

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	myoinositol	n-acetyl cysteine	nigella sativa seed oil	omega-3 fatty acids	prelox	saffron	selenium supplements	vitamin c/e	vitamin d3	vitamin d3 + calcium	zinc/zinc + folic acid	placebo/no treatment
antioxidants	0.11 (-0.22, 0.46) 9 (4, 16)	-0.2 (-0.16, -0.26) 4 (2, 1)	-0.03 (-0.39, 0.33) 1 (-1, 1)	-0.16 (-0.01, -0.32) 3 (3, 0)	-0.2 (-0.22, -0.21) 4 (2, 1)	-0.11 (-0.28, 0.05) 2 (0, 1)	0.49 (0.35, 0.62) -5 (-2, -9)	1.04 (0.49, 1.54) -7 (-3, -10)	-0.12 (0.05, -0.3) 2 (3, 0)	1.23 (1.05, 1.37) -7 (-3, -14)	-0.22 (-0.32, -0.14) 4 (1, 1)	0.39 (0.34, 0.43) -4 (-2, -8)	-0.2 (-0.48, 0.08) 3 (0, 1)	-0.18 (-0.33, -0.05) 3 (1, 1)	0.29 (0.19, 0.37) -3 (-2, -4)	-0.11 (-0.05, -0.19) 2 (2, 0)	NA 2 (4, -2)
coenzyme q10	0.2 (0.16, 0.26) -4 (-2, -1)	-0.09 (-0.38, 0.2) 13 (6, 17)	0.17 (-0.23, 0.59) -3 (-3, 0)	0.04 (0.15, -0.06) -1 (-1, -1)	0 (-0.06, 0.05) 0 (0, 0)	0.09 (-0.12, 0.31) -2 (-2, 0)	0.69 (0.51, 0.88) -9 (-4, -10)	1.24 (0.65, 1.8) -11 (-5, -11)	0.08 (0.2, -0.04) -2 (1, -1)	1.43 (1.21, 1.63) -11 (-5, -15)	-0.01 (-0.16, 0.12) 0 (-1, 0)	0.59 (0.5, 0.69) -8 (-4, -9)	0 (-0.32, 0.34) -1 (-2, 0)	0.02 (-0.17, 0.21) -1 (-1, 0)	0.49 (0.35, 0.63) -8 (-4, -5)	0.09 (0.11, 0.07) -2 (0, -1)	NA -2 (2, -3)
folic acid	0.03 (0.39, -0.33) -1 (1, -1)	-0.17 (0.23, -0.58) 3 (3, 0)	0.09 (-0.61, 0.8) 10 (3, 17)	-0.13 (0.38, -0.66) 2 (4, -1)	-0.17 (0.18, -0.54) 3 (3, 0)	-0.08 (0.11, -0.29) 1 (1, 0)	0.52 (0.74, 0.29) -6 (-1, -10)	1.07 (0.89, 1.21) -8 (-2, -11)	-0.09 (0.44, -0.64) 1 (4, -1)	1.25 (1.45, 1.04) -8 (-2, -15)	-0.19 (0.07, -0.48) 3 (2, 0)	0.42 (0.73, 0.1) -5 (-1, -9)	-0.17 (-0.09, -0.26) 2 (1, 0)	-0.15 (0.06, -0.39) 2 (2, 0)	0.32 (0.58, 0.03) -4 (-1, -5)	-0.08 (0.34, -0.53) 1 (3, -1)	NA 1 (5, -3)
l-carnitine/l-acetylcarnitine	0.16 (0.01, 0.32) -3 (-3, 0)	-0.04 (-0.15, 0.06) 1 (-1, 1)	-0.38 (-0.38, 0.66) -2 (-4, 1)	-0.05 (-0.23, 0.14) 12 (7, 16)	-0.04 (-0.21, 0.12) 1 (-1, 1)	0.05 (-0.27, 0.37) -1 (-3, 1)	0.65 (0.36, 0.94) -8 (-5, -9)	1.2 (0.5, 1.87) -10 (-6, -10)	0.04 (0.06, 0.02) 1 (0, 0)	1.39 (1.06, 1.7) -11 (-6, -14)	-0.05 (-0.31, 0.18) 1 (-2, 1)	0.55 (0.35, 0.76) -8 (-5, -8)	-0.04 (-0.47, 0.4) 0 (-3, 1)	-0.02 (-0.32, 0.27) 0 (-2, 1)	0.45 (0.2, 0.69) -7 (-5, -4)	0.05 (-0.04, 0.13) -1 (-1, 0)	NA -1 (1, -2)
micronutrient supplement	0.2 (0.22, 0.21) -4 (-2, -1)	0 (0.06, -0.05) 0 (0, 0)	0.17 (-0.18, 0.54) -3 (-3, 0)	0.04 (0.21, -0.12) -1 (1, -1)	-0.09 (-0.43, 0.25) 13 (6, 17)	0.09 (-0.07, 0.26) -2 (-2, 0)	0.69 (0.56, 0.83) -9 (-5, -10)	1.24 (0.71, 1.75) -11 (-3, -11)	0.08 (0.26, -0.09) -2 (1, -1)	1.43 (1.27, 1.58) -11 (-5, -15)	-0.01 (-0.11, 0.06) 0 (-1, 0)	0.59 (0.56, 0.64) -8 (-4, -9)	0 (-0.27, 0.29) 0 (-2, 0)	0.02 (-0.12, 0.16) -1 (-1, 0)	0.49 (0.4, 0.58) -7 (-4, -5)	0.09 (0.16, 0.02) -2 (0, -1)	NA -2 (2, -3)
myoinositol	0.11 (0.28, -0.05) -2 (0, -1)	-0.09 (0.12, -0.31) 2 (2, 0)	0.08 (-0.11, 0.29) -1 (-1, 0)	-0.05 (0.27, -0.37) 1 (3, -1)	-0.09 (0.07, -0.26) 2 (2, 0)	0 (-0.5, 0.51) 11 (4, 17)	0.6 (0.63, 0.57) -7 (-2, -10)	1.15 (0.78, 1.49) -9 (-3, -11)	-0.09 (0.33, -0.35) 0 (3, -1)	1.34 (1.33, 1.32) -9 (-3, -15)	-0.1 (-0.04, -0.19) 2 (1, 0)	0.5 (0.62, 0.38) -6 (-2, -9)	-0.09 (-0.32, 0.03) 1 (0, 0)	-0.07 (-0.05, -0.1) 1 (1, 0)	0.4 (0.47, 0.32) -6 (-2, -5)	0 (0.23, -0.24) 0 (2, -1)	NA 0 (4, -3)
n-acetyl cysteine	-0.49 (-0.35, -0.62) 5 (2, 9)	-0.69 (-0.51, -0.88) 9 (4, 10)	-0.52 (-0.74, -0.29) 6 (1, 10)	-0.65 (-0.36, -0.94) 8 (5, 9)	-0.69 (-0.56, -0.83) 9 (4, 10)	-0.6 (-0.63, -0.57) 7 (2, 0)	0.6 (0.13, 1.08) 4 (2, 7)	0.55 (0.15, 0.92) -2 (-1, -1)	-0.61 (-0.3, -0.92) 7 (5, 9)	0.74 (0.71, 0.75) -2 (-1, -5)	-0.7 (-0.67, -0.76) 9 (3, 10)	-0.1 (-0.01, -0.19) 1 (0, 1)	-0.69 (-0.83, -0.54) 8 (2, 10)	-0.67 (-0.68, -0.67) 8 (3, 10)	-0.2 (-0.16, -0.25) 1 (0, 5)	-0.6 (-0.4, -0.81) 7 (4, 9)	NA 7 (6, 7)
nigella sativa seed oil	-1.04 (-0.49, -1.54) 7 (3, 10)	-1.24 (-0.65, -1.8) 11 (5, 11)	-1.07 (-0.89, -1.21) 8 (2, 11)	-1.2 (-0.5, -1.87) 10 (6, 10)	-1.24 (-0.71, -1.75) 11 (5, 11)	-1.15 (-0.78, -1.49) 9 (3, 11)	-0.55 (-0.15, -0.92) 2 (1, 1)	1.15 (0.28, 2) 2 (1, 6)	-1.16 (-0.45, -1.84) 9 (6, 10)	0.19 (0.56, -0.17) -1 (0, -4)	-1.25 (-0.82, -1.69) 11 (4, 11)	-0.65 (-0.15, -1.11) 2 (1, 2)	-1.24 (-0.98, -1.46) 10 (3, 11)	-1.22 (-0.83, -1.6) 10 (4, 11)	-0.75 (-0.31, -1.17) 3 (1, 6)	-1.15 (-0.54, -1.73) 9 (5, 10)	NA 9 (7, 8)
omega-3 fatty acids	0.12 (-0.05, 0.3) -2 (-3, 0)	-0.08 (-0.2, 0.04) 2 (-1, 1)	0.09 (-0.44, 0.64) -1 (-4, 1)	-0.04 (-0.06, -0.02) 1 (0, 0)	-0.08 (-0.26, 0.09) 2 (-1, 1)	0.01 (-0.33, 0.35) 0 (-3, 1)	0.61 (0.3, 0.92) -7 (-5, -9)	1.16 (0.45, 1.84) -9 (-6, -10)	-0.01 (-0.17, 0.16) 11 (7, 16)	1.35 (1.01, 1.67) -10 (-6, -14)	-0.09 (-0.37, 0.16) 2 (-2, 1)	0.51 (0.29, 0.73) -7 (-5, -8)	-0.08 (-0.53, 0.38) 1 (-3, 1)	-0.06 (-0.38, 0.25) 1 (-2, 1)	0.41 (0.14, 0.67) -6 (-5, -4)	0.01 (-0.1, 0.11) 0 (-1, 0)	NA 0 (1, -2)
prelox	-1.23 (-1.05, -1.37) 7 (3, 14)	-1.43 (-1.21, -1.63) 11 (5, 15)	-1.25 (-1.45, -1.04) 8 (2, 15)	-1.39 (-1.06, -1.7) 11 (6, 14)	-1.43 (-1.27, -1.58) 11 (5, 15)	-1.34 (-1.33, -1.32) 9 (3, 15)	0.7 (-0.71, -0.75) 2 (1, 5)	-0.19 (-0.56, 0.17) 1 (0, 4)	-1.35 (-1.01, -1.67) 10 (6, 14)	1.34 (0.84, 1.84) 1 (1, 2)	-1.44 (-1.37, -1.52) 11 (4, 15)	-0.84 (-0.71, -0.94) 3 (1, 6)	-1.43 (-1.53, -1.29) 11 (3, 15)	-1.41 (-1.39, -1.43) 11 (4, 15)	-0.94 (-0.87, -1) 4 (1, 10)	-1.34 (-1.1, -1.57) 9 (5, 14)	NA 9 (7, 12)
saffron	0.22 (0.32, 0.14) -4 (-1, -1)	0.01 (0.16, -0.12) 0 (1, 0)	0.19 (-0.07, 0.48) -3 (-2, 0)	0.05 (0.31, -0.18) -1 (2, -1)	0.01 (0.11, -0.06) 0 (1, 0)	0.1 (0.04, 0.19) -2 (-1, 0)	0.7 (0.67, 0.76) -9 (-3, -10)	1.25 (0.82, 1.69) -11 (-4, -11)	0.09 (0.37, -0.16) -2 (2, -1)	1.44 (1.37, 1.52) -11 (-4, -15)	-0.1 (-0.54, 0.32) 13 (5, 17)	0.61 (0.66, 0.58) -8 (-3, -9)	0.01 (-0.16, 0.22) -1 (-1, 0)	0.03 (-0.01, 0.09) -1 (0, 0)	0.5 (0.51, 0.51) -7 (-3, -5)	0.11 (0.27, -0.05) -2 (1, -1)	NA -2 (3, -3)
selenium supplements	-0.39 (-0.34, -0.43) 4 (2, 8)	-0.59 (-0.5, -0.69) 8 (4, 9)	-0.42 (-0.73, -0.1) 5 (1, 9)	-0.55 (-0.35, -0.76) 8 (5, 8)	-0.59 (-0.56, -0.64) 8 (4, 9)	-0.5 (-0.62, -0.38) 6 (2, 9)	0.1 (0.01, 0.19) -1 (0, -1)	0.65 (0.15, 1.11) -2 (-1, -2)	-0.51 (0.71, 0.94) -3 (-1, -6)	0.84 (0.71, 0.94) -3 (-1, -6)	-0.61 (-0.66, -0.58) 8 (3, 9)	0.5 (0.12, 0.9) 4 (2, 8)	-0.59 (-0.82, -0.35) 8 (2, 9)	-0.57 (-0.67, -0.49) 8 (3, 9)	-0.1 (-0.15, -0.06) 1 (0, 4)	-0.5 (-0.39, -0.63) 6 (4, 8)	NA 6 (6, 6)
vitamin c/e	0.2 (0.48, -0.08) -3 (0, -1)	0 (0.32, -0.34) 1 (2, 0)	0.17 (0.09, 0.26) -2 (-1, 0)	0.04 (0.47, -0.4) 0 (3, -1)	0 (0.27, -0.29) 0 (2, 0)	0.09 (0.2, -0.03) -1 (0, 0)	0.69 (0.83, 0.54) -8 (-2, -10)	1.24 (0.98, 1.46) -10 (-3, -11)	0.08 (0.53, -0.38) -1 (3, -1)	1.43 (1.53, 1.29) -11 (-3, -15)	-0.01 (0.16, -0.22) 1 (1, 0)	0.59 (0.82, 0.35) -8 (-2, -9)	-0.09 (-0.7, 0.54) 12 (4, 17)	0.02 (0.15, -0.13) 0 (1, 0)	0.49 (0.67, 0.29) -7 (-2, -5)	0.09 (0.43, -0.27) -1 (2, -1)	NA -1 (4, -3)
vitamin d3	0.18 (0.33, 0.05) -3 (-1, -1)	-0.02 (0.17, -0.21) 1 (1, 0)	0.15 (-0.06, 0.39) -2 (-2, 0)	0.02 (0.32, -0.27) 0 (2, -1)	-0.02 (0.12, -0.16) 1 (1, 0)	0.07 (0.05, 0.1) -1 (-1, 0)	0.67 (0.68, 0.67) -8 (-3, -10)	1.22 (0.83, 1.6) -10 (-4, -11)	0.06 (0.38, -0.25) -1 (2, -1)	1.41 (1.39, 1.43) -11 (-4, -15)	-0.03 (0.01, -0.09) 1 (0, 0)	0.57 (0.67, 0.49) -8 (-3, -9)	-0.02 (-0.15, 0.13) 0 (-1, 0)	-0.07 (-0.55, 0.41) 12 (5, 17)	0.47 (0.52, 0.42) -7 (-3, -5)	0.07 (0.28, -0.14) -1 (1, -1)	NA -1 (3, -3)
vitamin d3 + calcium	-0.29 (-0.19, -0.37) 3 (2, 4)	-0.49 (-0.35, -0.63) 8 (4, 5)	-0.32 (-0.58, -0.03) 4 (1, 5)	-0.45 (-0.2, -0.69) 7 (5, 4)	-0.49 (-0.4, -0.58) 7 (4, 5)	-0.4 (-0.47, -0.32) 6 (2, 5)	0.2 (0.16, 0.25) -1 (0, -5)	0.75 (0.31, 1.17) -3 (-1, -6)	-0.41 (-0.14, -0.67) 6 (5, 4)	0.94 (0.87, 1) -4 (-1, -10)	-0.5 (-0.51, -0.51) 7 (3, 5)	0.1 (0.15, 0.06) -1 (0, -4)	-0.49 (-0.67, -0.29) 7 (2, 5)	-0.47 (-0.52, -0.42) 7 (3, 5)	0.4 (-0.03, 0.83) 5 (2, 12)	-0.4 (-0.24, -0.56) 6 (4, 4)	NA 5 (6, 2)
zinc/zinc + folic acid	0.11 (0.05, 0.19) -2 (-2, 0)	-0.09 (-0.11, -0.07) 2 (0, 1)	0.08 (-0.34, 0.53) -1 (-3, 1)	-0.05 (0.04, -0.13) 1 (1, 0)	-0.09 (-0.16, -0.02) 2 (0, 1)	0 (-0.23, 0.24) 0 (-2, 1)	0.6 (0.4, 0.81) -7 (-4, -9)	1.15 (0.54, 1.73) -9 (-5, -10)	-0.01 (0.1, -0.11) 0 (1, 0)	1.34 (1.1, 1.57) -9 (-5, -14)	-0.11 (-0.27, 0.05) 2 (-1, 1)	0.5 (0.39, 0.63) -6 (-4, -8)	-0.09 (-0.43, 0.27) 1 (-2, 1)	-0.07 (-0.28, 0.14) 1 (-1, 1)	0.4 (0.24, 0.56) -6 (-4, -4)	0 (-0.27, 0.27) 11 (6, 16)	NA 0 (2, -2)
placebo/no treatment	NA -2 (-4, 2)	NA 2 (-2, 3)	NA -1 (-5, 3)	NA 1 (-1, 2)	NA 2 (-2, 3)	NA 0 (-4, 3)	NA -7 (-6, -7)	NA -9 (-7, -8)	NA 0 (-1, 2)	NA -9 (-7, -12)	NA 2 (-3, 3)	NA -6 (-6, -6)	NA 1 (-4, 3)	NA 1 (-3, 3)	NA -5 (-6, -2)	NA 0 (-2, 2)	NA 11 (8, 14)