		Zero-p		CPC				Mean Difference	Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Avani S. Vaishnav2018	48.58	10.72	41	46.37	8.4	23	2.6%	2.21 [-2.54, 6.96]				
Baihan Sun 2017	53	10.26	25	53.57	10.66	28	1.9%	-0.57 [-6.21, 5.07]	3			
Buqing Chang 2017	54.6	3.5	21	53.2	4.2	24	11.7%	1.40 [-0.85, 3.65]	- 1			
Denglu Yan2014	63.55	7.12	37	64.28	8.76	35	4.3%	-0.73 [-4.43, 2.97]	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
Doo Kyung Son2014	55.4	9.7	21	50.2	10.9	27	1.7%	5.20 [-0.64, 11.04]	10 10 10 10 10 10 10 10 10 10 10 10 10 1			
Guangpu Liu 2016	48.5	9.1	31	45.2	10.6	31	2.5%	3.30 [-1.62, 8.22]				
Haiyu Shao 2016	47.6	6.4	63	50.3	8.2	76	10.1%	-2.70 [-5.13, -0.27]				
Huaishuan Zhang 2020	45.2	13.9	56	48.7	13.2	67	2.6%	-3.50 [-8.32, 1.32]				
Jun Hu2017	49.78	10.4	23	45.54	40.22	31	0.3%	4.24 [-10.54, 19.02]				
Junpu Luo 2021	59.1	16.4	60	59.8	14.4	60	1.9%	-0.70 [-6.22, 4.82]	3 . (1 . 3)			
Jun Zhu 2019	55.42	8.03	19	59.15	8.04	26	2.6%	-3.73 [-8.48, 1.02]	3 - 2 ³ 0 - 2 ³ 0			
Leixin Wei2022	48.7	7.3	68	47.2	6.7	28	6.5%	1.50 [-1.53, 4.53]				
Liqi Ruan 2018	56.3	9.8	21	59.6	12.5	18	1.2%	-3.30 [-10.44, 3.84]				
Long Guo 2015	43.1	16.9	49	43.3	17.7	49	1.3%	-0.20 [-7.05, 6.65]				
Nan Yi 2017	52.12	5.893	80	51.95	6.267	84	17.1%	0.17 [-1.69, 2.03]	- + -			
Osamu Nemoto2015	40.9	7.2	24	41.6	7	22	3.5%	-0.70 [-4.81, 3.41]				
Ruien Gou 2022	48.5	6.7	16	52.4	7.2	16	2.6%	-3.90 [-8.72, 0.92]				
Shuangjun He2021	62.59	8.21	42	61.15	7.52	45	5.4%	1.44 [-1.88, 4.76]				
Sung Hyun Noh2021	51.9	10.21	38	52.6	8.61	42	3.4%	-0.70 [-4.86, 3.46]				
Tao Lan2017	54.05	10.11	35	52.09	10.46	33	2.5%	1.96 [-2.93, 6.85]	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
Weiping Sha 2021	52.9	9.27	30	50.33	8.57	31	3.0%	2.57 [-1.91, 7.05]				
Yibing Li2020	65.7	7.5	24	62.3	3.4	27	5.6%	3.40 [0.14, 6.66]				
Young-Seok Lee2015	57.26	13.28	23	52.89	7.71	18	1.4%	4.37 [-2.12, 10.86]	10 0 000 00			
Zhidong Wang2014	50.86	8.79	22	53.68	8.96	25	2.3%	-2.82 [-7.90, 2.26]				
Zhidong Wang2015	51.6	11.3	27	54	8.5	30	2.2%	-2.40 [-7.64, 2.84]	a			
Total (95% CI)			896			896	100.0%	0.16 [-0.61, 0.93]	•			
Heterogeneity: Chi ² = 31	.67, df = 2	4 (P = 0)	(14); I ²	= 24%								
Test for overall effect: Z =			0.00						-10 -5 Ó Ś 10			
		1							Favours [Zero-p] Favours [CPC]			

Supplementary material. 1 A Meta-analysis of Zero-p group versus CCP group in age

В

	Zero-p CF							Mean Difference	Mean Difference			
Study or Subgroup	Mean SD Total			al Mean SD 1		Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Sung Hyun Noh2021	-0.75	0.47	38	-0.71	0.42	42	96.4%	-0.04 [-0.24, 0.16]				
Young-Seok Lee2015	-0.74	1.83	23	-0.36	1.5	18	3.6%	-0.38 [-1.40, 0.64]				
Total (95% CI)			61			60	100.0%	-0.05 [-0.24, 0.14]	•			
Heterogeneity: Chi ² = 0.	41, df = 1	1 (P =)	0.52); P	² = 0%								
Test for overall effect: Z	= 0.53 (F	-1 -0.5 0 0.5 1 Favours [Zero-p] Favours [CPC]										

Supplementary material. 1 B Meta-analysis of Zero-p group versus CCP group in BMD

С

	Zero-p CPC							Mean Difference	Mean Difference				
Study or Subgroup	Mean	SD	Total	tal Mean SD Tot			Weight IV, Fixed, 95% Cl		IV, Fixed, 95% CI				
Avani S. Vaishnav2018	30.45	5.12	41	28.94	5.13	23	8.4%	1.51 [-1.11, 4.13]		15	_	•	
Leixin Wei2022	22.8	2.2	68	22.5	1.8	28	79.9%	0.30 [-0.55, 1.15]				5	
Sung Hyun Noh2021	22.4	4.31	38	22.8	5.75	42	11.7%	-0.40 [-2.61, 1.81]		8	•	0	
Total (95% CI)			147			93	100.0%	0.32 [-0.44, 1.08]			-		
Heterogeneity: Chi ² = 1.2	20, df = 2	(P = 0)	.55); I ²	= 0%						+		<u> </u>	
Test for overall effect: Z =	= 0.83 (P	= 0.41)						-4 Fav	-2 ours (Ze	ro-p] Favo	urs [CPC] 4

Supplementary material. 1 C Meta-analysis of Zero-p group versus CCP group in BMI

А

	Zero-p CPC							Mean Difference	Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD Total		Weight	IV, Random, 95% Cl	IV, Random, 95% Cl			
Buqing Chang 2017	14	2	21	14	2	24	8.2%	0.00 [-1.17, 1.17]	+			
Denglu Yan2014	15.32	2.13	37	14.26	2.35	35	8.5%	1.06 [0.02, 2.10]				
Guangpu Liu 2016	15.52	1.93	31	16.1	2.33	31	8.5%	-0.58 [-1.65, 0.49]				
Haiyu Shao 2016	23.6	4.5	63	25.2	4.8	76	7.3%	-1.60 [-3.15, -0.05]				
Huaishuan Zhang 2020	21.46	4.51	56	21.46	4.51	67	7.1%	0.00 [-1.60, 1.60]				
Jun Hu2017	15.7	2.4	23	15.7	2.4	31	7.9%	0.00 [-1.29, 1.29]				
Leixin Wei2022	15.3	5.2	68	15.1	5.2	28	5.5%	0.20 [-2.09, 2.49]				
Liqi Ruan 2018	13.3	1.9	21	14.9	1.7	18	8.3%	-1.60 [-2.73, -0.47]	-+-			
Long Guo 2015	18.5	17.5	49	18.5	17.5	49	1.2%	0.00 [-6.93, 6.93]	22 32 32			
Osamu Nemoto2015	24	0	24	24	0	22		Not estimable				
Shuangjun He2021	22.6	3.3	42	27.1	3.5	45	7.6%	-4.50 [-5.93, -3.07]				
Sung Hyun Noh2021	37.6	5.91	38	37.1	15.7	42	2.0%	0.50 [-4.61, 5.61]				
Tao Lan2017	23.68	1.93	35	24.39	2	33	8.8%	-0.71 [-1.65, 0.23]				
Weiping Sha 2021	13.5	1.5	30	13.5	1.5	31	9.2%	0.00 [-0.75, 0.75]	+			
Yibing Li2013	24	0	23	24	0	23		Not estimable				
Yibing Li2020	81	4.4	24	79	3.4	27	5.7%	2.00 [-0.18, 4.18]				
Young-Seok Lee2015	12.57	2.09	23	28.89	20.24	18	0.7%	-16.32 [-25.71, -6.93]	+			
Zhidong Wang2014	33.59	5.52	22	33.16	5.97	25	3.7%	0.43 [-2.86, 3.72]				
Fotal (95% CI)			630			625	100.0%	-0.57 [-1.37, 0.23]	•			
Heterogeneity: Tau ² = 1.6	7; Chi ² =	64.70	df = 15	5 (P < 0.	00001)	² = 77	%					
Fest for overall effect: Z =				100 C	1	0			-20 -10 0 10 20 Favours [Zero-p] Favours [CPC]			

Supplementary material. 1 D Meta-analysis of Zero-p group versus CCP group in follow-up time