

	Subgroup	No. of trial	Change in CRP (95% CI)	P-value	I ² (%)	P _{heterogeneity}
Total	-	16	-0.02 (-0.12 , 0.08)	0.715	84.9	<0.001
Isoflavones dose (mg)	≤100 mg/d	9	0.23 (-0.12 , 0.57)	0.196	79.9	<0.001
	>100 mg/d	7	-0.001 (-0.004 , 0.002)	0.622	0.00	0.600
Protein dose (mg)	≤18 g/d	8	-0.01 (-0.12 , 0.09)	0.812	91.1	<0.001
	>18 g/d	8	-0.07 (-0.32 , 0.46)	0.730	65.1	0.005
Design	Parallel	7	0.10 (-0.10 , 0.30)	0.321	53.7	0.074
	Cross-over	9	-0.07 (-0.24 , 0.10)	0.419	90.0	<0.001
Study duration	≤56 day	9	-0.07 (-0.24 , 0.10)	0.419	84.9	<0.001
	>56 day	7	0.10 (-0.10 , 0.30)	0.321	47.9	0.074
Baseline CRP (mg/l)	≤2.5 mg/l	8	0.11 (-0.10 , 0.32)	0.313	67.2	0.003
	>2.5 mg/l	8	-0.09 (-0.26 , 0.09)	0.330	84.0	<0.001
Health status	Healthy	5	0.004 (-0.13 , 0.12)	0.947	13.2	0.330
	At risk/disease	11	0.011 (-0.15 , 0.17)	0.892	84.3	<0.001
Sample size	≤35	8	-0.05 (-0.31 , 0.21)	0.705	58.0	0.020
	>35	8	0.0 (-0.12 , 0.20)	0.615	86.8	<0.001
Region	Americas	5	0.38 (-0.1 , 0.87)	0.130	68.6	0.013
	Europe	2	-0.31 (-1.34 , 0.73)	0.562	75.4	0.044
	Asia	9	-0.03 (-0.18 , 0.11)	0.643	83.9	<0.001
Age	≤58 year	8	0.11 (-0.13 , 0.36)	0.372	59.1	0.017
	>58 year	6	0.06 (-0.43 , 0.55)	0.799	66.1	0.011
	Unknown	2	-0.10 (-0.30 , 0.10)	0.317	97.0	<0.001
BMI	≤26	8	0.36 (0.01 , 0.72)	0.045	65.8	0.005
	>26	7	-0.08 (-0.18 , 0.02)	0.121	91.3	<0.001
	Unknown	1	-0.90 (-1.79 , -0.02)	0.048	-	-
Quality assessment	Good	7	0.06 (-0.26 , 0.38)	0.713	57.9	0.027
	Fair or weak	9	-0.05 (-0.16 , 0.06)	0.351	90.5	<0.001
Publication year of article	≤2010	7	0.02 (-0.17 , 0.21)	0.833	87.7	<0.001
	>2010	9	-0.01 (-0.20 , 0.18)	0.908	58.2	0.014

Table 4: Subgroup analyses for studies evaluating the effect of soy isoflavones plus soy protein on serum CRP

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