

<u>Study name</u>	<u>Subgroup within study</u>	<u>Statistics for each study</u>			<u>Difference in means and 95% CI</u>
		<u>Difference in means</u>	<u>Lower limit</u>	<u>Upper limit</u>	
Hellenius et al., 1993	none	-7.0	-8.4	-5.5	
McAuley et al., 2002	none	-2.3	-3.4	-1.2	
Miller et al., 2002	none	7.0	-10.0	24.0	
Nieman et al., 2002	none	-18.9	-20.3	-17.6	
Stefanick et al., 1998	men	-15.6	-44.1	12.9	
Stefanick et al., 1998	women	-12.4	-31.7	6.9	
Wood et al., 1991	men	-25.5	-27.5	-23.6	
Wood et al., 1991	women	-5.8	-6.7	-4.9	
		-10.6	-17.2	-4.0	

