

Tables of data for figure

Bone density of hip

Study	Experimental			Control			Weight (%)	SMD [95% CI]
	Mean	SD	Total	Mean	SD	Total		
Cheng 2005	14.2	1	46	14.5	1	41	19.2	-0.30 [-0.72 to 0.13]
El Hajj Fuleihan (M) 2006	3.97	4.51	116	4.3	4.6	56	26.1	-0.07 [-0.39 to 0.25]
El Hajj Fuleihan (F) 2006	4.35	4.59	113	3.2	4.3	55	25.8	0.25[-0.07 to 0.58]
Viljakainen 2006	8.19	6.5	139	6.71	6.4	73	28.9	0.23[-0.06 to 0.51]
Total (95% CI)			414			225	100	0.06[-0.18 to 0.29]
Heterogeneity: $\tau^2 = 0.03$; $\chi^2 = 6.09$, $df=3$ ($P=0.11$); $I^2 = 51\%$								
Test for overall effect: $Z=0.46$ ($P=0.64$)								

Bone density of lumbar spine

Study	Experimental			Control			Weight (%)	SMD [95% CI]
	Mean	SD	Total	Mean	SD	Total		
Andersen 2008	13.15	10.86	14	9.6	7.5	7	3.1	0.34[-0.57 to 1.26]
Cheng 2005	19.2	1	46	19.4	1.1	41	14.6	-0.19[-0.61 to 0.23]
El Hajj Fuleihan (M) 2006	9.69	6.73	116	9.6	6.7	56	25.5	0.01[-0.31 to 0.33]
El Hajj Fuleihan (F) 2006	8.56	7.38	113	6.5	5.2	55	24.7	0.30[-0.02 to 0.63]
Viljakainen 2006	11.61	6.19	139	9.71	7.76	73	32.1	0.28[-0.00, 0.56]
Total (95% CI)			428			232	100	0.15[-0.01, 0.31]
Heterogeneity: $\chi^2 = 5.02$ $df=4$ ($P=0.28$); $I^2 = 20\%$								
Test for overall effect: $Z= 1.84$ ($P=0.07$)								

Total body bone mineral content

Study	Experimental			Control			Weight (%)	SMD [95% CI]
	Mean	SD	Total	Mean	SD	Total		
Andersen 2008	15.4	12	14	12.7	7.6	7	3.0	0.24[-0.67 to 1.15]
Cheng 2005	34.7	1.3	46	35	1.4	41	13.8	-0.22[-0.64 to 0.20]
Du 2004	39.7	8.5	113	38.4	8.43	111	35.7	0.15[-0.11 to 0.42]
El Hajj Fuleihan (M) 2006	15.88	8.42	116	15.8	8.4	56	24.1	0.01[-0.31 to 0.33]
El Hajj Fuleihan (F) 2006	11.64	10.8	113	8.7	8.8	55	23.4	0.29[-0.04 to 0.61]
Total (95% CI)			402			270	100	0.10[-0.06, 0.26]
Heterogeneity: $\text{Chi}^2 = 4.05$, $\text{df}=4$ ($P=0.40$); $I^2 = 1\%$								
Test for overall effect: $Z=1.26$ ($P=0.21$)								

Bone density of forearm

Study	Experimental			Control			Weight (%)	SMD [95% CI]
	Mean	SD	Total	Mean	SD	Total		
Cheng	3.35	1.4	46	2.61	1.5	41	29.9	0.51[0.08 to 0.93]
El Hajj Fuleihan (M) 2006	3	3.3	116	3.9	4.2	56	35.1	-0.25 [-0.57 to 0.07]
El Hajj Fuleihan (F) 2006	3.48	3.89	113	3.7	2.7	55	35.0	-0.06[-0.38 to 0.26]
Total (95% CI)			275			152	100	0.04 [-0.36 to 0.45]
Heterogeneity: $\text{Tau}^2 = 0.09$; $\text{Chi}^2 = 7.82$, $\text{df}=2$ ($P=0.02$); $I^2 = 74\%$								
Test for overall effect: $Z=0.21$ ($P=0.84$)								