

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 + lycopene + zinc high dose	coenzyme-q10 + l-carnitine + lycopene + zinc low dose	folic acid	herb/mineral supplement	l-carnitine/l-acetylcarnitine	l-carnitine+coenzyme-q10	l-carnitine+l-carnitine fumarate+sals	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/mineral supplements	walnuts	zinc/zinc + folic acid	placebo/no treatment
antioxidants	5.61 (-0.8, 11.85) 12 (3, 23)	-4.67 (-9.34, 0.14) 7 (1, 6)	-4.3 (-4.22, -4.03) 7 (4, 4)	4.81 (-0.11, 9.33) 5 (2, 0)	3.65 (-0.94, 8.14) -4 (2, 1)	0.9 (-0.38, 2.39) -1 (4, 0)	-0.41 (-7.11, 6.62) 1 (2, 5)	-2.98 (-6.62, -0.41) 5 (5, 2)	6.31 (6.38, 6.69) 5 (2, 2)	-3.65 (-11.26, 4.67) 5 (2, 2)	-2.36 (-7.97, 2.79) 4 (1, 5)	-2.89 (-5.88, 0.28) 5 (0, 5)	-4.03 (-8.46, 0.92) 6 (0, 6)	-1.46 (-4.52, 2.78) 3 (1, 5)	-3.38 (-7, 0.81) 5 (0, 5)	3.61 (-3.36, 10.84) -3 (2, 4)	-2.86 (-1.54, -4.19) 5 (4, 2)	0.25 (-2.69, 2.92) 0 (1, 3)	4.37 (-0.31, 9.66) 5 (2, 7)	-6.27 (-10.03, -1.92) 9 (2, 6)	-2.36 (-2.3, 2.06) 1 (1, 1)	-13.57 (-21.63, -5.31) 14 (6, 6)	-0.23 (-0.49, 0) 0 (0, 1)	-5.86 (-8.12, -3.77) 9 (4, 6)	-9.16 (-13.7, -4.26) 12 (5, 6)	-2.51 (-9.38, 3.94) 4 (1, 6)	-2.27 (-1.86, 7.88) -3 (2, 0)	-3.23 (-1.86, 4.44) 5 (3, 3)	NA 10 (15, 3)
carob	4.67 (9.34, 0.14) 7 (-1, -6)	0.93 (-10.14, 11.99) 19 (4, 29)	0.37 (5.12, -4.17) 0 (3, 2)	4.48 (9.24, 9.18) -12 (3, -4)	5.38 (8.41, 8) -11 (-3, -5)	5.38 (8.96, 2.25) -6 (3, -4)	4.26 (2.24, 6.48) -2 (4, -4)	1.7 (8.73, -5.05) -2 (4, -4)	1.02 (15.72, 6.55) -2 (3, -1)	1.78 (-1.91, 4.53) -2 (3, -1)	1.28 (1.37, 2.65) -3 (2, -1)	1.28 (3.46, 0.13) -2 (1, -1)	1.28 (0.88, 0.77) -1 (1, -1)	3.2 (3.92, 2.48) -4 (2, -1)	8.29 (5.99, 10.7) -10 (-3, -2)	8.29 (7.8, -4.33) -2 (3, -4)	4.92 (6.65, 2.78) -7 (2, -3)	9.04 (0.69, 2.06) -12 (-6, -3)	9.04 (9.03, 9.51) -1 (1, 0)	4.92 (0.69, 2.06) -12 (-6, -3)	4.92 (12.29, 5.45) 7 (5, 0)	8.3 (8.86, 0.15) -7 (4, -3)	1.15 (1.22, -3.91) 2 (3, 0)	4.49 (4.36, -4.4) 5 (4, 0)	2.16 (-0.04, 3.8) -3 (2, 0)	2.4 (-2.51, 7.74) -3 (3, 0)	4.44 (7.49, -4.58) -2 (4, -3)	NA 3 (14, -3)	
coenzyme q10	4.3 (4.22, 4.03) -7 (-4, -4)	-0.37 (-5.12, 4.17) 0 (3, 2)	1.3 (-5.02, 7.82) 19 (7, 27)	9.11 (4.12, 13.35) -12 (6, -4)	7.95 (3.29, 12.16) -11 (-6, -3)	5.21 (3.84, 6.41) -8 (-5, -4)	3.89 (-2.88, 10.64) -6 (-6, 1)	1.33 (3.61, -0.88) -2 (1, -2)	10.62 (10.6, 10.72) -15 (-6, -16)	0.66 (7.03, 8.69) -2 (6, 2)	1.95 (-3.75, 6.82) -3 (-5, 1)	1.41 (-1.66, 4.3) -3 (4, 2)	0.27 (-4.24, 4.94) -1 (-4, 2)	2.84 (1.2, 6.8) -5 (-5, 1)	0.92 (-2.78, 4.84) -2 (4, 1)	7.92 (0.86, 14.87) -10 (-6, 2)	1.45 (2.68, -0.17) -2 (0, 2)	4.56 (1.53, 6.95) -7 (-5, -1)	8.67 (3.91, 13.68) 2 (2, 2)	-1.96 (-5.81, 2.11) 2 (2, 2)	3.94 (6.1, 1.77) -6 (-6, -1)	-9.27 (-17.41, -1.28) 7 (2, 6)	4.08 (3.74, 4.02) -7 (-4, -3)	-1.56 (-3.9, 0.26) 2 (0, 2)	-4.86 (-9.48, -0.24) 5 (1, 2)	1.79 (-5.16, 7.97) -3 (-5, 2)	2.03 (-7.63, 11.9) -3 (-6, 2)	1.07 (2.37, -0.41) -2 (-1, -1)	NA 3 (11, -1)
coenzyme-q10 + l-carnitine + lycopene + zinc high dose	-4.81 (0.11, -9.33) 5 (2, 0)	-9.48 (-9.24, -9.18) 12 (3, 6)	-9.11 (-4.12, -13.35) 12 (6, 4)	10.42 (-0.91, 21.18) 7 (1, 23)	-1.16 (-0.83, -1.19) 4 (1, 0)	-3.91 (-0.27, -6.94) 4 (1, 0)	-5.22 (-7, -2.71) 7 (0, 5)	-7.79 (-0.51, -14.23) 10 (7, 2)	-1.5 (6.48, -2.64) -2 (0, -12)	-8.46 (-11.15, -4.66) -7 (8, -6)	-7.17 (-7.86, -6.53) -10 (-7, 5)	-7.7 (-5.78, 9.05) 10 (2, 5)	-8.85 (-8.36, -8.41) 11 (2, 6)	-6.28 (-5.31, -6.55) 10 (2, 5)	-8.19 (-6.89, -8.51) 10 (2, 5)	-1.2 (-3.25, 1.52) 10 (6, 2)	-7.67 (-1.44, -13.52) 10 (6, 2)	-4.56 (-2.59, -6.4) 5 (1, 3)	-0.44 (-0.21, 0.33) 1 (0, 1)	-11.08 (-9.93, -11.24) 14 (4, 6)	-18.38 (-21.52, -14.63) 19 (8, 6)	-5.04 (-3.08, -9.33) 5 (2, 1)	-10.67 (-8.01, -13.09) 14 (6, 6)	-13.97 (-13.59, -13.99) 17 (7, 6)	-7.32 (-9.27, -5.38) 9 (1, 6)	-7.09 (-1.75, -1.45) -9 (0, 6)	-8.04 (-1.75, -13.76) 11 (7, 3)	NA 15 (17, 3)	
coenzyme-q10 + l-carnitine + lycopene + zinc low dose	-3.65 (0.94, 8.14) 4 (2, -1)	-8.32 (-8.41, 8) 11 (3, 5)	-7.95 (-3.29, -12.16) 11 (6, 3)	1.16 (0.83, 1.19) -1 (0, -1)	9.26 (-1.73, 19.99) 8 (1, 24)	-2.75 (0.55, -5.75) 3 (1, -1)	-4.06 (-6.17, -1.52) 5 (0, 4)	-6.63 (-3.2, 13.05) 9 (7, 1)	2.66 (7.31, -1.45) -4 (0, -13)	-7.3 (-10.32, -3.47) 9 (0, 5)	-6.54 (-7.04, -5.34) 8 (1, 4)	-6.54 (-4.95, -7.86) 8 (2, 4)	-7.68 (-7.53, -7.22) 10 (2, 5)	-5.11 (-4.49, -5.36) 6 (1, 4)	-7.03 (-6.07, -7.33) 9 (2, 4)	-0.04 (-2.42, 2.71) 1 (0, 3)	-6.51 (-0.61, -12.33) 1 (0, 3)	-3.39 (-1.76, -5.21) 4 (1, 2)	0.72 (0.62, 1.52) -1 (0, 0)	-9.92 (-11, -10.06) 13 (4, 5)	-4.01 (-1.36, -6.08) 5 (1, 2)	-17.22 (-20.7, -13.44) 18 (8, 5)	-3.88 (0.45, -8.14) 4 (2, 0)	-9.51 (-7.18, -11.9) 13 (6, 5)	-12.81 (-12.76, -12.4) 16 (7, 5)	-6.16 (-8.44, -4.19) 8 (1, 5)	-5.92 (-10.92, -0.26) 8 (0, 5)	-6.88 (-0.92, -12.57) 9 (7, 2)	NA 14 (17, 2)
folic acid	-0.9 (0.38, 2.39) 1 (1, 0)	-5.58 (-8.96, -2.25) 8 (2, 6)	-5.21 (-3.84, -6.41) 8 (4, 4)	3.91 (0.27, 6.94) -4 (1, 0)	2.75 (-0.55, 5.75) 10 (2, 24)	6.51 (-1.18, 14.23) 10 (2, 24)	-1.31 (-6.72, 4.23) 3 (1, -5)	-3.88 (-0.23, -7.3) 6 (6, 2)	5.41 (6.76, 4.3) -6 (-1, -12)	-4.55 (-7.88, 2.28) 7 (0, 6)	-3.26 (7.59, 0.41) 5 (0, 5)	-3.79 (-5.5, -2.1) 6 (1, 5)	-4.94 (-8.08, -1.47) 7 (1, 6)	-2.37 (-5.04, 0.39) 4 (0, 5)	-4.28 (-6.62, -1.58) 7 (1, 5)	2.71 (-2.98, 8.46) 6 (5, 2)	-3.76 (-1.16, 6.58) 6 (5, 2)	-0.65 (-2.31, 0.54) 1 (0, 3)	3.47 (0.07, 7.27) -3 (-1, 1)	-7.17 (-9.65, -4.31) 10 (3, 6)	-1.26 (-1.92, -0.33) 2 (0, 3)	-14.47 (-21.25, -7.69) 16 (7, 6)	-1.13 (-0.11, -2.39) 2 (1, 1)	-6.76 (-7.74, -4.15) 10 (5, 6)	-10.07 (-13.32, -6.65) 13 (6, 6)	-3.41 (-9.15, 5.6) 5 (1, 6)	-3.18 (-1.47, 4.82) 7 (6, 3)	-4.13 (-1.47, 6.82) 4 (7, 2)	NA 11 (16, 3)
herb/mineral supplement	0.41 (7.11, -6.62) -2 (1, -2)	-4.26 (-2.24, -6.48) 6 (2, 1)	-3.89 (2.88, -10.64) 6 (6, -1)	5.22 (7, 2.71) -7 (0, -5)	4.06 (6.17, 1.52) -3 (1, -5)	1.31 (6.72, -4.23) -3 (1, -5)	5.19 (-7.9, 18.47) 13 (7, 28)	-2.57 (6.49, -11.53) 4 (7, -3)	6.73 (13.48, 0.07) -9 (0, -17)	-3.24 (-4.15, -1.95) 4 (0, 1)	-1.95 (-1.36, -5.7) 3 (2, 0)	-2.48 (1.22, -6.34) 3 (2, 0)	-3.62 (1.68, -3.84) 5 (2, 1)	-1.05 (-0.1, -5.81) 1 (1, 0)	-2.97 (3.75, 4.23) -5 (0, -1)	4.03 (5.56, -10.7) 3 (6, -3)	-2.44 (5.56, -10.7) 3 (6, -3)	0.67 (4.41, -3.69) -1 (-1, 2)	4.78 (6.79, 3.04) -6 (0, -4)	-5.85 (-2.93, 8.54) 8 (4, 1)	0.05 (4.81, -4.56) -1 (-1, 2)	-13.16 (-14.53, -11.92) 13 (8, 1)	0.18 (6.62, -6.62) -1 (2, -4)	-5.45 (-1.01, -10.38) 11 (1, 1)	-8.75 (-2.27, 7.97) 2 (0, 1)	-2.1 (-4.75, 1.26) 2 (0, 1)	-1.86 (5.25, -11.05) 4 (7, 2)	-2.82 (-1.75, -13.76) 1 (0, 1)	NA 9 (17, 2)
l-carnitine/l-acetylcarnitine	2.98 (0.62, 4.91) -5 (-5, -2)	-1.7 (8.73, 5.05) 2 (4, 4)	1.33 (3.61, 0.88) 2 (1, 2)	7.79 (1.51, 14.23) -10 (-7, -2)	6.63 (0.32, 13.05) -9 (-7, -1)	3.88 (6.17, 1.52) -3 (1, -5)	2.57 (-1.41, 6.94) 13 (7, 28)	0.29 (-6.49, 11.53) 0 (7, -4)	0.67 (10.64, 9.58) -1 (0, -16)	0.62 (7.36, 7.1) -2 (3, -1)	0.09 (5.27, 5.18) 0 (5, 3)	-1.06 (-7.85, 5.83) 1 (5, 4)	1.51 (4.81, 7.69) -2 (4, -3)	0.4 (6.39, 5.72) 0 (2, -3)	6.59 (2.74, 15.75) -8 (2, -3)	0.12 (-0.93, 0.72) 0 (1, 0)	3.23 (2.08, 4.38) -5 (-4, -1)	7.35 (9.42, 2.99) 4 (3, 4)	-3.29 (-1.68, 6.97) -4 (6, -1)	2.62 (21.02, -0.4) -5 (-5, -1)	2.75 (0.13, 4.9) -5 (-5, -1)	2.88 (7.5, 1.14) 4 (1, 4)	-6.19 (-13.08, 0.65) 7 (0, 4)	0.47 (-11.24, 12.79) -1 (-1, 4)	0.7 (-0.76, 8.85) -1 (-1, 4)	-0.25 (-1.24, 0.47) 1 (0, 1)	NA 5 (10, 1)		
l-carnitine+cinno	-6.31 (-6.38, -6.69) 8 (2, 12)	-10.99 (-15.72, -6.55) 15 (3, 18)	-10.62 (-10.6, -10.64) 15 (6, 16)	-1.5 (-6.48, 2.64) 2 (0, 12)	-2.66 (-7.31, 1.45) 4 (0, 13)	-5.41 (-6.76, -4.3) 6 (1, 12)	-6.73 (-13.48, -0.07) 9 (0, 17)	-9.29 (-6.99, -11.6) 13 (7, 14)	11.92 (-5.58, 18.54) 4 (1, 17)	-9.96 (-17.63, -2.02) 13 (0, 18)	-7.78 (-14.35, -3.9) 12 (1, 17)	-8.67 (-12.26, -4.41) 12 (2, 17)	-7.78 (-14.84, -5.77) 14 (1, 18)	-9.69 (-11.8, 3.91) 13 (2, 17)	-9.69 (-13.38, -5.88) 13 (2, 17)	-2.7 (-9.73, 4.15) 4 (0, 16)	-9.17 (-7.92, -10.88) 12 (6, 14)	-6.06 (-9.07, -3.77) 8 (1, 15)	-12.58 (-16.41, -8.61) 17 (4, 18)	-6.68 (-6.67, -4.63) 8 (1, 15)	-19.88 (-28.01, -12) 22 (8, 18)	-18.86 (-6.86, -6.69) 8 (2, 18)	-12.17 (-14.5, -10.46) 20 (7, 18)	-15.48 (-20.07, -10.95) 17 (7, 18)	-8.83 (-15.75, 2.75) 12 (1, 18)	-8.59 (-18.23, 1.19) 11 (0, 18)	-9.55 (-8.23, -11.13) 13 (7, 15)	NA 18 (17, 15)	
l-carnitine+l-carnitine fumarate+sals	3.65 (11.26, -4.67) -5 (2, -6)	-1.02 (1.91, -4.53) 2 (5, 0)	-0.66 (7.03, -8.69) 2 (6, -2)	8.46 (11.15, 4.66) -4 (1, 0)	7.3 (10.32, 3.47) -9 (0, -5)	4.55 (10.88, -2.28) -7 (1, -5)	3.24 (4.15, 1.95) 0 (7, -4)	0.67 (10.64, 9.58) -1 (0, -16)	9.96 (17.63, 2.02) -17 (1, 29)	1.29 (3.29, -1.88) 0 (2, -1)	0.76 (5.37, -4.39) -1 (2, -1)	-0.39 (2.79, -3.75) 1 (2, 0)	2.18 (5.83, 1.89) -1 (2, -1)	0.87 (4.26, -3.26) -1 (6, -4)	7.26 (7.9, 8.86) -1 (6, -4)	0.79 (9.71, -8.86) -1 (6, -4)	3.9 (8.56, -1.74) 5 (1, 3)	-2.62 (10.94, 4.99) -5 (1, -3)	3.29 (8.96, -2.61) 5 (1, -3)	-9.92 (-10.37, -9.97) -5 (2, -5)	2.62 (9.42, 2.99) -5 (1, -3)	2.75 (0.13, 4.9) -5 (1, -3)	2.88 (3.14, 8.43) -1 (1, 0)	-6.19 (-1.88, -0.72) -2 (0, 0)	0.47 (-0.6, 3.21) -2 (0, 0)	0.7 (9.4, 9.1) 0 (7, -3)	-0.25 (-1.24, 0.47) 1 (0, 1)	NA 5 (16, -3)	
magnesium	-6.31 (-6.38, -6.69) 8 (2, 12)	-10.99 (-15.72, -6.55) 15 (3, 18)	-10.62 (-10.6, -10.64) 15 (6, 16)	-1.5 (-6.48, 2.64) 2 (0, 12)	-2.66 (-7.31, 1.45) 4 (0, 13)	-5.41 (-6.76, -4.3) 6 (1, 12)	-6.73 (-13.48, -0.07) 9 (0, 17)	-9.29 (-6.99, -11.6) 13 (7, 14)	11.92 (-5.58, 18.54) 4 (1, 17)	-9.96 (-17.63, -2.02) 13 (0, 18)	-7.78 (-14.35, -3.9) 12 (1, 17)	-8.67 (-12.26, -4.41) 12 (2, 17)	-7.78 (-14.84, -5.77) 14 (1, 18)	-9.69 (-11.8, 3.91) 13 (2, 17)	-9.69 (-13.38, -5.88) 13 (2, 17)	-2.7 (-9.73, 4.15) 4 (0, 16)	-9.17 (-7.92, -10.88) 12 (6, 14)	-6.06 (-9.07, -3.77) 8 (1, 15)	-12.58 (-16.41, -8.61) 17 (4, 18)	-6.68 (-6.67, -4.63) 8 (1, 15)	-19.88 (-28.01, -12) 22 (8, 18)	-18.86 (-6.86, -6.69) 8 (2, 18)	-12.17 (-14.5, -10.46) 20 (7, 18)	-15.48 (-20.07, -10.95) 17 (7, 18)	-8.83 (-15.75, 2.75) 12 (1, 18)	-8.59 (-18.23, 1.19) 11 (0, 18)	-9.55 (-8.23, -11.13) 13 (7, 15)	NA 18 (17, 15)	
micronutrient supplement	2.89 (5.88, -0.28) -5 (0, -5)	-1.78 (-3.46, -0.13) 2 (1, 1)	-1.41 (1.66, -4.3) 3 (4, -1)	7.7 (5.78, 9.05) 10 (2, -5)	6.54 (4.95, 7.86) -10 (-2, -5)	3.79 (5.5, 2.11) -10 (-2, -5)	2.48 (-1.22, 6.34) 0 (5, -3)	-0.09 (5.27, -5.18) -12 (-2, -17)	9.21 (22.26, 6.41) -5 (2, -13)	-0.76 (-5.37, 4.39) 1 (2, -1)	1.43 (-2.09, 2.52) 0 (0, 0)	-0.49 (-6.68, 12.13) 2 (0, 1)	1.43 (-2.58, 0.64) 0 (4, 2)	1.43 (0.46, 2.5) -1 (1, 0)	0.49 (-1.12, 0.54) 0 (0, 0)	6.5 (2.53, 10.47) -8 (2, -1)	0.03 (4.34, -4.47) -9 (2, -4)	3.15 (3.19, 2.65) 5 (1, 2)	-3.37 (-4.15, 2.19) 5 (2, 1)	2.53 (3.59, 1.79) -4 (1, -2)	-10.68 (-15.75, -5.58) 10 (6, 1)	-6.27 (-5.4, -0.28) 8 (5, 1)	-0.38 (-2.24, -4.04) 8 (5, 1)	-6.27 (-7.82, -4.54) 8 (5, 1)	0.38 (-3.5, 3.67) -1 (2, 1)	0.62 (-5.97, 7.6) -1 (2, 1)	-0.34 (4.03, -4.71) 4 (7, 2)	NA 5 (15, -2)	
minerals	4.03 (8.46, -0.92) -6 (0, -6)	-0.64 (-0.88, -0.77) 1 (1, 0)	0.27 (2.46, -4.94) 1 (4, 2)	8.85 (8.36, 8.41) 11 (2, -6)	1.68 (7.58, 7.22) -11 (-2, -6)	4.94 (8.08, 1.47) -5 (2, -1)	3.62 (1.36, 5.7) -5 (2, -1)	1.06 (14.84, 5.77) -10 (0, -15)	0.39 (7.36, 7.35) -2 (2, -1)	1.68 (14.84, 5.77) -2 (2, -1)	1.14 (2.58, 0.64) -2 (0, -1)	1.57 (-9.26, 12.77) 13 (8, 29)	2.57 (3.04, 1.86) -1 (0, -1)	0.65 (5.11, 9.93) -2 (0, -1)	7.65 (6.92, 5.11) -1 (4, -4)	1.18 (6.92, 5.11) -1 (4, -4)	4.29 (1.57, 7.02) -6 (1, -3)	8.4 (1.57, 2.83) -1 (2, -5)	-2.23 (6.17, 1.14) -1 (2, -5)	3.67 (13.17, 6.22) -5 (1, -3)	9.54 (7.98, 4.68) 11 (2, 5)	3.81 (7.98, 4.68) 11 (2, 5)	1.83 (5.23, -5.18) 3 (4, 0)	-5.13 (-0.96, 3.03) -2 (1, 0)	1.52 (-0.96, 3.03) -2 (1, 0)	1.76 (6.61, -5.35) -1			