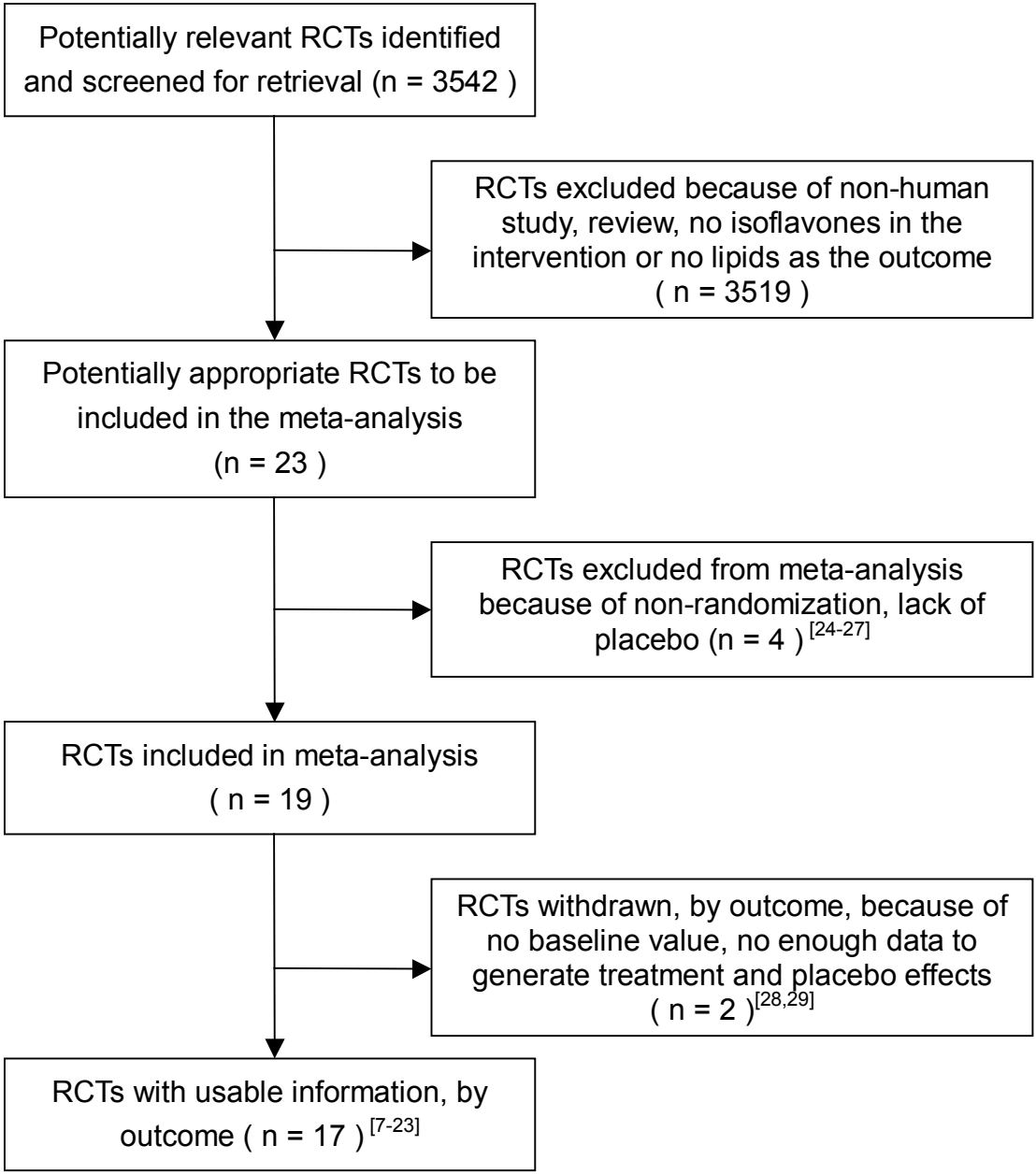
Potentially relevant RCTs identified and screened for retrieval (n = 3542)
RCTs excluded because of non-human study, review, no isoflavones in the intervention or no lipids as the outcome (n = 3519)
Potentially appropriate RCTs to be included in the meta-analysis (n = 23)
RCTs excluded from meta-analysis because of non-randomization, lack of placebo (n = 4) [24-27]
RCTs included in meta-analysis (n = 19)
RCTs withdrawn, by outcome, because of no baseline value, no enough data to generate treatment and placebo effects (n = 2)[28,29]
RCTs with usable information, by outcome (n = 17) [7-23]