

Table 3 Subgroup analyses of green tea on oxidative stress.

	NO	WMD (95%CI)	P within group	P heterogeneity	I ²	Between-subgroup heterogeneity
Subgroup analyses of green tea on TAC level.						
Overall effect	16	0.18 (0.07, 0.29)	0.001	<0.001	98.6%	
Trial duration (week)						
≥8	12	0.06 (0.02, 0.11)	0.005	<0.001	73.6%	<0.001
<8	4	0.48 (0.10, 0.86)	0.013	<0.001	99.7%	
Type of green tea						
Green tea	4	0.07 (0.03, 0.10)	<0.001	0.169	40.5%	<0.001
Green tea extract	12	0.20 (0.01, 0.40)	0.035	<0.001	98.9%	
Sex						
Male	5	0.41 (0.06, 0.77)	0.021	<0.001	99.6%	<0.001
Female	1	0.05 (0.04, 0.05)	<0.001	-	-	
Both	8	0.11 (0.07, 0.16)	<0.001	0.285	18.3%	
Intervention dose (mg/d)						
>400	10	0.26 (0.06, 0.46)	0.009	<0.001	99.1%	0.148
≤400	6	0.06 (-0.01, 0.13)	0.132	<0.001	87.1%	
Baseline BMI (kg/m ²)						
18.5-24.9	5	0.41 (0.07, 0.75)	0.016	<0.001	99.6%	<0.001
25-29.9	3	0.09 (0.05, 0.14)	<0.001	0.837	0.0%	
≥30	6	0.06 (-0.01, 0.13)	0.088	<0.001	85.3%	
Subgroup analyses of green tea on MDA level						
Overall effect	9	-0.00 (-0.00, 0.00)	0.634	<0.001	81.9%	
Trial duration (week)						
≥8	6	-0.00 (-0.00, 0.00)	0.857	<0.001	83.0%	0.146
<8	3	-0.08 (-0.21, 0.04)	0.185	0.002	84.2%	
Type of green tea						
Green tea	4	-0.00 (-0.00, 0.00)	0.860	<0.001	89.5%	0.136
Green tea extract	5	-0.15 (-0.37, 0.06)	0.156	0.010	69.9%	
Sex						
Male	3	-0.18 (-0.51, 0.15)	0.413	0.892	0.0%	0.252
Both	4	-0.00 (-0.00, 0.00)	0.860	<0.001	89.5%	
Intervention dose						
>400	7	-0.00 (-0.00, 0.00)	0.818	<0.001	85.8%	0.226
≤400	2	-0.01 (-0.02, 0.00)	0.215	0.530	0.0%	
BMI						
18.5-24.9	3	-0.46 (-0.98, 0.05)	0.081	<0.001	95.0%	0.172
25-29.9	3	-0.00 (-0.00, 0.00)	0.493	0.609	0.0%	
≥30	3	-0.11 (-0.37, 0.14)	0.374	0.989	0.0%	

Abbreviations: CI, confidence interval; WMD, weighted mean differences.