

**Table 3:** Results of subgroup analyses for studies evaluating the effect of soy isoflavones on serum CRP

	Subgroup	No. of trial	Change in CRP (95% CI)	P-value	I <sup>2</sup> (%)	P <sub>heterogeneity</sub>
<b>Total</b>	-	17	0.08 (-0.08 , 0.24)	0.302	87.0	<0.001
<b>Isoflavones dose (mg)</b>	≤80 mg/d	13	0.07 (-0.22 , 0.37)	0.627	89.6	<0.001
	>80 mg/d	4	0.00 (-0.002 , 0.002)	0.967	0.00	0.475
<b>Design</b>	Parallel	15	0.12 (-0.08 , 0.32)	0.243	88.0	<0.001
	Cross-over	2	-0.13 (-0.24 , -0.80)	0.013	0.00	0.655
<b>Study duration</b>	≤168 day	13	0.04 (-0.09 , 0.17)	0.541	81.8	<0.001
	>168 day	4	-0.17 (-2.37 , 2.03)	0.881	93.6	<0.001
<b>Baseline CRP (mg/l)</b>	≤3 mg/l	12	0.11 (-0.05 , 0.28)	0.174	90.4	<0.001
	>3 mg/l	5	-0.47 (-1.38 , 0.44)	0.312	37.9	0.168
<b>Health status</b>	Healthy	5	0.08 (-0.09 , 0.26)	0.336	92.2	<0.001
	At risk/disease	12	0.0 (-0.47 , 0.41)	0.887	84.7	<0.001
<b>Sample size</b>	≤33	12	0.15 (-0.12 , 0.42)	0.106	89.4	<0.001
	>33	5	-0.06 (-0.24 , 0.11)	0.671	63.9	0.026
<b>Region</b>	Americas	5	0.02 (-0.53 , 0.57)	0.941	88.8	<0.001
	Europe	9	0.12 (-0.23 , 0.47)	0.516	88.2	<0.001
	Asia	3	-0.02 (-0.33 , 0.30)	0.912	81.0	0.005
<b>Age</b>	≤57 year	9	0.24 (-0.20 , 0.67)	0.288	91.3	<0.001
	>57 year	6	-0.14 (-0.31 , 0.02)	0.094	79.2	<0.001
	Unknown	2	0.31 (-0.02 , 0.65)	0.068	2.2	0.312
<b>BMI</b>	≤29	8	0.01 (-0.13 , 0.15)	0.923	88.2	<0.001
	>29	8	-0.02 (-1.16 , 1.12)	0.970	85.7	<0.001
<b>Quality assessment</b>	Unknown	1	0.35 (0.18 , 0.65)	0.021	-	-
	Good	16	0.08 (-0.16 , 0.33)	0.520	87.5	<0.001
	Fair or weak	1	0.00 (-0.076 , 0.002)	0.981	-	-
<b>Publication year of article</b>	≤2010	7	0.07 (-0.24 , 0.37)	0.678	89.0	<0.001
	>2010	10	0.09 (-0.20 , 0.38)	0.541	86.1	<0.001

CRP: C-reactive protein, BMI: body Mass index, mg: milligram, mg/l: milligram per liter, mg/d: milligram per day, CI: confidence interval