

Difference between volume 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	L-carnitine/L-acetylcarnitine	Micronutrient supplement	Minerals	Myoinositol	N-acetyl cysteine	Nigella sativa seed oil	Omega-3 fatty acids	Prelox	Saffron	Selenium supplements	Vitamin C/E	Vitamin D3	Vitamin D3 + calcium	Vitamin/Miner. supplements	Zinc/Zinc + folic acid	Placebo/No treatment	
Antioxidants	0.09 (-0.34, 0.52) 10 (4, 18)	-0.18 (-0.04, -0.32) 4 (3, 1)	0 (-0.25, 0.28) 0 (1, 1)	-0.16 (0.06, -0.4) 4 (4, 0)	-0.19 (-0.12, -0.27) 4 (3, 1)	0.12 (-0.1, 0.34) -2 (-1, 1)	-0.09 (-0.17, -0.01) 2 (0, 1)	0.5 (0.46, 0.54) -6 (-2, -9)	1.07 (0.66, 1.49) -8 (-3, -12)	-0.1 (0.16, -0.37) 2 (4, -1)	1.25 (1.18, 1.31) -9 (-3, -16)	-0.19 (-0.19, -0.2) 4 (2, 1)	0.41 (0.44, 0.37) -6 (-2, -9)	-0.18 (-0.37, -0.01) 3 (0, 1)	-0.16 (-0.18, -0.13) 3 (1, 1)	0.31 (0.29, 0.32) -5 (-1, -5)	0.06 (-0.12, 0.23) -1 (-1, 1)	-0.09 (0.05, -0.23) 2 (2, 0)	NA 1 (5, -3)	
Coenzyme Q10	0.18 (0.04, 0.32) -4 (-3, -1)	-0.09 (-0.38, 0.2) 14 (7, 19)	0.18 (-0.21, 0.6) -3 (-4, 0)	0.02 (0.11, -0.07) 0 (1, -1)	-0.02 (-0.08, 0.05) 0 (0, 0)	0.3 (-0.06, 0.66) -5 (-4, 0)	0.09 (-0.13, 0.31) -2 (-3, 0)	0.68 (0.5, 0.86) -10 (-5, -10)	1.25 (0.7, 1.82) -12 (-6, -13)	0.08 (0.21, -0.05) -2 (1, -2)	1.43 (1.22, 1.63) -13 (-6, -17)	-0.01 (-0.15, 0.12) 0 (-1, 0)	0.59 (0.48, 0.69) -9 (-5, -10)	0 (-0.32, 0.31) -1 (-3, 0)	0.02 (-0.14, 0.19) -1 (-2, 0)	0.49 (0.33, 0.64) -8 (-4, -6)	0.23 (-0.07, 0.55) -4 (-4, 0)	0.09 (0.09, 0.09) -2 (-1, -1)	NA -2 (2, -4)	
Folic acid	0 (0.25, -0.28) 0 (1, -1)	-0.18 (0.21, -0.6) 3 (4, 0)	0.09 (-0.58, 0.8) 11 (3, 19)	-0.16 (0.31, -0.67) 3 (5, -1)	-0.19 (-0.12, -0.55) 4 (4, 0)	0.12 (0.15, 0.07) -2 (0, 0)	-0.09 (0.07, -0.29) 1 (1, 0)	0.5 (0.71, 0.26) -7 (-1, -10)	1.07 (0.9, 1.22) -9 (-2, -13)	-0.1 (0.41, -0.64) 2 (5, -2)	1.25 (1.43, 1.03) -9 (-2, -17)	-0.19 (0.06, -0.48) 3 (3, 0)	0.41 (0.69, 0.09) -6 (-1, -10)	-0.18 (-0.12, -0.28) 3 (1, 0)	-0.16 (0.06, -0.4) 3 (2, 0)	0.31 (0.54, 0.05) -5 (0, -6)	0.06 (0.13, -0.04) -1 (0, 0)	-0.09 (0.3, -0.51) 1 (3, -1)	NA 1 (6, -4)	
L-carnitine/L-acetylcarnitine	0.16 (-0.06, 0.4) -4 (-4, 0)	-0.02 (-0.11, 0.07) 0 (-1, 1)	-0.16 (-0.31, 0.67) -3 (-5, 1)	-0.07 (-0.27, 0.13) 14 (8, 18)	-0.03 (-0.19, 0.12) 0 (-1, 1)	0.28 (-0.17, 0.74) -5 (-5, 1)	0.07 (-0.24, 0.38) -2 (-4, 1)	0.67 (0.4, 0.93) -10 (-6, -9)	1.23 (0.59, 1.89) -12 (-7, -12)	0.06 (0.1, 0.03) -2 (0, -1)	1.41 (1.12, 1.7) -13 (-7, -16)	-0.03 (-0.25, 0.2) 0 (-2, 1)	0.57 (0.38, 0.76) -9 (-6, -9)	-0.02 (-0.43, 0.39) 0 (-2, 1)	0.01 (-0.25, 0.27) -1 (-3, 1)	0.47 (0.22, 0.72) -8 (-5, -5)	0.22 (-0.18, 0.63) -4 (-5, 1)	0.08 (-0.01, 0.17) -2 (-2, 0)	NA -2 (1, -3)	
Micronutrient supplement	0.19 (0.12, 0.27) -4 (-3, -1)	0.02 (0.08, -0.05) 0 (0, 0)	0.19 (-0.12, 0.55) -4 (-4, 0)	0.03 (0.19, -0.12) 0 (1, -1)	-0.1 (-0.46, 0.25) 14 (7, 19)	0.31 (0.02, 0.62) -5 (-4, 0)	0.1 (-0.05, 0.26) -2 (-3, 0)	0.7 (0.58, 0.81) -10 (-5, -10)	1.26 (0.78, 1.77) -12 (-6, -13)	0.09 (0.29, -0.09) -2 (1, -2)	1.44 (1.3, 1.58) -13 (-6, -17)	0 (-0.06, 0.07) 0 (-1, 0)	0.6 (0.57, 0.64) -9 (-5, -10)	0.01 (-0.24, 0.27) -1 (-3, 0)	0.04 (-0.06, 0.15) -1 (-2, 0)	0.5 (0.41, 0.6) -9 (-4, -6)	0.25 (0.01, 0.51) -5 (-4, 0)	0.11 (0.17, 0.04) -2 (-1, -1)	NA -2 (2, -4)	
Minerals	-0.12 (0.1, -0.34) 2 (1, -1)	-0.3 (0.06, 0.66) 5 (4, 0)	-0.12 (-0.15, -0.07) 2 (0, 0)	-0.28 (0.17, -0.74) 5 (5, -1)	-0.31 (-0.02, -0.62) 5 (4, 0)	0.21 (-0.44, 0.87) 9 (3, 19)	-0.21 (-0.07, -0.35) 3 (1, 0)	0.39 (0.56, 0.2) -8 (-2, -10)	0.95 (0.76, 1.15) -7 (-2, -13)	-0.22 (0.27, -0.71) 3 (5, -2)	1.13 (1.28, 0.96) -8 (-2, -17)	-0.31 (-0.08, -0.54) 5 (3, 0)	0.29 (0.55, 0.02) -4 (-1, -10)	-0.3 (-0.36, -0.35) 4 (1, 0)	-0.27 (-0.08, -0.47) 4 (2, 0)	0.19 (0.39, -0.02) -3 (0, -6)	-0.06 (-0.01, -0.11) 1 (0, 0)	-0.2 (0.15, -0.57) 3 (3, -1)	NA 3 (6, -4)	
Myoinositol	0.09 (0.17, 0.01) -2 (0, -1)	-0.09 (0.13, -0.31) 2 (3, 0)	-0.07 (-0.07, 0.29) -1 (-1, 0)	0.09 (0.24, -0.38) 2 (4, -1)	-0.07 (0.05, -0.26) 2 (3, 0)	0.21 (0.07, 0.35) -3 (-1, 0)	0 (-0.51, 0.51) 12 (4, 19)	0.59 (0.63, 0.55) -8 (-2, -10)	1.16 (0.83, 1.5) -10 (-3, -13)	-0.01 (0.34, -0.36) 0 (4, -2)	1.34 (1.35, 1.32) -11 (-2, -17)	-0.1 (-0.01, -0.19) 2 (2, 0)	0.5 (0.62, 0.38) -7 (-2, -10)	-0.09 (-0.19, 0) 1 (0, 0)	-0.07 (-0.01, -0.12) 1 (1, 0)	0.4 (0.46, 0.33) -2 (-1, -6)	0.14 (0.06, 0.24) 0 (2, -1)	0 (0.23, -0.22) 0 (2, -1)	NA 0 (5, -4)	
N-acetyl cysteine	-0.5 (-0.46, -0.54) 6 (2, 9)	-0.68 (-0.5, -0.86) 10 (5, 10)	-0.5 (-0.71, -0.26) 7 (1, 10)	-0.67 (-0.4, -0.93) 10 (6, 9)	-0.7 (-0.58, -0.81) 10 (5, 10)	-0.39 (-0.56, -0.2) 5 (1, 10)	-0.59 (-0.63, -0.55) 8 (2, 10)	0.59 (0.13, 1.06) 4 (2, 9)	0.57 (0.19, 0.96) -2 (-1, -2)	-0.6 (-0.3, -0.91) 8 (6, 8)	0.74 (0.72, 0.77) -3 (-1, -7)	-0.69 (-0.65, -0.74) 10 (4, 10)	-0.09 (-0.02, -0.17) 7 (0, 0)	-0.68 (-0.83, -0.54) 9 (2, 10)	-0.66 (-0.65, -0.67) 9 (3, 10)	-0.19 (-0.17, -0.21) 2 (1, 4)	-0.45 (-0.58, -0.31) 6 (1, 10)	-0.59 (-0.41, -0.77) 8 (4, 9)	NA 8 (7, 6)	
Nigella sativa seed oil	-1.07 (-0.66, -1.49) 8 (3, 12)	-1.25 (-0.7, -1.82) 12 (6, 13)	-1.07 (-0.9, -1.22) 12 (7, 12)	-1.23 (-0.59, -1.89) 12 (7, 12)	-1.26 (-0.78, -1.77) 12 (6, 13)	-1.16 (-0.76, -1.15) 7 (2, 13)	-0.95 (-0.83, -1.5) 10 (3, 13)	-1.16 (-0.19, -0.96) 2 (1, 3)	1.16 (0.32, 2.02) 2 (1, 6)	-1.17 (-0.49, -1.86) 7 (1, 11)	0.18 (0.52, -0.19) 1 (0, 4)	-1.26 (-0.84, -1.69) 12 (5, 13)	-0.66 (-0.21, -1.13) 3 (1, 3)	-1.25 (-1.02, -1.5) 11 (3, 13)	-1.23 (-0.84, -1.62) 11 (4, 13)	-0.76 (-0.37, -1.17) 4 (2, 7)	-1.01 (-0.77, -1.26) 8 (2, 13)	-1.16 (-0.6, -1.72) 10 (5, 12)	NA 10 (8, 9)	
Omega-3 fatty acids	0.1 (-0.16, 0.37) -2 (-4, 1)	-0.08 (-0.21, 0.05) 2 (-1, 2)	0.1 (-0.41, 0.64) -2 (-5, 2)	-0.06 (-0.1, -0.03) 2 (0, 1)	-0.09 (-0.29, 0.09) 2 (-1, 2)	0.22 (-0.27, 0.71) -3 (-5, 2)	0.01 (-0.34, 0.36) 0 (-4, 2)	0.6 (0.3, 0.91) -8 (-6, -8)	1.17 (0.49, 1.86) -10 (-7, -11)	-0.01 (-0.17, 0.16) 12 (8, 17)	1.35 (1.02, 1.67) -11 (-7, -15)	-0.09 (-0.35, 0.17) 2 (-2, 2)	0.51 (0.28, 0.73) -7 (-6, -8)	-0.08 (-0.53, 0.36) 1 (-4, 2)	-0.06 (-0.35, 0.24) 1 (-3, 2)	0.41 (0.12, 0.69) -6 (-5, -4)	0.16 (-0.28, 0.6) -3 (-5, 2)	0.01 (-0.11, 0.14) 0 (-2, 1)	NA 0 (1, -2)	
Prelox	-1.25 (-1.18, -1.31) 9 (3, 16)	-1.43 (-1.22, -1.63) 13 (6, 17)	-1.25 (-1.43, -1.03) 9 (2, 17)	-1.44 (-1.12, -1.7) 13 (7, 16)	-1.44 (-1.3, -1.58) 13 (6, 17)	-1.13 (-1.28, -0.96) 8 (2, 17)	-1.34 (-1.35, -1.32) 11 (3, 17)	-0.74 (-0.72, -0.77) 3 (1, 7)	-0.18 (-0.52, 0.19) 1 (0, 4)	-1.35 (-1.02, -1.67) 11 (7, 15)	1.34 (0.84, 1.83) 1 (1, 2)	-1.44 (-1.37, 1.51) 13 (5, 17)	-0.84 (-0.74, -0.94) 3 (1, 7)	-1.43 (-1.55, -1.31) 12 (3, 17)	-1.4 (-1.36, -1.43) 12 (4, 17)	-0.94 (-0.89, -0.98) 4 (2, 11)	-1.19 (-1.3, -1.07) 8 (2, 17)	-1.33 (-1.13, -1.54) 11 (5, 16)	NA 11 (8, 13)	
Saffron	0.19 (0.19, 0.2) -4 (-2, -1)	0.01 (0.15, -0.12) 0 (1, 0)	0.19 (-0.06, 0.48) -3 (-3, 0)	0.03 (0.25, -0.2) 0 (2, -1)	0 (0.06, -0.07) 0 (1, 0)	0.31 (0.08, 0.54) -5 (-3, 0)	0.1 (0.01, 0.19) -2 (-2, 0)	0.69 (0.65, 0.74) -10 (-4, -10)	1.26 (0.84, 1.69) -12 (-5, -13)	0.09 (0.35, -0.17) -2 (2, -2)	1.44 (1.37, 1.51) -13 (-5, -17)	-0.1 (-0.52, 0.32) 14 (6, 19)	0.6 (0.63, 0.57) -4 (-4, -10)	0.01 (-0.18, 0.19) -1 (-2, 0)	0.03 (0, 0.07) -1 (-1, 0)	0.5 (0.47, 0.52) -8 (-3, -6)	0.25 (0.07, 0.43) -4 (-3, 0)	0.1 (0.24, -0.03) -2 (0, -1)	NA -2 (3, -4)	
Selenium supplements	-0.41 (-0.44, -0.37) 6 (2, 9)	-0.59 (-0.48, -0.69) 9 (5, 10)	-0.41 (-0.69, -0.09) 6 (1, 10)	-0.57 (-0.38, -0.76) 9 (6, 9)	-0.6 (-0.57, -0.64) 9 (5, 10)	-0.29 (-0.55, -0.02) 4 (1, 10)	-0.5 (-0.62, -0.38) 7 (2, 10)	0.09 (0.02, 0.17) -1 (0, 0)	0.66 (0.21, 1.13) -3 (-1, -3)	-0.51 (-0.28, -0.73) 7 (6, 8)	0.84 (0.74, 0.94) -3 (-1, -7)	-0.6 (-0.63, -0.57) 9 (4, 10)	0.5 (0.11, 0.89) 5 (2, 9)	-0.59 (-0.81, -0.37) 9 (2, 10)	-0.57 (-0.63, -0.49) 9 (3, 10)	-0.1 (-0.15, -0.04) 1 (1, 4)	-0.35 (-0.56, -0.13) 5 (1, 10)	-0.5 (-0.39, -0.6) 7 (4, 9)	NA 7 (7, 6)	
Vitamin C/E	0.18 (0.37, 0.01) -3 (0, -1)	0 (0.32, -0.31) 1 (3, 0)	0.18 (0.12, 0.28) -3 (-1, 0)	0.02 (0.43, -0.39) 1 (4, -1)	-0.01 (0.24, -0.27) 1 (3, 0)	0.3 (0.26, 0.35) -4 (-1, 0)	0.09 (0.19, 0) -1 (0, 0)	0.68 (0.83, 0.54) -9 (-2, -10)	1.25 (1.02, 1.5) -11 (-3, -13)	0.08 (0.53, -0.36) -1 (4, -2)	1.43 (1.55, 1.31) -12 (-3, -17)	-0.01 (0.18, -0.19) 1 (2, 0)	0.59 (0.81, 0.37) -9 (-2, -10)	-0.09 (-0.7, 0.52) 13 (4, 19)	0.02 (0.18, -0.12) 0 (1, 0)	0.49 (0.65, 0.33) -8 (-1, -6)	0.24 (0.25, 0.24) -4 (-1, 0)	0.09 (0.42, -0.22) -1 (2, -1)	NA -1 (5, -4)	
Vitamin D3	0.16 (0.18, 0.13) -3 (-1, -1)	-0.02 (0.14, -0.19) 1 (2, 0)	0.16 (-0.06, 0.4) -3 (-2, 0)	-0.01 (0.25, -0.27) 1 (3, -1)	-0.04 (0.06, -0.15) 1 (2, 0)	0.27 (0.08, 0.47) -4 (-2, 0)	0.07 (0.01, 0.12) -1 (-1, 0)	0.66 (0.65, 0.67) -9 (-3, -10)	1.23 (1.44, 1.62) -11 (-4, -13)	0.06 (0.35, -0.24) -1 (3, -2)	1.4 (1.36, 1.43) -12 (-4, -17)	-0.03 (0, -0.07) 1 (1, 0)	0.57 (0.63, 0.49) -9 (-3, -10)	-0.02 (-0.18, 0.12) 0 (-1, 0)	-0.07 (-0.52, 0.4) 13 (5, 19)	0.47 (0.47, 0.45) -8 (-2, -6)	0.21 (0.07, 0.36) -4 (-2, 0)	0.07 (0.24, -0.1) -1 (1, -1)	NA -1 (4, -4)	
Vitamin D3 + calcium	-0.31 (-0.29, -0.32) 5 (1, 5)	-0.49 (-0.33, -0.64) 8 (4, 6)	-0.31 (-0.54, -0.05) 5 (0, 6)	-0.47 (-0.22, -0.72) 8 (5, 5)	-0.5 (-0.41, -0.6) 9 (4, 6)	-0.19 (-0.39, 0.02) 3 (0, 6)	-0.4 (-0.46, -0.33) 6 (1, 6)	0.19 (0.17, 0.21) -2 (-1, -4)	0.76 (0.37, 1.17) -4 (-2, -7)	-0.41 (-0.12, -0.69) 6 (5, 4)	0.94 (0.89, 0.98) -4 (-2, -11)	-0.5 (-0.47, -0.52) 8 (3, 6)	0.1 (0.15, 0.04) -1 (-1, -4)	-0.49 (-0.65, -0.33) 8 (1, 6)	-0.47 (-0.47, -0.45) 8 (2, 6)	0.4 (-0.05, 0.85) 6 (3, 13)	-0.25 (-0.4, -0.09) 4 (0, 6)	-0.4 (-0.24, -0.55) 6 (3, 5)	NA 6 (6, 2)	
Vitamin/Minera supplements	-0.06 (0.12, -0.23) 1 (1, -1)	-0.23 (0.07, -0.55) 4 (4, 0)	-0.06 (-0.13, 0.04) 1 (0, 0)	-0.22 (0.18, -0.63) 4 (5, -1)	-0.25 (-0.01, -0.51) 5 (4, 0)	0.06 (0.01, 0.11) -1 (0, 0)	-0.14 (-0.06, -0.24) 2 (1, 0)	0.45 (0.58, 0.31) -6 (-1, -10)	1.01 (0.77, 1.26) -8 (-2, -13)	-0.16 (0.28, -0.6) 3 (5, -2)	1.19 (1.3, 1.07) -8 (-2, -17)	-0.25 (-0.07, -0.43) 4 (3, 0)	0.35 (0.56, 0.13) -5 (-1, -10)	-0.24 (-0.25, -0.24) 4 (1, 0)	-0.21 (-0.07, -0.36) 4 (2, 0)	0.25 (0.4, 0.09) -4 (0, -6)	0.15 (-0.45, 0.76) 10 (3, 19)	-0.14 (0.17, -0.46) 2 (3, -1)	NA 2 (6, -4)	
Zinc/Zinc + folic acid	0.09 (-0.05, 0.23) -2 (-2, 0)	-0.09 (-0.09, -0.09) 2 (1, 1)	0.09 (-0.3, 0.51) -1 (-3, 1)	-0.08 (0.01, -0.17) 2 (2, 0)	-0.11 (-0.17, -0.04) 2 (1, 1)	0 (-0.15, 0.57) -3 (-3, 1)	0 (-0.23, 0.22) 0 (2, 1)	0.59 (0.41, 0.77) -8 (-4, -9)	1.16 (0.6, 1.72) -10 (-5, -12)	-0.01 (0.11, -0.14) 0 (2, -1)	1.33 (1.13, 1.54) 									