Appendix 1: Selected recent recommendations for vitamin D intake or supplementation in pregnancy [posted as supplied by author]

Organization	Year of recommendation	Recommendation
Canadian Paediatric Society[1]	Written in 2007; most recently reaffirmed in 2017.	"Consideration should be given to administering 2000 IU of vitamin D daily to pregnant and lactating women, especially during the winter months, to maintain vitamin D sufficiency. The effectiveness of this regimen and possible side effects should be checked with periodic assays for 25(OH)D and calcium"
Government of India, Ministry of Health[2]	2010	No specific recommendations for pregnancy. Outdoor physical activity is a "means of achieving adequate vitamin D status". "However, under situations of minimal exposure to sunlight, a specific recommendation of a daily supplement of 400 IU (10 µg) is retained."
Health Canada[3]	2010	"Currently, the advice contained in *Eating Well with Canada's Food Guide* recommends that all Canadians over the age of two, including pregnant and lactating women, consume 500mL (two cups) of milk or fortified soy beverages every day. These foods are fortified with vitamin D." Recommendation is based on the IOM DRIs (see below).
Institute of Medicine (IOM) Committee to Review Dietary Reference Intakes (DRIs) for Vitamin D and Calcium (Canada and the United States)[4]	2010	Estimated average requirement: 400 IU (10 µg)/day Recommended dietary allowance: 600 IU (15 µg)/day These are total intake recommendations for the general population "under conditions of limited sun exposure," rather than supplementation doses. Recommendations for pregnant women were the same as for other adults up to age 50 years
American College of Obstetricians and Gynecologists[5]	2011	"When vitamin D deficiency is identified during pregnancy, most experts agree that 1,000–2,000 international units per day of vitamin D is safe. Higher dose regimens used for the treatment of vitamin D deficiency have not been studied during pregnancy. Recommendations concerning routine vitamin D supplementation during pregnancy beyond that contained in a prenatal vitamin should await the completion of ongoing randomized clinical trials."

Organization	Year of recommendation	Recommendation
Endocrine Society (United States)[6]	2011	For women "at risk of vitamin D deficiency": 600 IU (15 µg)/day – 1000 IU (25 ug)/day for 14-18 years old 1500 IU (37 µg)/day – 2000 (50 µg)/day for 19-50 years old
Australian Government, Ministry of Health[7]	2014	Nutrient reference value assuming "no, or minimal, exposure to sunlight": 200 IU (5 µg)/day
European Food Safety Authority (EFSA)[8]	2016	Adequate intake "under conditions of assumed minimal cutaneous vitamin D synthesis": 600 IU (15 µg)/day
Scientific Advisory Committee on Nutrition (SACN), United Kingdom[9]	2016	Reference nutrient intake: 400 IU (10 µg)/day These are total intake recommendations for the general population aged 4 years and above, including pregnant women.
World Health Organization[10]	2016	"Vitamin D supplementation is not recommended for pregnant women to improve maternal and perinatal outcomes" "For pregnant women with documented vitamin D deficiency, vitamin D supplements may be given at the current recommended nutrient intake of 200 IU (5 µg) per day".

[1] http://www.cps.ca/documents/position/vitamin-d [Accessed on March 21 2017]
[2]http://icmr.nic.in/final/rda-2010.pdf [Accessed on March 21 2017]
[3]http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php [Accessed on March 21 2017]
[4]https://www.ncbi.nlm.nih.gov/books/NBK56070 [Accessed on March 21 2017]
[5]http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Vitamin-D-Screening-and-Supplementation-During-Pregnancy [Accessed on March 21 2017]
[6]http://www.hormon.org/patient-guides/2011/vitamin-d-deficiency [Accessed on March 21 2017]
[7]https://www.nrv.gov.au/nutrients/vitamin-d [Accessed on March 21 2017]
[8]https://www.efsa.europa.eu/sites/default/files/assets/DRV_Summary_tables_jan_17.pdf [Accessed on March 21 2017]
[9]
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/537616/SACN_Vitamin_D_and_Health_report.
pdf [Accessed on March 21 2017]
[10]http://apps.who.int/iris/bitstream/10665/250796/1/9789241549912-eng.pdf?ua=1 [Accessed on March 21 2017]