S3 Table: Studies used to calculate the RCT instrumental variable effect of 25(OH)D on birth weight

Studies	Number of participants in the study	Mean Difference in birth weight between supplementation and placebo group, in g	Mean Difference in 25(OH)D levels between supplementation and placebo group, in nmol/l
Mutlu (L) 2014[1]	59	24 (-379.48 to 427.48)	2.75 (-8.93 to 14.42)
Yu (H) 2009[2]	120	22 (-240.1 to 284.1)	5.67 (1.28 to 10.06)
Khan (2016)[3]	85	-180 (-488.76 to 128.76)	9.98 (2.46 to 17.51)
Vaziri (2016)[4]	127	-58 (-203.82 to 87.82)	15.03 (8.1 to 21.95)
Mallet (L) (1986)[5]	56	-90 (-339.46 to 159.46)	15.9 (11.75 to 20.05)
Mallet (H) (1986)[5]	50	-250 (-512.22 to 12.22)	16.6 (13.11 to 20.09)
Dawodu (L) (2013)[6]	129	91 (-102.45 to 284.45)	16.67 (5.13 to 28.22)
Yu (L) (2009)[2]	120	53 (-214.38 to 320.38)	18.67 (9.64 to 27.69)
Mutlu (H) (2014)[1]	60	-60 (-459.98 to 339.38)	18.97 (9.73 to 28.21)
Hollis (L) (2011)[7]	333	138.3 (-67.38 to 343.98)	19.4 (8.04 to 30.76)
Sahoo (L) (2016)[8]	39	110 (-278.99 to 498.99)	22.8 (8.21 to 37.39)
Thiele (2016)[9]	13	-102 (-638.05 to 434.05)	23.14 (15.41 to 30.87)
Mojibian (2015)[10]	500	-36.85 (-128.29 to 54.59)	26.71 (17.11 to 36.3)
Yap (2014)[11]	179	70 (-135.3 to 275.3)	29.95 (22.12 to 37.79)
Zerofsky (2014)[12]	57	289 (10.78 to 567.22)	30.4 (19.91 to 40.89)
Litonjua (2016)[13]	440	-14.6 (-92.94 to 63.74)	31.2 (26.46 to 35.94)
Hollis (H) (2011)[7]	335	62.8 (-145.17 to 270.77)	32.1 (20.03 to 44.17)
Valizadeh (2016)[14]	96	217 (-14.9 to 448.9)	32.7 (19.63 to 45.76)
Sablok (2015)[15]	180	200 (88.39 to 311.61)	33.89 (12.31 to 55.47)
Sahoo (H) (2016)[8]	29	0 (-350.15 to 350.15)	35.3 (20.09 to 50.51)
Dawodu (H) (2013)[6]	127	2 (-217.22 to 221.22)	41.56 (29.15 to 53.97)
Asemi (b) (2013)[16]	54	120.5 (-153.57 to 394.57)	45 (18.35 to 71.65)

Grant (L) (2014)[17]	174	28.33 (-152.21 to 208.88)	45.76 (33.84 to 57.68)
Grant (H) (2014)[17]	173	88.33 (-87.01 to 263.68)	48.26 (34.49 to 62.02)
Abotorabi (2017)[18]	110	33.7 (-139.04 to 206.44)	48.6 (39.91 to 57.29)
Hashemipour (2013)[19]	160	170.2 (42.48 to 297.92)	79.62 (71.08 to 88.16)
Roth (2013)[20]	160	14 (-138.82 to 166.82)	96 (87.4 to 104.6)
Brooke (1980)[21]	126	123 (-50.29 to 296.29)	151.8 (126.74 to 176.86)
Karamali (2015)[22]	60	172.6 (-42.78 to 387.98)	43.78 (39.6 to 47.96)
Sabet (2012)[23]	50	45 (-136.32 to 226.32)	80 (46.73 to 113.26)
Cooper (2016)[24]	1134	-37 (-104.21 to 30.21)	24.5 (21.7to27.3)

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