

Difference between motility 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	carob	coenzyme q10	coenzyme-q10 + l-carnitine + lycopene + zinc high dose	folic acid	herb/mineral supplement	l-carnitine/l-acetylcarnitine	l-carnitine+cinn	magnesium	micronutrient supplement	myoinositol	n-acetyl cysteine	nigella sativa seed oil	omega-3 fatty acids	prelox	saffron	selenium supplements	spirulina	vitamin c/e	vitamin d3	vitamin d3 + calcium	vitamin/minera combos	walnuts	zinc/zinc + folic acid	placebo/no treatment	
antioxidants	3.9 (-1.11, 8.95) 13 (6, 22)	-0.03 (-3.76, 3.46) 0 (2, 2)	-2.46 (-3.09, -2.16) 4 (2, 2)	6.09 (2.18, 10.01) 7 (-5, -4)	-2.16 (-3.09, -1.28) 4 (1, 2)	-4.22 (-12.27, 3.46) 5 (2, 3)	1.17 (2.34, 0.32) -2 (0, -4)	12.67 (12.38, 12.92) -11 (-5, -17)	0.02 (-8.04, 7.61) 0 (-4, 3)	11.52 (8.31, 14.3) 1 (2, 3)	-0.58 (-4.97, 3.9) 1 (2, 3)	-1.57 (-6.04, 3.26) 2 (-1, 3)	2.17 (-2.54, 6.87) -2 (-4, 2)	-0.66 (0.7, -2.12) 1 (2, -1)	9.5 (1.34, 17.19) 5 (1, 3)	-3.31 (-8.24, 1.64) 5 (1, 3)	2.42 (0.46, 4.64) 3 (-3, -1)	-2.11 (-7.17, 2.64) 3 (2, 3)	-0.11 (-0.94, 0.41) 0 (1, 1)	-1.34 (-3.47, 0.78) 2 (1, 2)	-6.84 (-11.7, -2.16) 8 (2, 3)	-0.96 (-6.68, 4.77) 2 (-3, 3)	9.73 (0.02, 19.15) 8 (5, -1)	-2.62 (-2.39, -3.08) 4 (3, 2)	NA 7 (10, 1)	
carob	0.03 (3.76, -3.46) 0 (2, -2)	3.87 (-4.87, 12.4) 13 (4, 24)	-2.43 (0.67, -5.61) 4 (4, 0)	6.12 (5.94, 6.55) -7 (-3, -6)	-2.13 (0.67, -4.73) 3 (3, 0)	-4.19 (-8.51, 0) 5 (0, 1)	1.2 (6.1, -3.78) -2 (2, -6)	12.69 (16.14, 9.46) -11 (-3, -19)	0.05 (-4.28, 4.15) 0 (2, 1)	11.55 (12.07, 10.85) -10 (-3, -16)	-0.55 (-1.21, 0.44) 1 (0, 1)	-1.55 (-2.28, -0.19) -3 (-2, 0)	2.2 (1.22, 3.41) -3 (-2, 0)	-0.63 (4.46, -5.58) 1 (4, -3)	9.53 (5.1, 13.74) 8 (-3, -4)	-3.29 (-4.48, -1.81) 4 (1, 1)	2.44 (4.22, 1.18) -3 (-1, -3)	-2.08 (-3.41, -0.82) 3 (0, 1)	-0.08 (0.29, -2.67) 2 (1, 0)	-1.31 (-2.92, 1.32) 1 (-1, 1)	-6.81 (-7.94, -5.62) 8 (4, 1)	-0.93 (-2.92, 1.32) 1 (-1, 1)	9.76 (3.78, 15.7) 8 (-3, -3)	-2.59 (1.37, -6.54) 4 (5, 0)	NA 7 (12, -1)	
coenzyme q10	2.46 (3.09, 2.16) -4 (-2, -2)	2.43 (-0.67, 5.61) -4 (-4, 0)	1.44 (-4.19, 6.79) 17 (8, 24)	8.55 (5.27, 12.17) -11 (-7, -6)	0.3 (0.088) 0 (1, 0)	-1.76 (-9.18, 5.61) 1 (-4, 1)	3.63 (5.43, 1.84) -6 (-2, -6)	15.12 (15.47, 15.08) -15 (-7, -19)	2.48 (-4.95, 9.77) -4 (-6, 1)	13.98 (11.4, 16.46) -14 (-7, -16)	1.88 (-1.88, 6.05) -2 (-3, 1)	0.88 (-2.95, 5.42) -6 (-6, 0)	4.63 (0.55, 9.03) -6 (-6, 0)	1.8 (3.79, 0.03) -3 (0, -3)	11.96 (4.43, 19.35) -12 (-7, -4)	-0.86 (-5.15, 3.8) 0 (-3, 1)	4.87 (3.55, 6.8) -7 (-5, -3)	0.35 (-4.08, 4.79) -1 (-4, 1)	2.35 (2.15, 2.57) -4 (-3, 0)	1.12 (-0.38, 2.94) -2 (-3, 0)	-4.38 (-8.61, -0.01) 4 (0, 1)	-1.5 (-3.59, 6.93) -2 (-5, 1)	1.5 (3.11, 21.31) -12 (-7, -3)	-0.16 (0.7, -0.92) 0 (1, 0)	NA 3 (8, -1)	
coenzyme-q10 + l-carnitine + lycopene + zinc high dose	-6.09 (-2.18, -10.01) 7 (5, 4)	-6.12 (-5.94, 6.55) 7 (3, 6)	-8.55 (-1.07, 18.96) 6 (1, 18)	9.99 (5.27, 12.17) 11 (7, 6)	-8.25 (-10.31, 11.29) 10 (6, 6)	-10.31 (-14.45, -6.55) 12 (3, 7)	4.92 (0.16, 10.33) 5 (5, 0)	6.57 (10.2, 2.91) -4 (-0, -13)	-6.07 (-10.22, 2.4) 7 (1, 7)	5.43 (6.13, 4.3) -3 (0, -10)	-6.67 (-7.15, -6.11) 8 (3, 7)	-7.67 (-8.22, -6.75) 9 (4, 7)	-3.92 (-4.72, -3.14) 4 (1, 6)	-6.75 (-1.48, -12.18) 8 (7, 3)	3.41 (-0.84, 7.18) -2 (0, 2)	-9.41 (-10.42, -8.37) 11 (4, 7)	-3.68 (-1.72, -5.37) 3 (2, 3)	-8.2 (-9.35, -7.37) 10 (3, 7)	-6.2 (-7.12, -9.6) 3 (1, 2)	-7.43 (-5.65, -9.23) 9 (4, 6)	-12.93 (-13.88, 12.17) 15 (7, 7)	-7.05 (-8.86, -5.24) 8 (2, 7)	3.64 (2.16, 9.15) -1 (0, 3)	-8.71 (-4.57, 13.09) 11 (8, 6)	NA 14 (15, 5)	
folic acid	2.16 (3.09, 1.28) -4 (-1, -2)	2.13 (-0.67, 4.73) -3 (-3, 0)	-0.3 (0, -0.88) 0 (1, 0)	8.25 (5.27, 11.29) 7 (7, 24)	1.74 (-4.19, 7.67) 17 (7, 24)	-2.07 (-9.19, 4.74) 1 (-3, 1)	3.33 (5.43, 0.96) -6 (-1, -6)	14.82 (15.47, 14.2) -14 (-6, -19)	2.18 (-4.96, 8.89) -3 (-5, 1)	13.68 (11.4, 15.58) -14 (-6, -16)	1.58 (-1.89, 5.18) -2 (-3, 1)	0.58 (-2.96, 4.54) -6 (-5, 0)	4.33 (0.55, 8.15) -2 (1, -2)	1.5 (3.79, -0.84) -2 (1, -2)	11.66 (4.43, 18.47) -6 (-6, -4)	-1.16 (-5.16, 2.92) 1 (-2, 1)	4.57 (3.55, 5.92) -7 (-4, -3)	0.05 (-4.09, 3.91) -1 (-3, 1)	2.05 (2.15, 1.69) -3 (-2, -1)	0.82 (-0.39, 2.06) -1 (-2, 0)	-4.68 (-8.61, -0.89) -2 (-4, 1)	1.2 (-3.59, 6.05) -11 (-6, -3)	11.89 (3.11, 20.43) -11 (-6, -3)	-0.46 (0.7, -1.8) 1 (2, 0)	NA 3 (9, -1)	
herb/mineral supplement	4.22 (12.27, -3.46) -5 (-2, -3)	4.19 (8.51, 0) -5 (0, -1)	1.76 (9.18, -5.61) -1 (-4, -1)	10.31 (14.45, 6.55) -12 (-3, -7)	2.07 (9.19, -4.74) -1 (-3, -1)	-0.32 (-13.38, 12.41) 18 (4, 25)	5.39 (24.65, 9.46) -16 (-3, -20)	16.89 (24.65, 9.46) -16 (-3, -20)	4.24 (4.23, 4.15) -5 (-2, 0)	15.74 (20.59, 10.85) -15 (-3, -17)	3.64 (7.3, 0.44) -4 (0, 0)	2.65 (9.73, 3.41) -7 (-2, -1)	6.4 (12.97, -5.58) -4 (-4, 4)	3.56 (13.62, 13.73) -13 (-3, -5)	13.72 (4.03, -1.81) 0 (1, 0)	0.91 (12.73, 1.18) -8 (1, -4)	2.11 (5.1, -0.82) -2 (0, 0)	4.11 (11.33, -3.04) -5 (1, -2)	2.88 (8.8, -2.68) -3 (1, -1)	2.62 (5.59, 1.32) 3 (4, 0)	3.26 (5.59, 1.32) -3 (-1, 0)	13.96 (12.29, 15.7) -13 (-3, -4)	1.6 (9.88, -6.54) -15 (-5, -1)	NA 2 (12, -2)		
l-carnitine/l-acetylcarnitine	-1.17 (-2.34, 0.32) -2 (2, -4)	-1.2 (-6.1, 3.78) 2 (2, 6)	-3.63 (-5.43, -1.84) -5 (-5, 0)	-0.16 (-10.16, 10.33) -5 (-5, 0)	-5.43 (-5.43, -0.96) 6 (1, 6)	-3.33 (-14.62, 3.78) 7 (2, 7)	-5.07 (1.24, 8.63) 11 (6, 18)	11.49 (10.04, 13.24) -9 (-5, -13)	-1.15 (-10.39, 7.93) 3 (2, 4)	10.35 (5.97, 14.63) -8 (-5, -10)	-1.75 (-7.32, 4.22) 3 (2, 7)	-2.75 (-8.39, 3.58) -5 (-1, 7)	1 (-4.88, 7.19) -6 (-5, 2)	-1.83 (-1.64, -1.8) -1 (-1, 51)	8.33 (-10.59, 1.96) 4 (-3, 7)	-4.48 (-1.88, 4.96) -4 (-1, 3)	1.25 (-9.52, 2.96) 5 (2, 7)	-3.28 (-4.92, 2.96) 3 (2, 0)	-1.28 (-3.28, 0.73) 2 (1, 5)	-2.51 (-5.82, 1.1) 4 (-1, 6)	-8.01 (-14.04, 1.84) 10 (2, 7)	-2.13 (-9.02, 5.09) -4 (-3, 7)	-8.56 (-2.32, 19.48) -6 (-5, 3)	-3.79 (-4.73, -2.76) 7 (6, 6)	NA 9 (10, 5)	
l-carnitine+cinn	-12.67 (-8.38, -12.92) -11 (5, 17)	-12.69 (-16.14, -9.46) 11 (3, 19)	-15.12 (-15.47, -15.08) 15 (7, 19)	-6.57 (-10.2, -2.91) 4 (0, 13)	-14.82 (-15.47, -14.2) 14 (6, 19)	-16.89 (-24.65, -9.46) 16 (3, 24)	-11.49 (-10.04, -13.24) 9 (5, 13)	16.56 (11.28, 21.87) 2 (1, 5)	-12.65 (-20.43, -5.31) 11 (7, 3)	-1.15 (-4.07, 1.39) 1 (0, 3)	-13.24 (-13.36, -9.02) 12 (3, 20)	-14.24 (-14.92, -6.05) 13 (4, 17)	-10.49 (-10.85, -7.43) 12 (7, 16)	-13.32 (-11.68, -15.04) 13 (0, 15)	-3.16 (-11.04, 4.27) 3 (0, 15)	-15.98 (-20.63, -11.28) 15 (4, 20)	-10.25 (-11.92, -8.28) 8 (2, 16)	-14.77 (-15.49, -11.67) 14 (3, 20)	-12.77 (-13.32, -12.5) 11 (4, 18)	-14 (-15.86, -12.14) 13 (4, 19)	-19.5 (-24.08, -15.08) 19 (7, 20)	-13.62 (-12.36, 6.24) 12 (2, 20)	-2.93 (-12.36, 6.24) 3 (0, 16)	-15.29 (-14.77, -16) 15 (8, 19)	NA 18 (15, 18)	
magnesium	-0.02 (0.04, -7.61) 0 (4, -4)	-0.05 (4.28, -4.15) 0 (2, -1)	-2.48 (4.95, -9.77) 4 (6, -1)	6.07 (10.22, 2.4) -7 (-1, -7)	-2.18 (4.96, -8.89) 5 (2, 3)	-4.24 (-4.23, -4.15) -5 (-2, 0)	1.15 (10.39, -7.93) 3 (4, -7)	12.65 (20.43, 5.31) -11 (-1, -20)	3.92 (-16.36, 6.7) 1 (2, 0)	11.5 (3.07, -7.7) 2 (3, 0)	-0.6 (-2, -4.35) 2 (3, 0)	-1.59 (-5.51, 0.74) -3 (-0, -1)	2.15 (5.51, -0.74) -3 (-1, -4)	0.68 (8.75, -9.73) -9 (-1, 5)	9.48 (-0.2, -5.97) 4 (-1, -5)	-1.36 (8.5, -2.97) -4 (1, -4)	-2.13 (0.87, -4.97) 3 (2, 0)	-0.13 (7.1, -7.2) 0 (3, -2)	-1.36 (-4.57, -6.83) 2 (3, -1)	-6.86 (-3.66, -9.77) 1 (1, 0)	-0.98 (1.36, -2.84) -8 (-1, -4)	9.71 (8.07, 11.55) -4 (-1, -4)	-1.96 (5.65, -10.69) -15 (-8, 4)	NA 7 (14, -2)		
micronutrient supplement	-11.52 (-8.31, -14.3) 10 (3, -4)	-11.55 (-12.07, -10.85) 10 (3, 16)	-13.98 (-11.4, -16.46) 14 (7, 16)	-5.43 (-6.13, -4.3) 3 (0, 10)	-13.68 (-11.4, -15.58) 14 (6, 16)	-15.74 (-20.59, -10.85) 15 (3, 17)	-10.35 (-5.97, -14.63) 8 (5, 10)	1.15 (4.07, -1.39) -1 (0, -3)	-11.5 (-16.36, 6.7) 11 (1, 17)	15.42 (7.21, 23.25) 3 (1, 8)	-12.1 (-13.29, -10.41) 11 (3, 17)	-13.1 (-14.36, -11.04) 13 (4, 17)	-9.35 (-10.85, -7.43) 8 (1, 16)	-12.18 (-7.61, -16.43) 11 (7, 13)	-2.02 (-6.97, 2.89) 2 (0, 12)	-14.83 (-16.56, -12.66) 15 (4, 17)	-9.1 (-7.85, -9.66) 7 (2, 13)	-13.63 (-15.49, -11.67) 13 (3, 17)	-11.63 (-9.25, -13.89) 10 (4, 15)	-12.86 (-11.79, -13.52) 12 (4, 16)	-18.36 (-20.01, -16.47) 18 (7, 17)	-12.48 (-14.99, -9.53) 12 (2, 17)	-1.79 (-8.29, 4.85) 2 (0, 13)	-14.14 (-10.77, -17.39) 15 (8, 16)	NA 17 (15, 15)	
myoinositol	0.58 (4.97, -3.9) -1 (2, -3)	0.55 (1.21, -0.44) -1 (0, -1)	1.88 (1.88, 4.05) 3 (4, -1)	6.67 (7.15, 6.11) -8 (-3, -7)	-1.58 (1.89, -5.18) 2 (3, -1)	-3.64 (-7.3, 0.44) 4 (0, 0)	1.75 (7.32, -4.22) -3 (-2, -7)	13.24 (17.36, 9.02) -12 (-3, -20)	0.6 (-3.07, 3.71) -7 (-1, -7)	12.1 (13.29, 10.41) 14 (4, 25)	-1 (-1.07, -0.64) -3 (-2, -1)	2.75 (2.44, 2.97) -3 (-2, 0)	-0.08 (5.68, -6.02) -9 (-3, -5)	10.08 (6.32, 13.29) -3 (3, -4)	-0.76 (-0.24, 0.74) -4 (-1, -4)	-1.53 (-3.27, 2.25) 2 (0, 0)	-0.47 (4.03, -3.48) 1 (1, -2)	-0.76 (1.5, -3.12) 1 (1, -2)	-0.76 (4.03, -3.48) 1 (1, -2)	-6.26 (-6.73, -5.06) 7 (4, 0)	-0.38 (-1.71, 0.88) 1 (-1, 0)	10.31 (5, 15.26) 3 (5, -1)	-2.04 (2.58, -6.98) 9 (3, -4)	NA 6 (12, -2)		
n-acetyl cysteine	1.57 (6.04, -3.26) -2 (-1, -3)	1.55 (2.28, 0.19) -2 (-1, -1)	0.88 (2.95, -5.42) 2 (3, -1)	7.67 (8.22, 6.75) -9 (-4, -7)	-0.58 (2.96, -4.54) 1 (2, -1)	-2.65 (-6.23, 0.2) 2 (3, -1)	2.75 (8.39, -3.58) -5 (-1, -7)	14.24 (18.43, 9.66) -12 (-3, -20)	1.59 (-2, 4.35) -2 (-3, 0)	13.1 (14.36, 11.04) -7 (-2, -13)	2.32 (-7.15, 12.21) 16 (5, 25)	3.75 (3.51, 3.61) -5 (-3, 0)	0.92 (6.75, -5.39) -11 (-4, -5)	11.08 (7.39, 13.93) -2 (2, -2)	-1.74 (-2.2, -1.62) 0 (0, -1)	3.99 (6.51, 1.38) -6 (-2, 0)	-0.53 (-1.13, -0.63) 1 (-1, 0)	1.47 (2.57, 2.48) 3 (2, 2)	0.24 (-5.66, -5.43) 6 (3, 0)	-5.26 (-0.64, 1.51) -1 (-2, 0)	0.62 (-11.31, 15.89) -10 (-4, -4)	11.31 (6.07, 15.89) -10 (-4, -4)	-1.05 (3.65, -6.34) -2 (4, -1)	NA 5 (11, -2)		
nigella																										