Study or subgroup	Experimental			Control			Weight	Mean difference IV, random, 95% CI	Mean difference IV, random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
1.1.1 Berberine vs. western medicines									
Li 2008	8.19	2.89	33	8.09	3.39	32	1.3%	0.10 (−1.43, 1.63)	
Sanjari 2020	7.5	1.6	30	7.2	1.3	30	2.2%	0.30 (−0.44, 1.04)	
Xing 2017	8.03	0.8	35	8.12	1.01	35	2.6%	−0.09 (−0.52, 0.34)	
Zhang 2017	7.3	1.6	40	7.1	1.4	40	2.3%	0.02 (−0.46, 0.86)	
Subtotal (95% CI)			138			137	8.5%	0.06 (−0.26, 0.37)	

Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 1.06$, $df = 3$ ($P = 0.79$); $I^2 = 0\%$
Test for overall effect: $Z = 0.35$ ($P = 0.73$)

Berberine vs. Western Meds = Same Same