Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
5.5.1 dosage of polyphenols ≥ 800 mg								
Dohadwala 2011	−0.17	2.69	22	0.22	2.69	22	0.7%	−0.39 [−1.98, 1.20]
Subtotal (95% CI)			**22**			**22**	**0.7%**	**−0.39 [−1.98, 1.20]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.48 (P = 0.63)								
5.5.2 dosage of polyphenols < 800 mg								
Basu 2011	0.32	0.45	15	0.06	0.47	16	8.6%	0.26 [−0.06, 0.58]
Flanagan 2022	−0.1	0.4	29	−0.1	0.5	31	11.6%	0.00 [−0.23, 0.23]
Heiss 2022	0.01	0.49	22	0.08	0.6	22	8.6%	−0.07 [−0.39, 0.25]
Hormoznejad 2020	−0.3	0.78	20	0.04	1.07	21		−0.34 [−0.91, 0.23]
Hsia 2020	0.04	0.38	18	−0.02	0.37	17	10.9%	0.06 [−0.19, 0.31]
Javid 2017	−0.17	3.85	9	−1.74	3.59	12	0.2%	1.57 [−1.66, 4.80]
Lee 2008	−0.6	2.32	15	−0.4	1.55	15	0.8%	−0.20 [−1.61, 1.21]
Novotny 2015	−0.1	0.38	29	0.06	0.36	27	12.8%	−0.16 [−0.35, 0.03]
Paquette 2017	0.1	0.45	20	0.1	0.46	21	9.9%	0.00 [−0.28, 0.28]
Richter 2021	0	0.35	40	0.11	0.35	40	14.3%	−0.11 [−0.26, 0.04]
Shirazi 2021	−0.36	0.49	46	−0.3	0.47	48		−0.06 [−0.25, 0.13]
Subtotal (95% CI)			**197**			**201**	**77.7%**	**−0.04 [−0.13, 0.04]**
Heterogeneity: Tau^2 = 0.00; Chi^2 = 7.41, df = 8 (P = 0.49); I^2 = 0%								
Test for overall effect: Z = 1.02 (P = 0.31)								
5.5.3 unavailable								
Shidfar 2011	−1.09	0.73	29	0.09	1.22	29	4.8%	−1.18 [−1.70, −0.66]
Subtotal (95% CI)			**95**			**98**	**21.7%**	**−0.50 [−1.19, 0.18]**
Heterogeneity: Tau^2 = 0.32; Chi^2 = 15.99, df = 2 (P = 0.0003); I^2 = 87%								
Test for overall effect: Z = 1.43 (P = 0.15)								
Total (95% CI)			**314**			**321**	**100.0%**	**−0.09 [−0.23, 0.04]**
Heterogeneity: Tau^2 = 0.03; Chi^2 = 26.41, df = 12 (P = 0.009); I^2 = 55%								
Test for overall effect: Z = 1.38 (P = 0.17)								
Test for subgroup differences: Chi^2 = 1.85, df = 2 (P = 0.40), I^2 = 0%								