Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI	Year
6.6.1 dosage of anthocyanins ≥80 mg									
Dohadwala 2011	−1	8	22	0	7.55	22	7.5%	−1.00 [−5.60, 3.60]	2011
Subtotal (95% CI)			**22**			**22**	**7.5%**	**−1.00 [−5.60, 3.60]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.43 (P = 0.67)									
6.6.2 dosage of anthocyanins < 80 mg									
Lee 2008	−0.1	3.1	15	0.4	3.1	15	15.5%	−0.50 [−2.72, 1.72]	2008
Novotny 2015	−0.03	3.42	29	0.18	3.72	27	17.0%	−0.21 [−2.09, 1.67]	2015
Richter 2021	0.2	3.35	40	0.1	3.29	40	18.9%	0.10 [−1.36, 1.56]	2021
Subtotal (95% CI)			**84**			**82**	**51.4%**	**−0.12 [−1.14, 0.90]**	
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.21$, df = 2 (P = 0.90); $I^2 = 0\%$									
Test for overall effect: Z = 0.23 (P = 0.82)									
6.6.3 unavailable									
Hormoznejad 2020	−2.35	1.59	20	−0.85	1.62	21	20.9%	−1.50 [−2.48, −0.52]	2020
Shirazi 2021	−4.7	2.72	46	−0.59	2.98	48	20.2%	−4.11 [−5.26, −2.96]	2021
Subtotal (95% CI)			**66**			**69**	**41.1%**	**−2.79 [−5.34, −0.23]**	
Heterogeneity: $Tau^2 = 3.11$; $Chi^2 = 11.41$, df = 1 (P = 0.0007); $I^2 = 91\%$									
Test for overall effect: Z = 2.14 (P = 0.03)									
Total (95% CI)			**172**			**173**	**100.0%**	**−1.31 [−2.85, 0.22]**	
Heterogeneity: $Tau^2 = 2.68$; $Chi^2 = 26.46$, df = 5 (P < 0.0001); $I^2 = 81\%$									
Test for overall effect: Z = 1.68 (P = 0.09)									
Test for subgroup differences: $Chi^2 = 3.65$, df = 2 (P = 0.16), $I^2 = 45.2\%$									