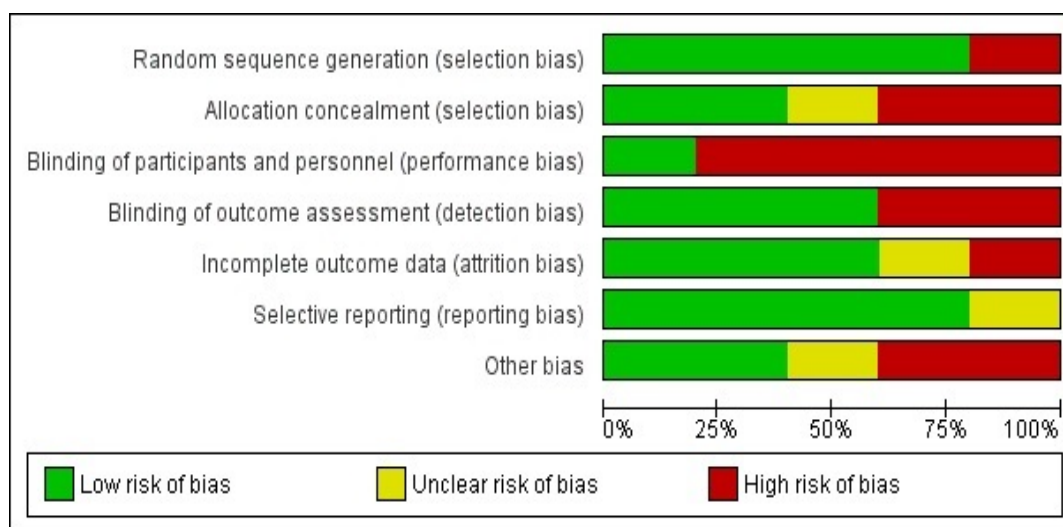


Web Appendix 1 Electronic Search Strategy

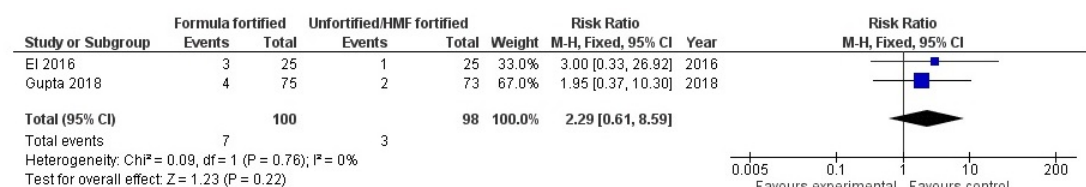
<i>Database</i>	<i>Date</i>	<i>Search Strategy</i>	<i>Number of references</i>
PubMed	28-11-19	("growth"[MeSH Terms] AND (((("milk, human"[MeSH Terms] OR "human milk"[Title/Abstract]) OR "breast milk"[Title/Abstract]) OR "human milk fortifier"[Title/Abstract]) OR "fortification"[Title/Abstract])) AND (((("infant, very low birth weight"[MeSH Terms] OR "very low birth weight infant"[Title/Abstract]) OR "infant, premature"[MeSH Terms]) OR "preterm infant"[Title/Abstract]))	494
Embase	28-11-19	(‘breast milk’/exp OR ‘breast milk’ OR ‘human milk fortifier’) AND (‘very low birth weight’ OR ‘prematurity’) AND ‘growth rate’	160
CENTRAL	28-11-19	“infant, premature” in Title Abstract Keyword AND “human milk fortifier” in Title Abstract Keyword AND “growth” in Title Abstract Keyword	21



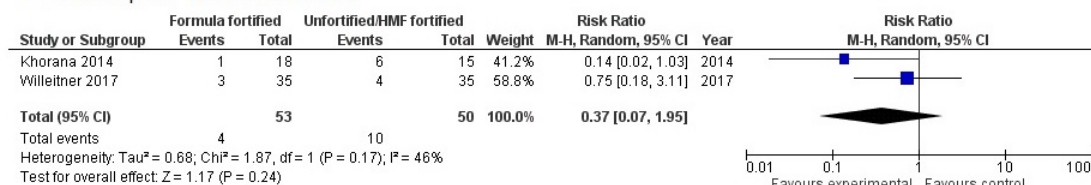
Web Fig. 1 Risk of bias graph showing authors' judgement about each risk of bias item, presented as percentages across all included studies.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Arunambika 2019	+	+	-	-	+	+	+
EI 2016	-	-	-	-	?	?	-
Gupta 2018	+	+	-	+	+	+	+
Khorana 2014	+	-	-	+	+	+	-
Willeitner 2017	+	?	+	+	-	+	?

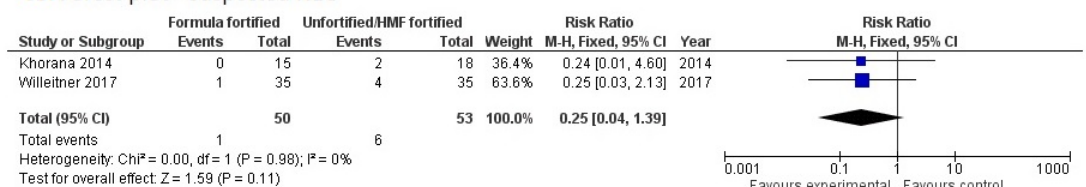
Web Fig. 2: Risk of bias summary for included studies, showing authors' judgements about each risk of bias item for each included study.



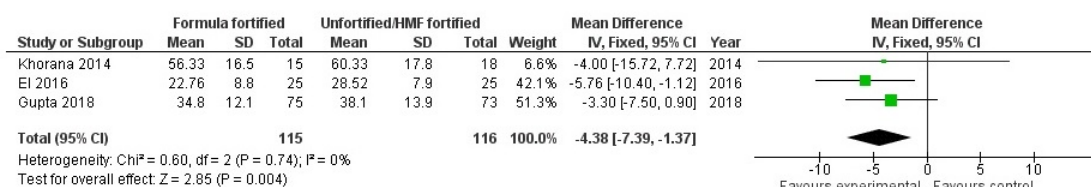
3a: Forest plot - Feed intolerance



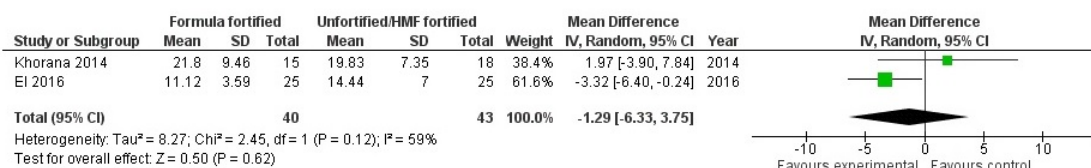
3b: Forest plot - Suspected NEC



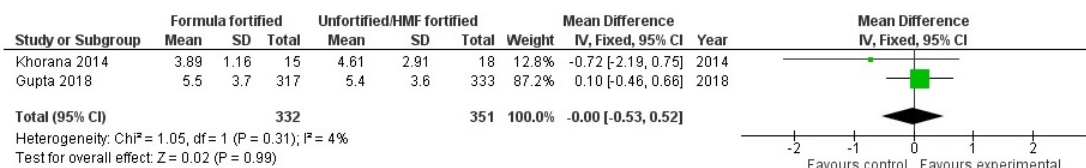
3c: Forest plot - Definite NEC



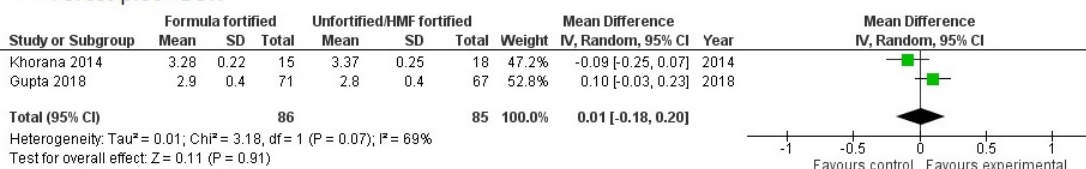
3d: Forest plot - Duration of stay



3e: Forest plot - Time to full feeds



3f: Forest plot - BUN



3g: Forest plot - Albumin

Web Fig. 3 Forest Plot, Feed intolerance (3a), suspected necrotizing enterocolitis (NEC) (3b), definite NEC (3c), duration of stay (days) (3d), time to reach full feeds (days) (3e), blood urea nitrogen (BUN) (3f), albumin (3g)

VOLUME 58—MARCH 15, 2021

Certainty assessment							Summary of findings					
№ of participant s (studies) Follow-up	Risk of bias	Inconsistenc y	Indirectnes s	Imprecisio n	Publication bias	Overall certainty of evidence	Study event rates (%)		Relativ e effect (95% CI)	Anticipated absolute effects		
							With unfortified/HM F fortified	With Formul a fortified		Risk with unfortified/HM F fortified	Risk different e with Formula fortified	
Growth velocity												
423 (5 RCTs)	very seriou s ^a	very serious ^b	not serious	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○○ ○ VERY LOW	214	209	-	-	SMD 0.27 higher (0.08 lower to 0.62 higher)	
Length gain												
353 (4 RCTs)	very seriou s ^a	very serious ^b	not serious	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○○ ○ VERY LOW	179	174	-	-	MD 0.07 higher (0.02 lower to 0.16 higher)	
OFC gain												
353 (4 RCTs)	very seriou s ^a	very serious ^b	not serious	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○○ ○ VERY LOW	179	174	-	-	MD 0.05 higher (0.01 lower to 0.11 higher)	
Feed Intolerance												
198 (2 RCTs)	very seriou s ^d	not serious	very serious ^e	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○○ ○ VERY LOW	3/98 (3.1%)	7/100 (7.0%)	RR 2.29 (0.61 to 8.59)	31 per 1,000	39 more per 1,000 (from 12 fewer to 232 more)	

Definite NEC											
103 (2 RCTs)	very serious s _f	not serious	very serious ^g	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○ ○ VERY LOW	6/53 (11.3%)	1/50 (2.0%)	RR 0.25 (0.04 to 1.39)	113 per 1,000	85 fewer per 1,000 (from 109 fewer to 44 more)
Duration of stay											
231 (3 RCTs)	very serious s _h	not serious	not serious	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○ ○ VERY LOW	116	115	-	-	MD 4.38 lower (7.39 lower to 1.37 lower) (lower)
Time to full feeds											
83 (2 RCTs)	very serious s _h	not serious	not serious	very serious ^c	all plausible residual confounding would reduce the demonstrate d effect	⊕○○ ○ VERY LOW	43	40	-	The mean time to full feeds was 0	MD 1.29 lower (6.33 lower to 3.75 higher) (higher)

CI: Confidence interval; **SMD:** Standardised mean difference; **MD:** Mean difference; **RR:** Risk ratio

Details: a. 4 studies (Arunambika 2019, El Sakka 2016, Gupta 2018, Khorana 2014) were open labeled; Randomization and allocation concealment was improper in El Sakka 2016. b. Khorana 2014 and Arunambika 2020 favored control while other studies favored intervention. c. 95% confidence intervals are wide across studies. d. Included studies were open labeled. Randomization and allocation concealment was improper in El Sakka 2016. e. Definition of feed intolerance varied across studies. f. In Khorana 2014 allocation concealment and blinding was not clearly defined. In Willeitner 2017, allocation concealment was not explained properly and had incomplete outcome data bias. g. Definition of NEC varied across studies. h. Included studies were open labeled. Randomization and allocation concealment in not proper in El Sakka 2016.