# Example Summary Table for Narrative Synthesis

💡 “Tables help you stay organized and avoid confusion.”

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| --- | --- | --- | --- | --- | --- |
| Study | Population | Intervention | Outcome | Result | Conclusion |
| A | Smokers | Exercise | LDL ↓ | 10% ↓ | Effective |
| B | Smokers | Diet | HDL ↑ | 5% ↑ | Moderate |