Citations retrieved from electronic literature database search
\(n = 1316\)

- Excluded based on title (e.g., irrelevant to pregnancy) \(n = 1261\)

Potentially relevant citations reviewed
\(n = 55\)

- Excluded due to limitations in predictor or outcome variables (e.g., reported only physical outcomes) \(n = 23\)

Citations selected for abstract review
\(n = 32\)

- Excluded \(n = 8\)
  - e.g., reported maternal nutrient intake or status but not supplementation

Abstracts selected for full-text review
\(n = 24\)

- Excluded \(n = 9\)
  - Not RCT \(n = 4\)
  - Not outcome of interest \(n = 1\)
  - Unclear description of supplement \(n = 2\)
  - Supplementation only during lactation \(n = 2\)

Documents identified from reference lists
\(n = 2\)

- 2nd database search
\(n = 1\)

Studies included in systematic review
\(n = 18\)