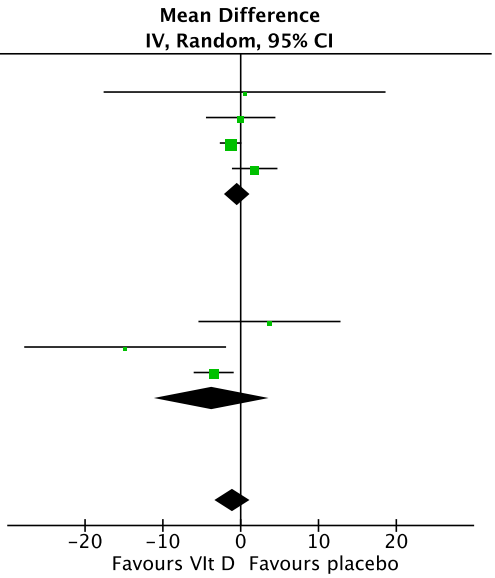Study or Subgroup	Vitamin D Mean	Vitamin D SD	Vitamin D Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI	Year
2.9.1 Vit D deficient <30 ng/ml									
Amrein 2011	23.7	24.7	12	23.2	21.2	13	1.4%	0.50 [−17.61, 18.61]	2011
Amrein 2014	26.7	25.3	237	26.7	24.3	238	14.3%	0.00 [−4.46, 4.46]	2014
Ginde 2019	9.1	9.2	406	10.4	11	418	31.1%	−1.30 [−2.68, 0.08]	2019
Karsy 2020	10.9	15.6	138	9.1	7.9	136	21.7%	1.80 [−1.12, 4.72]	2020
Subtotal (95% CI)			**793**			**805**	**68.6%**	**−0.37 [−2.00, 1.26]**	
Heterogeneity: Tau^2 = 0.61; Chi^2 = 3.64, df = 3 (P = 0.30); I^2 = 18%									
Test for overall effect: Z = 0.44 (P = 0.66)									
2.9.2 Mixed baseline Vit D level									
Leaf 2014	25.9	18.9	36	22.2	19.1	31	4.9%	3.70 [−5.43, 12.83]	2014
Han 2016	21.15	12.4	20	36	19	10	2.6%	−14.85 [−27.82, −1.88]	2016
Bhattacharyya 2021	13.75	9.46	63	17.22	4.35	63	23.8%	−3.47 [−6.04, −0.90]	2021
Subtotal (95% CI)			**119**			**104**	**31.4%**	**−3.65 [−11.01, 3.71]**	
Heterogeneity: Tau^2 = 26.25; Chi^2 = 5.32, df = 2 (P = 0.07); I^2 = 62%									
Test for overall effect: Z = 0.97 (P = 0.33)									
Total (95% CI)			**912**			**909**	**100.0%**	**−1.04 [−3.23, 1.15]**	
Heterogeneity: Tau^2 = 3.51; Chi^2 = 12.74, df = 6 (P = 0.05); I^2 = 53%									
Test for overall effect: Z = 0.93 (P = 0.35)									
Test for subgroup differences: Chi^2 = 0.73, df = 1 (P = 0.39), I^2 = 0%