**Supplementary Figure 18.** Begg’s funnel plot of the included studies investigating the effects of whey protein supplementation on (A) serum IL-6 levels in the intervention group, (B) serum IL-6 levels in the comparator group, (C) serum CRP levels in the intervention group, and (D) serum CRP levels in the comparator group.

A picture containing text, screenshot, boat

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**A**

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**B**

Chart

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**C**

Chart

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**D**