

| Study or Subgroup | Experimental | | | Control | | | Weight | Mean Difference IV, Random, 95% CI | Year |
|--|--------------|------|-------|---------|------|-------|--------|---------------------------------------|------|
| | Mean | SD | Total | Mean | SD | Total | | | |
| 2.3.1 dried form (capsules, powder, tablets) | | | | | | | | | |
| Lee 2008 | -0.4 | 0.39 | 15 | 0.2 | 0.39 | 15 | 12.4% | -0.60 [-0.88, -0.32] | 2008 |
| Hormoznejad 2020 | 0.09 | 1.13 | 20 | -0.23 | 0.84 | 21 | 4.5% | 0.32 [-0.29, 0.93] | 2020 |
| Shirazi 2021 | -0.26 | 0.53 | 46 | -0.21 | 0.51 | 48 | 15.4% | -0.05 [-0.26, 0.16] | 2021 |
| Flanagan 2022 | -0.3 | 1 | 29 | -0.1 | 1.08 | 31 | 5.7% | -0.20 [-0.73, 0.33] | 2022 |
| Heiss 2022 | -0.05 | 0.56 | 22 | 0.04 | 1.53 | 22 | 3.8% | -0.09 [-0.77, 0.59] | 2022 |
| Subtotal (95% CI) | | | 132 | | | 137 | 41.8% | -0.17 [-0.49, 0.15] | |

Heterogeneity: $\text{Tau}^2 = 0.08$; $\text{Chi}^2 = 12.72$, $\text{df} = 4$ ($P = 0.01$); $I^2 = 69\%$

Test for overall effect: $Z = 1.04$ ($P = 0.30$)

2.3.2 juice form

| | | | | | | | | | |
|--------------------------|-------|------|------------|-------|------|------------|--------------|---------------------------|------|
| Duthie 2006 | -0.38 | 0.65 | 11 | -0.2 | 0.69 | 9 | 4.8% | -0.18 [-0.77, 0.41] | 2006 |
| Basu 2011 | -0.13 | 0.67 | 15 | 0.1 | 0.68 | 16 | 6.6% | -0.23 [-0.71, 0.25] | 2011 |
| Dohadwala 2011 | 0 | 0.85 | 22 | -0.03 | 0.89 | 22 | 5.9% | 0.03 [-0.48, 0.54] | 2011 |
| Novotny 2015 | 0.1 | 0.51 | 29 | 0.03 | 0.5 | 27 | 13.0% | 0.07 [-0.19, 0.33] | 2015 |
| Javid 2017 | 0.08 | 1.39 | 9 | -0.25 | 0.72 | 12 | 1.9% | 0.33 [-0.67, 1.33] | 2017 |
| Paquette 2017 | -0.01 | 0.76 | 20 | 0.17 | 0.74 | 21 | 6.9% | -0.18 [-0.64, 0.28] | 2017 |
| Richter 2021 | 0 | 0.71 | 40 | -0.08 | 0.71 | 40 | 11.1% | 0.08 [-0.23, 0.39] | 2021 |
| Rahn 2023 | -0.03 | 0.5 | 18 | -0.08 | 0.75 | 18 | 7.9% | 0.05 [-0.37, 0.47] | 2023 |
| Subtotal (95% CI) | | | 164 | | | 165 | 58.2% | 0.00 [-0.14, 0.15] | |

Heterogeneity: $\text{Tau}^2 = 0.00$; $\text{Chi}^2 = 2.85$, $\text{df} = 7$ ($P = 0.90$); $I^2 = 0\%$

Test for overall effect: $Z = 0.05$ ($P = 0.96$)

Total (95% CI) **296** **302** **100.0%** **-0.09 [-0.23, 0.06]**

Heterogeneity: $\text{Tau}^2 = 0.02$; $\text{Chi}^2 = 19.29$, $\text{df} = 12$ ($P = 0.08$); $I^2 = 38\%$

Test for overall effect: $Z = 1.19$ ($P = 0.23$)

Test for subgroup differences: $\text{Chi}^2 = 0.94$, $\text{df} = 1$ ($P = 0.33$), $I^2 = 0\%$

