

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

		Difference in means	Lower limit	Upper limit
Hellenius et al., 1993	none	-0.4	-0.9	0.2
McAuley et al., 2002	none	-5.0	-5.5	-4.6
Miller et al., 2002	none	-5.0	-8.0	-2.0
Nieman et al., 2002	none	-2.3	-2.8	-1.9
Stefanick et al., 1998	men	0.6	-1.4	2.6
Stefanick et al., 1998	women	-2.1	-4.7	0.5
Wood et al., 1991	men	7.3	6.9	7.8
Wood et al., 1991	women	2.7	2.1	3.3
		-0.5	-4.0	3.1

