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

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| **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 | |
| **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 | |