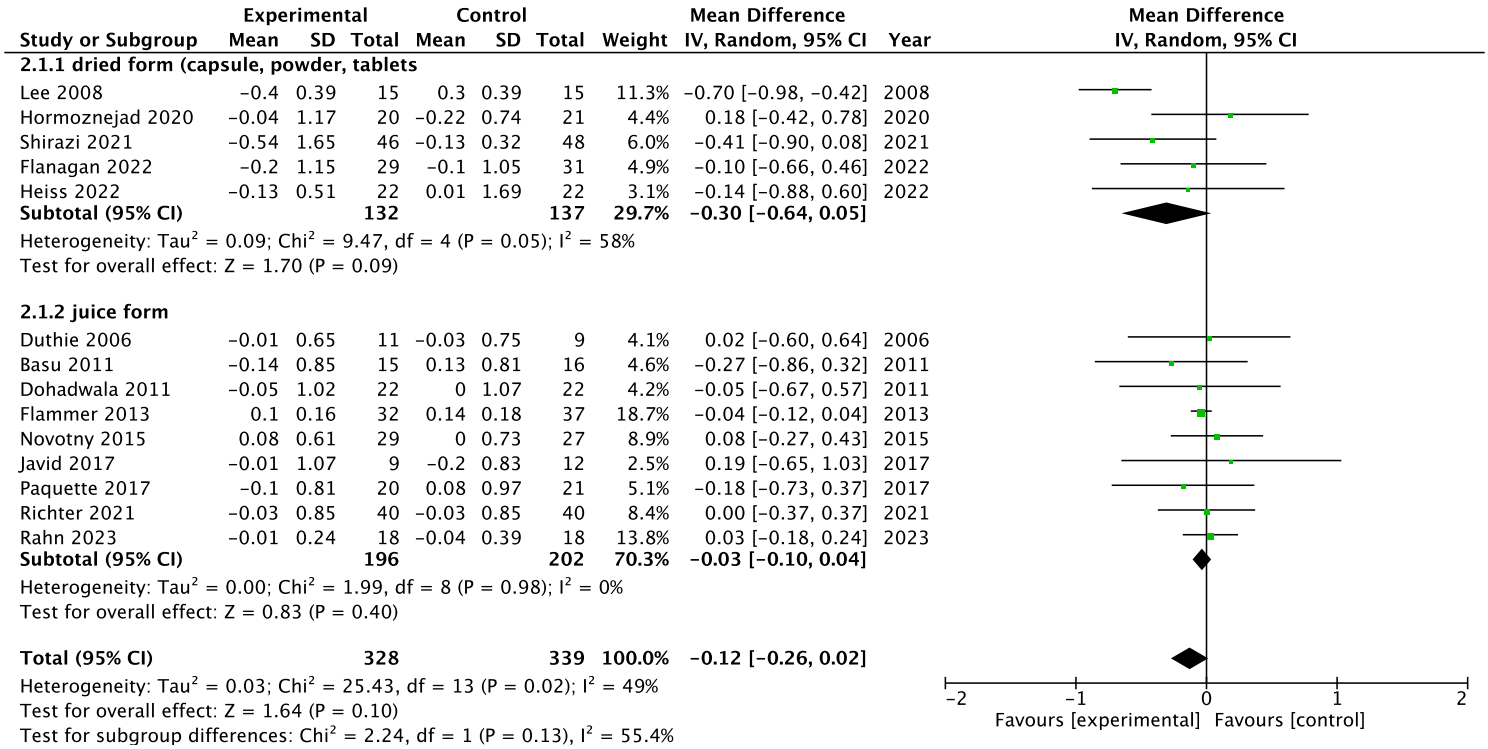
Experimental
Control
Mean Difference
Mean Difference
Study or Subgroup Mean SD Total Mean SD Total Weight IV, Random, 95% CI Year
IV, Random, 95% CI
2.1.1 dried form (capsule, powder, tablets
Lee 2008 -0.4 0.39 15 0.3 0.39 15 11.3% -0.70 [-0.98, -0.42] 2008
Hormoznejad 2020 -0.04 1.17 20 -0.22 0.74 21 4.4% 0.18 [-0.42, 0.78] 2020
Shirazi 2021 -0.54 1.65 46 -0.13 0.32 48 6.0% -0.41 [-0.90, 0.08] 2021
Flanagan 2022 -0.2 1.15 29 -0.1 1.05 31 4.9% -0.10 [-0.66, 0.46] 2022
Heiss 2022 -0.13 0.51 22 0.01 1.69 22 3.1% -0.14 [-0.88, 0.60] 2022
Subtotal (95% CI) 132 137 29.7% -0.30 [-0.64, 0.05]
Heterogeneity: Tau² = 0.09; Chi² = 9.47, df = 4 (P = 0.05); I² = 58%
Test for overall effect: Z = 1.70 (P = 0.09)
2.1.2 juice form
Duthie 2006 -0.01 0.65 11 -0.03 0.75 9 4.1% 0.02 [-0.60, 0.64] 2006
Basu 2011 -0.14 0.85 15 0.13 0.81 16 4.6% -0.27 [-0.86, 0.32] 2011
Dohadwala 2011 -0.05 1.02 22 0 1.07 22 4.2% -0.05 [-0.67, 0.57] 2011
Flammer 2013 0.1 0.16 32 0.14 0.18 37 18.7% -0.04 [-0.12, 0.04] 2013
Novotny 2015 0.08 0.61 29 0 0.73 27 8.9% 0.08 [-0.27, 0.43] 2015
Javid 2017 -0.01 1.07 9 -0.2 0.83 12 2.5% 0.19 [-0.65, 1.03] 2017
Paquette 2017 -0.1 0.81 20 0.08 0.97 21 5.1% -0.18 [-0.73, 0.37] 2017
Richter 2021 -0.03 0.85 40 -0.03 0.85 40 8.4% 0.00 [-0.37, 0.37] 2021
Rahn 2023 -0.01 0.24 18 -0.04 0.39 18 13.8% 0.03 [-0.18, 0.24] 2023
Subtotal (95% CI) 196 202 70.3% -0.03 [-0.10, 0.04]
Heterogeneity: Tau² = 0.00; Chi² = 1.99, df = 8 (P = 0.98); I² = 0%
Test for overall effect: Z = 0.83 (P = 0.40)
Total (95% CI) 328 339 100.0% -0.12 [-0.26, 0.02]
Heterogeneity: Tau² = 0.03; Chi² = 25.43, df = 13 (P = 0.02); I² = 49%
Test for overall effect: Z = 1.64 (P = 0.10)
Test for subgroup differences: Chi² = 2.24, df = 1 (P = 0.13), I² = 55.4%
-2
-1
0
1
2
Favours [experimental]
Favours [control]