

**Supplemental Figure 1.** The funnel plot of the effect of soy and whey protein on lean body mass



**Supplemental Figure 2.** The funnel plot of the effect of soy and whey protein on body mass



**Supplemental Figure 3.** The funnel plot of the effect of soy and whey protein on body fat



**Supplemental Figure 4.** The funnel plot of the effect of soy and whey protein on fat mass