

Supplement 1: Adjusted and unadjusted vitamin D levels and deficiency

Vitamin D levels		Group A	Group B	Group C
Serum 25(OH)D (ng/mL)				
Baseline	Unadjusted	8.4 ± 5.5	9.8 ± 10.2	7.9 ± 6.1
	Adjusted [¥]	8.51 ± 9.2	9.73 ± 9.06	7.81 ± 9.22
Final	Unadjusted	14.0 ± 9.6*	11.9 ± 7.7	9.8 ± 7.2
	Adjusted [§]	14.09 ± 10.2*	11.72 ± 9.87	10.28 ± 9.85
Vitamin D deficiency				
Serum 25(OH)D deficiency (<20 ng/mL)				
Baseline	Unadjusted	97.5%	94.8%	96.4%
	Adjusted [¥]	97.4%	94.8%	96.0%
Final	Unadjusted	75.9%**	84.9%	90.2%
	Adjusted [§]	76.4%**	89.4%	90.4%
Serum 25(OH)D severe deficiency (<8 ng/mL)				
Baseline	Unadjusted	60.5%	55.6%	67.6%
	Adjusted [¥]	59.2%	55.8%**	69.1%
Final	Unadjusted	37.2%*	37.8%*	53.8%
	Adjusted [§]	36.9%*	39.2%	51.2%

¥ Adjusted for dietary intake

§ Adjusted for dietary intake and serum 25(OH)D at baseline

** p<0.005, *p<0.05 (Group A/ B compared with Group C)

Supplement 1: Comparison of delivered and withdrawal participants

	Delivered (n=256)	Exited (n=94)	P-value
Treatment group			
Group A (4000 IU)	79 (30.86%)	41 (43.62%)	0.063
Group B (2000 IU)	86 (33.59%)	29 (30.85%)	
Group C (400 IU)	91 (35.55%)	24 (25.53%)	
Maternal age (years)	25.89 ± 4.27	26.41 ± 4.35	0.312
Gestation at enrolment (weeks)	13.46 ± 4.33	12.85 ± 4.65	0.25
Maternal gravidity	2 (1-3)	2 (1-3)	0.549
Maternal parity	1 (0-2)	1 (0-2)	0.546
Maternal years of education, (years)	10.27 ± 3.56	9.38 ± 4.38	0.055
Occupation			
Housewife	248 (96.88%)	92 (97.87%)	0.620
Salary based employee	8 (3.13%)	2 (2.13%)	
Body Mass Index kg/m²	26.04 ± 6.41	26.60 ± 16.56	0.649
Maternal Biomarkers			
Vitamin D (ng/ml)	8.62 ± 8.14	8.05 ± 5.85	0.809
Vitamin D < 20(ng/ml)	244 (96.8%)	88 (94.6%)	0.348
Calcium (mg/dl)	9.32 ± 2.39	9.23 ± 2.30	0.737
Calcium < 8.6 (mg/dl)	81 (32.1%)	30 (32.3%)	0.330
Phosphorus (mg/dl)	13.19 ± 6.53	11.96 ± 6.27	0.119
Alkaline Phosphate (mg/dl)	75.82 ± 28.19	79.28 ± 41.58	0.379

Data presented as mean ± sd, median (IQR) and n (%)

