

**Study name****Subgroup within study****Statistics for each study**  
Difference in means  
Lower limit  
Upper limit**Difference in means and 95% CI**

Hellenius et al., 1993	none	-12.4	-14.6	-10.1
McAuley et al., 2002	none	-15.5	-17.2	-13.8
Miller et al., 2002	none	-25.0	-37.0	-13.0
Nieman et al., 2002	none	-24.0	-25.5	-22.4
Stefanick et al., 1998	men	-16.7	-25.1	-8.3
Stefanick et al., 1998	women	-16.5	-25.0	-8.0
Wood et al., 1991	men	-9.3	-11.4	-7.2
Wood et al., 1991	women	-9.7	-11.0	-8.3
		-15.5	-20.3	-10.7

