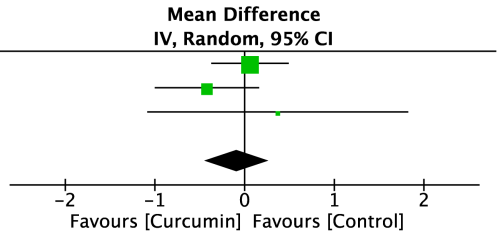
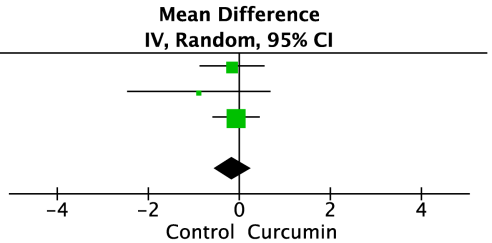
A

Study or Subgroup	Favours [Curcumin] Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI	Year
Nosratzehi et al., 2018	1.91	0.76	20	1.85	0.63	20	59.8%	0.06 [−0.37, 0.49]	2018
Thoms et al., 2017	5.26	1.1	19	5.68	0.78	25	34.5%	−0.42 [−1.00, 0.16]	2017
Kia et al., 2015	5.84	2.01	25	5.47	3.12	25	5.8%	0.37 [−1.08, 1.82]	2015
Total (95% CI)			**64**			**70**	**100.0%**	**−0.09 [−0.44, 0.26]**	

Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 2.08$, df = 2 (P = 0.35); $I^2 = 4\%$
Test for overall effect: Z = 0.49 (P = 0.62)



B

Study or Subgroup	Control Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI	Year
Nosratzehi et al., 2018	2.45	1.1	20	2.61	1.2	20	32.3%	−0.16 [−0.87, 0.55]	2018
Thoms et al., 2017	10.63	3.67	25	11.52	1.63	25	6.6%	−0.89 [−2.46, 0.68]	2017
Kia et al., 2015	3.88	0.78	25	3.95	1.07	25	61.0%	−0.07 [−0.59, 0.45]	2015
Total (95% CI)			**70**			**70**	**100.0%**	**−0.15 [−0.56, 0.25]**	

Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.94$, df = 2 (P = 0.62); $I^2 = 0\%$
Test for overall effect: Z = 0.74 (P = 0.46)