

**Supplementary Table 1.** RBC and plasma folate concentrations by treatment group at 16 and 20 weeks in the per-protocol population.

Outcome	0 mg (n=104) <sup>1</sup>	0.4 mg (n=102) <sup>1</sup>	2.8 mg (n=106) <sup>1</sup>	2.8 vs 0 mg		0.4 vs 0 mg		2.8 vs 0.4 mg	
				Mean Difference (95% CI) <sup>2</sup>	<i>P</i> value <sup>3</sup>	Mean Difference (95% CI) <sup>2</sup>	<i>P</i> value <sup>3</sup>	Mean Difference (95% CI) <sup>2</sup>	<i>P</i> value <sup>3</sup>
RBC folate, nmol/L <sup>4</sup>									
16 weeks	469 ± 159	555 ± 146	862 ± 198	361 (322 to 400)	<0.0001	85 (54 to 115)	<0.0001	277 (239 to 314)	<0.0001
20 weeks	446 ± 134	533 ± 157	774 ± 178	297 (262 to 331)	<0.0001	82 (51 to 114)	<0.0001	214 (175 to 253)	<0.0001
Plasma folate, nmol/L <sup>4</sup>									
16 weeks	10.8 ± 4.9	15.8 ± 7.3	32.0 ± 14.4	20.0 (17.1 to 22.8)	<0.0001	4.9 (3.6 to 6.2)	<0.0001	15.0 (12.1 to 18.0)	<0.0001
20 weeks	13.6 ± 10.4	14.9 ± 6.2	24.4 ± 11.1	9.4 (6.6 to 12.3)	<0.0001	1.3 (-0.8 to 3.3)	0.24	8.2 (5.8 to 10.5)	<0.0001

<sup>1</sup>Values are mean ± SD based on the raw data of women who consumed >80% of the supplements.

<sup>2</sup>Adjusted estimates are adjusted for the baseline value of the outcome.

<sup>3</sup>Statistical significance set at *P*<0.0167 for pairwise comparisons of treatment groups.  
*P*<0.0001 for treatment group by time point interaction test.

