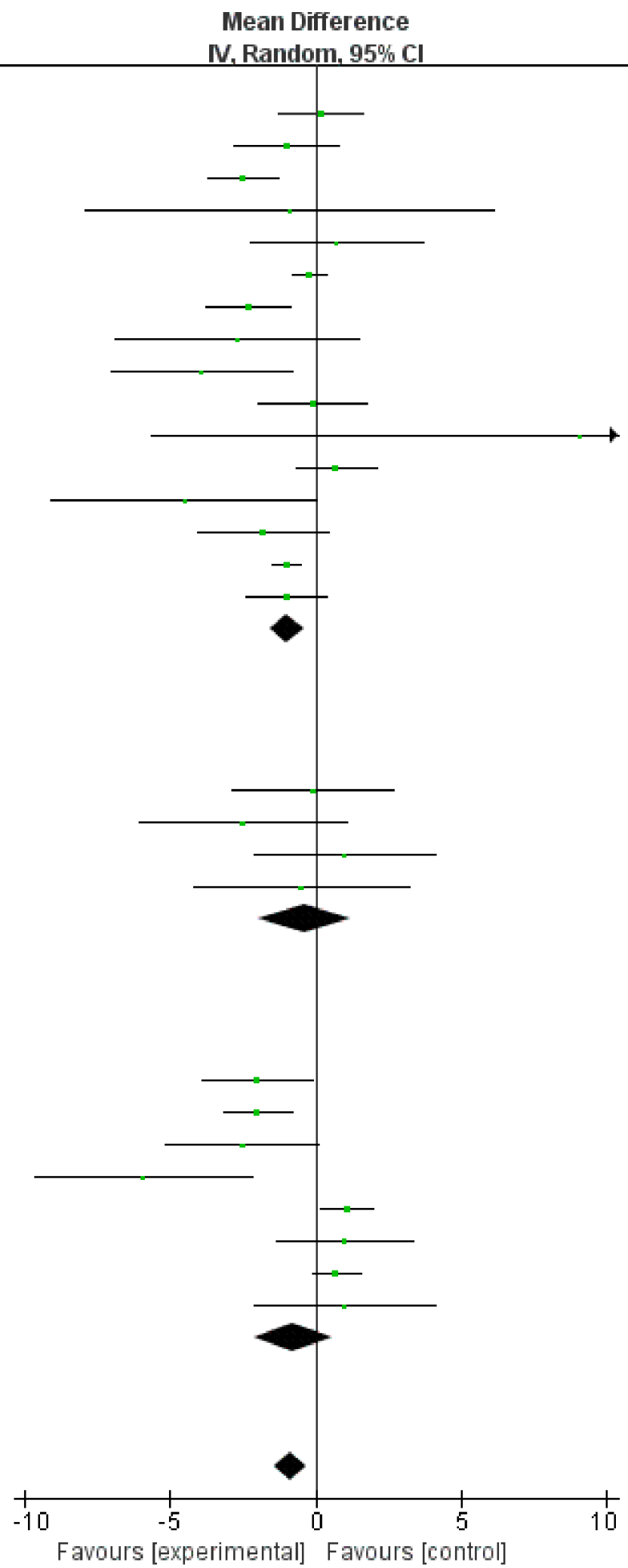Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
2.5.1 Low								
Benes et al., 2015	10.7	3.8	40	10.5	2.7	40	5.0%	0.20 [-1.24, 1.64]
Bisgaard, et al., 2013	9.4	2.3	32	10.4	4.7	32	4.2%	-1.00 [-2.81, 0.81]
Elgendy et al., 2017	9.7	1.9	43	12.2	3.5	43	5.6%	-2.50 [-3.69, -1.31]
Forget et al., 2010	15.1	14.3	41	16	17.8	41	0.6%	-0.90 [-7.89, 6.09]
Funk et al., 2015	9.4	4.8	20	8.7	4.8	20	2.4%	0.70 [-2.28, 3.68]
Gómez-Izquierdo et al., 2017	4	1.5	64	4.2	2	64	6.9%	-0.20 [-0.81, 0.41]
Kaufmann et al., 2017	8.3	4.6	48	10.6	2.3	48	5.0%	-2.30 [-3.75, -0.85]
Luo et al., 2017	15	12.1	73	17.7	13.6	72	1.4%	-2.70 [-6.89, 1.49]
Mayer et al., 2010	14.9	4.5	30	18.8	7.4	30	2.2%	-3.90 [-7.00, -0.80]
Pestaña et al., 2014	11.5	5.3	72	11.6	6.1	70	4.0%	-0.10 [-1.98, 1.78]
Reisinger et al., 2017	22.4	36	27	13.3	16.3	31	0.1%	9.10 [-5.64, 23.84]
Stens et al., 2017	7.1	5.3	81	6.4	3.8	94	5.1%	0.70 [-0.69, 2.09]
Weinberg et al., 2017	10.3	5.7	26	14.8	10.4	26	1.2%	-4.50 [-9.06, 0.06]
Wu et al., 2017	10.4	3.9	33	12.2	5.1	30	3.3%	-1.80 [-4.06, 0.46]
Xu et al., 2017	7	1.5	84	8	1.5	84	7.2%	-1.00 [-1.45, -0.55]
Zheng et al., 2013	12.2	2.2	39	13.2	3.8	37	5.1%	-1.00 [-2.41, 0.41]
Subtotal (95% CI)			**753**			**762**	**59.4%**	**-0.98 [-1.58, -0.38]**
Heterogeneity: Tau² = 0.58; Chi² = 33.86, df = 15 (P = 0.004); I² = 56%								
Test for overall effect: Z = 3.22 (P = 0.001)								
2.5.2 Unclear								
Broch et al., 2016	10.4	6.2	39	10.5	6.3	40	2.6%	-0.10 [-2.86, 2.66]
Kumar et al., 2015	10.9	4.4	20	13.4	6.8	20	1.8%	-2.50 [-6.05, 1.05]
Veelo et al., 2017	16.2	11.3	100	15.2	11.3	99	2.2%	1.00 [-2.14, 4.14]
wagar et al., 2017	13.5	4.9	23	14	10.5	44	1.7%	-0.50 [-4.19, 3.19]
Subtotal (95% CI)			**182**			**203**	**8.4%**	**-0.38 [-1.99, 1.23]**
Heterogeneity: Tau² = 0.00; Chi² = 2.16, df = 3 (P = 0.54); I² = 0%								
Test for overall effect: Z = 0.46 (P = 0.64)								
2.5.3 High								
Bartha et al., 2013	9.3	3.6	74	11.3	7.7	75	3.9%	-2.00 [-3.93, -0.07]
Gan et al., 2002	5	3	50	7	3	50	5.6%	-2.00 [-3.18, -0.82]
Hand et al., 2016	9	3.7	46	11.5	8.3	46	2.8%	-2.50 [-5.13, 0.13]
Malbouisson et al., 2017	16	11.1	84	21.9	13.4	84	1.7%	-5.90 [-9.62, -2.18]
Moppett et al., 2015	15.4	2.6	51	14.3	2.2	63	6.3%	1.10 [0.20, 2.00]
Peng et al., 2014	12	3	40	11	7	40	3.2%	1.00 [-1.36, 3.36]
Pösö et al., 2014	2.4	2	26	1.7	0.7	20	6.5%	0.70 [-0.13, 1.53]
Salzwedel et al., 2013	11	8	79	10	11.8	81	2.2%	1.00 [-2.12, 4.12]
Subtotal (95% CI)			**450**			**459**	**32.2%**	**-0.77 [-2.09, 0.55]**
Heterogeneity: Tau² = 2.55; Chi² = 37.99, df = 7 (P < 0.00001); I² = 82%								
Test for overall effect: Z = 1.14 (P = 0.25)								
Total (95% CI)			**1385**			**1424**	**100.0%**	**-0.84 [-1.39, -0.28]**
Heterogeneity: Tau² = 1.05; Chi² = 82.13, df = 27 (P < 0.00001); I² = 67%								
Test for overall effect: Z = 2.96 (P = 0.003)								
Test for subgroup differences: Chi² = 0.51, df = 2 (P = 0.78), I² = 0%