Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI	Year
2.6.1 dried form (capsules, powder, tablets)									
Lee 2008	−0.1	3.1	15	0.4	3.1	15	15.5%	−0.50 [−2.72, 1.72]	2008
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)			**81**			**84**	**56.6%**	**−2.16 [−4.24, −0.07]**	
Heterogeneity: Tau^2 = 2.83; Chi^2 = 14.49, df = 2 (P = 0.0007); I^2 = 86%									
Test for overall effect: Z = 2.02 (P = 0.04)									
2.6.2 juice form									
Dohadwala 2011	−1	8	22	0	7.55	22	7.5%	−1.00 [−5.60, 3.60]	2011
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)			**91**			**89**	**43.4%**	**−0.07 [−1.19, 1.04]**	
Heterogeneity: Tau^2 = 0.00; Chi^2 = 0.23, df = 2 (P = 0.89); I^2 = 0%									
Test for overall effect: Z = 0.13 (P = 0.90)									
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 = 2.97, df = 1 (P = 0.08), I^2 = 66.3%									