**Table 2: Intervention studies of vitamin D supplementation (alone, and in combination with calcium supplementation) in pregnancy to reduce obstetric complications.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Populat-ion** | | **Gestation at random-isation** | | **Interventional medicinal product (IMP)** | **Control** | **Effect of IMP vs control on incidence of obstetric events** | | | | | | |
| **Hypertensive disorders** | | | **GDM** | **Preterm delivery** | **Caesarean section** | **Intrauterine death/**  **stillbirth** |
| **GHT** | **PET** | |
| **Vitamin D supplementation** | | | | | | | | | | | | | |
| Hossain, 2014 [82](#_ENREF_82) (Karachi, Pakistan) | N=178 | | 20 weeks | | 4000 IU/day oral cholecalciferol | Usual care | ↔ | | ↔ |  | ↔ | ↔ | ↓  (0 vs 1 case, p=0.05) |
| Wagner, 2013 [21](#_ENREF_21) (South Carolina, USA)1 | N=504 | | 12-16 weeks | | 2000 IU/day oral cholecalciferol (n=201) | 400 IU/day oral cholecalciferol (n=111) | ↔ | | | ↔ | ↔ |  |  |
| 4000 IU/day oral cholecalciferol (n=193) | ↔ | | | ↔ | ↔ |  |  |
| Yap, 2014 [83](#_ENREF_83) (Sydney, Australia) | N=179  25(OH)D<80nmol/l at baseline | | < 20 weeks | | 5000 IU/day oral cholecalciferol | 400 IU/day oral cholecalciferol |  | | ↔ | ↔ | ↔ | ↔ |  |
| **Vitamin D + Calcium supplementation** | | | | | | | | | | | | | |
| Kalra, 2011 [84](#_ENREF_84) (Lucknow, India) | | N=140 | 12-24 weeks | Group 1: 60,000 IU single dose oral cholecalciferol at recruitment + 1g elemental Ca/day until delivery (n=48)  Group 2: 120,000 IU oral cholecalciferol at recruitment and 28 weeks gestation + 1g elemental Ca/day until delivery (n=49) | | Usual care (n=43) | ↔ | |  |  |  | ↔ | ↔ |
| Marya, 1987 [85](#_ENREF_85) (Rothak, India) | | N=400 | 20-24 weeks | 1200 IU/day vitamin D + 375mg calcium | | Usual care |  | | ↔ |  |  |  |  |

↔ no effect shown, ↓vitamin D supplementation reduced the incidence of the outcome; GHT – gestational hypertension; PET – preeclampsia; GDM – gestational diabetes mellitus. (1) This reported a combined analysis of data collected in two previous studies.22,109