

Study or Subgroup	n-3 PUFAs			Control			Weight	Mean Difference IV, Random, 95% CI	Year
	Mean	SD	Total	Mean	SD	Total			
Gadek 1999	11	7.5	70	14.8	11	72	13.0%	-3.80 [-6.89, -0.71]	1999
Pontes-Arruda 2006	17.2	4.9	55	23.4	3.5	48	15.1%	-6.20 [-7.83, -4.57]	2006
Singer 2006	13.5	11.8	46	15.6	11.8	49	10.3%	-2.10 [-6.85, 2.65]	2006
Thiella 2011	26.1	14.2	20	21.2	9.1	20	6.8%	4.90 [-2.49, 12.29]	2011
Stapelton 2011	11.9	10.6	41	17.4	14.8	48	9.5%	-5.50 [-10.80, -0.20]	2011
Gupta 2011	16	7.6	31	15.9	6.5	30	12.2%	0.10 [-3.45, 3.65]	2011
Parisch 2014	15	3.5	29	15.6	4.3	29	14.6%	-0.60 [-2.62, 1.42]	2014
Shirai 2015	17.6	8.2	23	25.9	12.5	23	8.3%	-8.30 [-14.41, -2.19]	2015
Kagan 2015	19.5	15.3	62	16.4	11.3	58	10.2%	3.10 [-1.69, 7.89]	2015
Total (95% CI)			377			377	100.0%	-2.28 [-4.82, 0.25]	

Heterogeneity: Tau² = 10.40; Chi² = 37.72, df = 8 (P < 0.00001); I² = 79%
Test for overall effect: Z = 1.76 (P = 0.08)

