

Study or Subgroup	Intervention			Control			Weight	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Barakat et.al (2011) [49]	3,404	465	40	3,465	411	43	3.2%	-61.00 [-250.36, 128.36]
Barakat et.al (2013) [45]	3,186.6	440.76	107	3,261.18	466.59	93	7.1%	-74.58 [-200.94, 51.78]
Barakat et.al (2014) [46]	3,203	461	138	3,232	448	152	10.4%	-29.00 [-133.82, 75.82]
Barakat et.al(a) (2013) [51]	3,201	446	210	3,257	469	218	15.2%	-56.00 [-142.69, 30.69]
Cordero et.al (2014) [44]	3,324.1	433.1	101	3,250.1	425.01	156	9.9%	74.00 [-33.62, 181.62]
Ruiz et.al (2013) [47]	3,219	433	335	3,215	419	352	28.1%	4.00 [-59.76, 67.76]
Stafne et.al (2012) [50]	3,515	534	375	3,523	546	327	17.8%	-8.00 [-88.15, 72.15]
Tomic et.al (2013) [48]	3,292.1	536.5	166	3,374.3	550.1	168	8.4%	-82.20 [-198.73, 34.33]
<b>Total (95% CI)</b>			<b>1472</b>			<b>1509</b>	<b>100.0%</b>	<b>-18.70 [-52.49, 15.08]</b>

Heterogeneity: Tau<sup>2</sup> = 0.00; Chi<sup>2</sup> = 6.24, df = 7 (P = 0.51); I<sup>2</sup> = 0%  
 Test for overall effect: Z = 1.09 (P = 0.28)

