	Experimental			Control				Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
17.10.1 4weeks									
Mily 2015 Subtotal (95% CI)	11.95	1.84	62 62	12.08	1.8	64 64		-0.13 [-0.77, 0.51] - 0.13 [-0.77, 0.51]	†
Heterogeneity: Not ap	plicable								
Test for overall effect	Z = 0.4	10 (P =	0.69)						
17.10.2 8weeks									
Martineau 2011	13.27	1.64	62	13.35	1.54	64	31.2%	-0.08 [-0.64, 0.48]	•
Mily 2015 Subtotal (95% CI)	12.29	1.89	62 124	12.41	1.58	64 128	26.0%	-0.12 [-0.73, 0.49] - 0.10 [-0.51, 0.31]	†
Heterogeneity: Chi ² = Test for overall effect				2); I ² =	0%				
17.10.3 24weeks									
Mily 2015 Subtotal (95% CI)	13.16	1.96	49 49	13.41	1.71	54 54		-0.25 [-0.96, 0.46] -0.25 [-0.96, 0.46]	†
Heterogeneity: Not applicable Test for overall effect: Z = 0.69 (P = 0.49)									
Total (95% CI)			235			246	100.0%	-0.13 [-0.45, 0.18]	
Heterogeneity: $Chi^2 = 0.14$, $df = 3$ ($P = 0.99$); $I^2 = 0\%$ Test for overall effect: $Z = 0.85$ ($P = 0.40$) Test for subgroup differences: $Chi^2 = 0.13$, $df = 2$ ($P = 0.94$), $I^2 = 0\%$									-100 -50 0 50 100 Favours [experimental] Favours [control]