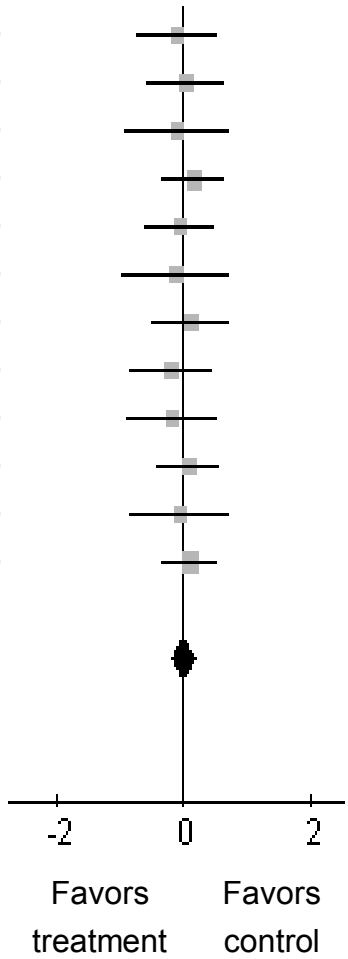
Study	N	Treatment Mean (SD)	N	Control Mean (SD)	RD (mmol/L) 95% CI	Weight (%)	RD (fixed) 95% CI
Clifton 2001(I) [8]	16	0.21 (1.05)	15	0.30 (0.75)		7.44	-0.09 (-0.73, 0.55)
Clifton 2001(II) [8]	15	0.33 (0.97)	15	0.30 (0.75)		7.90	0.03 (-0.59, 0.65)
Dewell 2002 [9]	20	-0.40 (0.89)	16	-0.30 (1.52)		4.30	-0.10 (-0.94, 0.74)
Hale 2002 [10]	16	0.38 (0.71)	13	0.22 (0.62)		12.96	0.16 (-0.32, 0.64)
Hodgson 1998 [12]	30	-0.06 (1.26)	29	0.00 (0.81)		10.48	-0.06 (-0.60, 0.48)
Howes 2000 [13]	66	-0.21 (1.00)	9	-0.09 (1.25)		4.19	-0.12 (-0.97, 0.73)
Nestel 1997 [16]	21	-0.17 (0.94)	21	-0.29 (1.12)		7.77	0.12 (-0.51, 0.75)
Nestle 1999 (I) [17]	13	-0.05 (0.83)	13	0.15 (0.90)		6.86	-0.20 (-0.87, 0.47)
Nestle 1999 (II) [17]	13	-0.02 (0.96)	13	0.15 (0.90)		5.94	-0.17 (-0.89, 0.55)
Samman 1999 [18]	14	-0.03 (0.64)	14	-0.11 (0.70)		12.32	0.08 (-0.42, 0.58)
Simon 2000 [20]	20	-0.41 (1.30)	20	-0.34 (1.26)		4.83	-0.07 (-0.86, 0.72)
Squadrito 2002 [21]	30	0.20 (1.01)	30	0.10 (0.75)		15.00	0.10 (-0.35, 0.55)
Total (95% CI)	274		208			100.00	0.01 (-0.17, 0.18)

Test of heterogeneity: χ^2 =1.70, df = 11, p = 1.00