**Supplementary table 1: Search strategies used for MEDLINE, EMBASE and the Cochrane Central Register of Controlled Trials (CENTRAL)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MEDLINE**

|  |  |
| --- | --- |
| 1 | Pregnancy/ |
| 2 | pregnan\*.mp. |
| 3 | gravid\*.mp. |
| 4 | gestation\*.mp. |
| 5 | Pregnant Women/ |
| 6 | prepregnan\*.mp. |
| 7 | pre-pregnan\*.mp. |
| 8 | preconception\*.mp. |
| 9 | (child adj3 bearing).mp. |
| 10 | (child\* adj3 bear\*).mp. |
| 11 | matern\*.mp. |
| 12 | prenatal.mp. |
| 13 | pre-natal.mp. |
| 14 | perinatal.mp. |
| 15 | peri-natal.mp. |
| 16 | antenatal.mp. |
| 17 | ante-natal.mp. |
| 18 | or/1-17 |
| 19 | exp Vitamins/ |
| 20 | vitamin\*.mp. |
| 21 | exp Minerals/ |
| 22 | mineral\*.mp. |
| 23 | exp Micronutrients/ |
| 24 | micronutrient\*.mp. |
| 25 | micro-nutrient\*.mp. |
| 26 | exp Diet/ |
| 27 | diet\*.mp. |
| 28 | nutri\*.mp. |
| 29 | exp Dietary supplements/ |
| 30 | supplement\*.mp. |
| 31 | or/19-30 |
| 32 | "randomized controlled trial".pt. |
| 33 | "controlled clinical trial".pt. |
| 34 | (random$ or placebo$).tw,sh. |
| 35 | ((singl$ or double$ or triple$ or treble$) and (blind$ or mask$)).tw,sh. |
| 36 | single-blind method/ |
| 37 | double-blind method/ |
| 38 | or/32-37 |
| 39 | 18 and 31 and 38  |
| 40 | (animals not human).mp. |
| 41 | 39 not 40 |

 |
| **EMBASE**

|  |  |
| --- | --- |
| 1 | Pregnancy/ |
| 2 | pregnan\*.mp. |
| 3 | gravid\*.mp. |
| 4 | gestation\*.mp. |
| 5 | Pregnant Women/ |
| 6 | prepregnan\*.mp. |
| 7 | pre-pregnan\*.mp. |
| 8 | preconception\*.mp. |
| 9 | (child adj3 bearing).mp. |
| 10 | (child\* adj3 bear\*).mp. |
| 11 | matern\*.mp. |
| 12 | prenatal.mp. |
| 13 | pre-natal.mp. |
| 14 | perinatal.mp. |
| 15 | peri-natal.mp. |
| 16 | antenatal.mp. |
| 17 | ante-natal.mp. |
| 18 | or/1-17 |
| 19 | exp Vitamins/ |
| 20 | vitamin\*.mp. |
| 21 | exp Minerals/ |
| 22 | mineral\*.mp. |
| 23 | exp Micronutrients/ |
| 24 | micronutrient\*.mp. |
| 25 | micro-nutrient\*.mp. |
| 26 | exp Diet/ |
| 27 | diet\*.mp. |
| 28 | nutri\*.mp. |
| 29 | exp Dietary supplements/ |
| 30 | supplement\*.mp. |
| 31 | or/19-30 |
| 32 | Clinical trial/ |
| 33 | randomized controlled trial/ |
| 34 | controlled clinical trial/ |
| 35 | multicenter study/ |
| 36 | Phase 3 clinical trial/ |
| 37 | Phase 4 clinical trial/ |
| 38 | exp RANDOMIZATION |
| 39 | Single Blind Procedure/ |
| 40 | Double Blind Procedure/ |
| 41 | Crossover Procedure/ |
| 42 | PLACEBO/ |
| 43 | randomi?ed controlled trial$.tw. |
| 44 | rct.tw. |
| 45 | (random$ adj2 allocat$).tw. |
| 46 | single blind$.tw. |
| 47 | double blind$.tw. |
| 48 | ((treble or triple) adj blind$).tw. |
| 49 | placebo$.tw. |
| 50 | Prospective Study/ |
| 51 | or/32-50 |
| 52 | 18 and 31 and 51  |
| 53 | (animals not human).mp. |
| 54 | 52 not 53 |

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| **Cochrane Central Register of Controlled Trials (CENTRAL)**

|  |  |
| --- | --- |
| 1 | Pregnan\* |
| 2 | MeSH descriptor: [Pregnancy] explode all trees |
| 3 | Gestation |
| 4 | Pregnant women |
| 5 | MeSH descriptor: [Pregnant Women] explode all trees |
| 6 | Expect\* |
| 7 | mother OR matern\* |
| 8 | gravidity |
| 9 | MeSH descriptor: [Gravidity] explode all trees |
| 10 | Prepregnan\* OR preconception OR periconception |
| 11 | Antenatal\* OR Prenatal\* OR Perinatal\* |
| 12 | #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 |
| 13 | Vitamins |
| 14 | MeSH descriptor: [Vitamins] explode all trees |
| 15 | Micronutrients |
| 16 | MeSH descriptor: [Micronutrients] explode all trees |
| 17 | Minterals |
| 18 | MeSH descriptor: [Minerals] explode all trees |
| 19 | Dietary supplements |
| 20 | MeSH descriptor: [Dietary Supplements] explode all trees |
| 21 | Supplement\* |
| 22 | Multivitamins |
| 23 | #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 |
| 24 | MeSH descriptor: [Animals] explode all trees |
| 25 | MeSH descriptor: [Humans] explode all trees |
| 26 | #24 NOT #25 |

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