	-8.05 (-5.96, -10.07) <i>8 (2, 7)</i>	<b>9.64</b> ( <b>0.12, 19.09</b> ) <b>3 (1, 15)</b>	-8.19 (-1.34, -14.97) <i>8 (4, 4)</i>	-4.48 (-2.75, -6.23) <i>3 (0, 5)</i>	-9.35 (-7.13, -11.55) <i>10 (2, 7)</i>	-7.97 (-5.11, -10.7) <i>8 (2, 6)</i>	-8.94 (-3.7, -14.06) <i>10 (4, 6)</i>	-9.94 (-6.37, -13.59) <i>11 (4, 7)</i>	-10.22 (-8.16, -12.14) <i>12 (3, 7)</i>	-9.33 (-14.39, -6.87) <i>10 (2, 7)</i>	-8.31 (-8.18, -8.24) <i>9 (1, 7)</i>	-9.01 (-9, -8.52) <i>10 (1, 7)</i>	-9.58 (-3.53, -15.47) <i>11 (5, 6)</i>	NA <i>12 (10, 4)</i>
omega-3 fatty acids	0.34 (-1.09, 2.04) <i>-1 (1, -1)</i>	-1.74 (-3.18, -0.27) <i>4 (1, 3)</i>	-1.67 (-3.38, -0.05) <i>4 (1, 3)</i>	-1.99 (-9.17, 5.21) <i>3 (-2, 3)</i>	0.93 (0.75, 1.11) <i>-2 (-1, -2)</i>	9.55 (7.38, 11.61) <i>-9 (-4, -15)</i>	8 (-1.17, 17.21) <i>-2 (1, -5)</i>	0.14 (-3.31, 4.8) <i>-4 (6, 3)</i>	8.19 (1.34, 14.97) <i>-8 (-4, -4)</i>	<b>1.45</b> ( <b>-1.22, 4.12</b> ) <b>12 (5, 19)</b>	3.71 (-1.42, 8.74) <i>2 (-2, 2)</i>	3.57 (-5.79, 3.43) <i>-7 (-2, -2)</i>	-1.16 (-3.77, 4.28) <i>2 (0, 2)</i>	0.22 (-3.77, 4.28) <i>2 (0, 2)</i>	-0.74 (-2.37, 0.91) <i>2 (0, 2)</i>	-1.78 (-5.03, 1.38) <i>2 (-2, 3)</i>	-2.03 (-6.82, 2.83) <i>1 (-3, 3)</i>	-1.14 (-7.01, 4.74) <i>1 (-3, 3)</i>	-0.81 (-6.84, 6.73) <i>2 (-3, 3)</i>	-1.39 (-7.66, 6.45) <i>3 (2, -1)</i>	NA <i>4 (6, 0)</i>	
prelox	-3.37 (0.33, -6.7) <i>4 (3, 0)</i>	-5.45 (-1.77, -9.01) <i>9 (5, 2)</i>	-5.38 (-1.96, -8.79) <i>8 (5, 2)</i>	-5.7 (-3.38, 1.78) <i>8 (2, 2)</i>	-2.78 (2.17, -7.63) <i>3 (3, -3)</i>	5.84 (8.8, 2.86) <i>-5 (0, -16)</i>	10.71 (0.25, 8.47) <i>-2 (0, 0)</i>	-2.85 (-1.89, -3.95) <i>4 (2, 1)</i>	-3.57 (-3.21, -3.84) <i>5 (2, 2)</i>	9.35 (2.75, 6.23) <i>-3 (0, -5)</i>	1.16 (5.79, -3.43) <i>2 (1, 2)</i>	4.87 (4.37, 5.32) <b>(-7.01, 7.54)</b> <b>14 (3, 22)</b>	-4.87 (-4.37, -5.32) <i>7 (2, 2)</i>	-3.49 (-2.36, -4.47) <i>5 (2, 1)</i>	-4.45 (-0.95, -7.83) <i>7 (4, 1)</i>	-5.45 (-1.61, -7.36) <i>8 (3, 2)</i>	-5.74 (-5.59, -4.01) <i>7 (2, 2)</i>	-4.85 (-5.43, -2.01) <i>5 (1, 2)</i>	-4.52 (-6.24, -2.29) <i>6 (1, 2)</i>	-5.1 (-0.78, -9.25) <i>8 (5, 1)</i>	NA <i>8 (10, -1)</i>	
saffron	1.5 (4.7, -1.39) <i>-3 (1, -2)</i>	-0.58 (2.61, -3.7) <i>2 (3, 0)</i>	-0.51 (2.41, -3.47) <i>1 (3, 0)</i>	-0.83 (-3.38, 1.78) <i>1 (0, 0)</i>	-0.83 (6.54, -2.32) <i>-4 (1, -9)</i>	10.71 (13.17, 8.18) <i>-12 (-2, -18)</i>	9.16 (4.62, 13.79) <i>-3 (0, -1)</i>	2.02 (2.48, 1.37) <i>-2 (0, 0)</i>	1.3 (1.16, -1.48) <i>2 (0, 0)</i>	9.35 (7.13, 11.55) <i>-10 (-2, -7)</i>	1.16 (5.79, -3.43) <i>2 (1, 2)</i>	4.87 (4.37, 5.32) <b>(-7.01, 7.54)</b> <b>14 (3, 22)</b>	-4.87 (-4.37, -5.32) <i>7 (2, 2)</i>	-3.49 (-2.36, -4.47) <i>5 (2, 1)</i>	-4.45 (-0.95, -7.83) <i>7 (4, 1)</i>	-5.45 (-1.6						