

Appendix 7: Results from included studies

Author	Low birth weight			Preterm birth			Other results		
	MN	Control group	Adjusted risk	MN	Control group	Adjusted risk	Outcome	Multicomponent micronutrient	Control
Christian ¹	249/705	218/635 (Fe/FA) 297/685 (Control)	N/A	145/704	146/633 (Fe/FA) 140/685 (Control)	N/A	BW*	2659±446 (705)	2652±436 (635) for Fe/FA group 2587±445 (685) for controls
							SGA	757/1374	327/633 (For Fe/FA group) and 402/685 (for controls)
Fawzi ²	36/410	62/390	N/A	96/410	106/390	N/A	SGA	39/410	66/390
Fawzi ³	306/3960	368/3906	N/A	676/3993	666/4003	N/A	SGA	407/3827	523/3823
							BW	3148±530 (3960)	3083±510 (3906)
							GA	39.5±3.2 (3993)	39.4±3.2 (4003)
Friis ⁴	54/564	62/542	N/A	85/564	99/542	N/A	BW†	3053 (564)	3004 (542)
							GA†	39.3 (564)	39.0 (542)
Gupta ⁵	12/74	31/72	0.30 (0.13, 0.71)	1/74	1/72	N/A	BW	2667±373 (74)	2511±419 (72)
							SGA	23/74	37/72
							GA	39.6 ± 1.4 (72)	39.6 ± 1.4 (74)
Hinninger ⁶	2/33 (<2.7kg)	9/32 (<2.7 kg)	N/A	N/A	N/A	N/A	BW	3300±474 (33)	3049±460 (32)
							GA	38.2±2.0 (32)	38.9±2.0 (32)
Kaestel ⁷	83/750	51/373	N/A	N/A	N/A	N/A	BW*	3002±956 (360- for group 1); 3055±1062 (374, for group 2)	3097±49 (366)
Osrin ⁸	101/529	133/523	N/A	47/571	54/568	N/A	BW*	2810±453 (529)	2733±422 (523)
							GA*	39.2±2.0 (568)	39.4±1.9 (571)
Ramakrishnan ⁹	27/318	28/315	0.98 (0.55, 1.74)	24/321	21/321	1.16 (0.60, 2.23)	IUGR	32/317	37/314
							BW*	2981±381 (318)	2977±393 (315)
							GA*	39.5±2.3 (321)	39.6±2.3 (321)
Roberfroid ¹⁰	77/526	82/526	0.91 (0.65, 1.28)	86/607	81/604	1.04 (0.75, 1.45)	SGA	194/518	213/512
							BW	2914±450 (526)	2877±424 (526)
							GA	39.2±3.1 (607)	39.2±2.9 (604)
Shankar ¹¹	510/5695	567/5406	N/A	3736/14373	3654/14053	N/A	BW	3198±885 (5695)	3176±862 (5406)
Zagre ¹²	96/1328	103/1222	N/A	N/A	N/A	N/A	BW	3092±190 (1328)	3025±205 (1222)
Zeng ¹³	57/1406	66/1470 (Fe/FA) 82/1545 (control)	0.78 (0.56, 1.08) MN vs control	78/1494	76/1537 (Fe/FA) 102/1666 (control)	0.86 (0.64, 1.14) MN vs control	SGA	238/1406	278/1470 (Fe/FA) 280/1545 (control)
							BW	3198±438 (1406)	3174±424 (1470) Fe/FA 3154±445 (1545) control
							GA	39.8±1.8 (1494)	39.8±1.7 (1537) Fe/FA 39.6±1.9 (1666) Control

Note: BW = birth weight, Fe = iron, FA = folic acid, GA = gestational age, IUGR = intrauterine growth restriction, LBW = low birth weight, MN = micronutrients, N/A = not available, SGA = small for gestational age.

*Data presented as mean ± SD (n).

†Data represented as mean (n).

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