Effect on HDL-c levels -
trials with low risk of bias
Treatment
MD
95%-CI
BRB 0.12 [0.03; 0.21]
SIL 0.11 [-0.01; 0.23]
BER 0.08 [-0.03; 0.18]
STA 0.06 [-0.01; 0.14]
SPI 0.06 [-0.05; 0.18]
GAR 0.04 [0.00; 0.07]
POL 0.04 [-0.07; 0.15]
ART. 0.01 [-0.04; 0.06]
RYR -0.01 [-0.10; 0.08]
GTE -0.00 [-0.05; 0.04]
Control 0.00
-0.2
-0.1
0
0.1
0.2