

WEB TABLE I CHARACTERISTICS OF INCLUDED STUDIES

Study [Ref.]; Country	Zinc Salt	Intervention	Comparator	Initial age (mo)	Participants (n) (Test/Control)	Dose (mg or *mg/kg)	Duration (mo)	Baseline zinc level (mcg/dL)	Baseline HAZ	Baseline Stunting (%)	Outcomes
Hess, <i>et al.</i> [48]; Burkina Faso	Zinc sulfate	LNS+Zn	LNS+placebo	9	1833/602	5, 10	9	69.5	-1.21	21.9	Weight, Length, HC, MUAC, LAZ, WAZ, Stunting, Underweight, Wasting
Locks, <i>et al.</i> [57]; Tanzania	Zinc sulfate	Zn+MV Zinc	MV Placebo	1.5 -19	1198/1202	5-10	18	Not mentioned	-0.28	Not mentioned	Change in HAZ, WAZ, WHZ, Stunting, wasting, underweight
Mathur, <i>et al.</i> [62]; India	Zinc gluconate	Zn+MV	Multivitamins	0	50/50	2*	3	Not mentioned	Not mentioned	Not mentioned	Weight, Length, HC
Beccuey, <i>et al.</i> [16]; Burkina Faso	Zinc sulfate	Zinc	No intervention	6-27	391/962	7	11	67	-1.22	28.6	Change in Weight, Length, WAZ, HAZ, WLZ, Wasting, underweight and stunting
El Farghali, <i>et al.</i> [38]; Egypt	Zinc sulfate	Zinc	Placebo	0	108/92	10	6	111.35	Not mentioned	Not mentioned	Weight, Length, MUAC, HC
Sanchez <i>et al.</i> [84]; Colombia	Zinc sulfate,	Zinc	Placebo	24-60	205/96	7	4	Not mentioned	Not mentioned	5	Weight, Height, BMI
Colombo, <i>et al.</i> [30]; Peru	Zinc sulfate	Zn + Iron + Copper	Iron+ copper	6	129/122	10	12	93.17	-0.55	Not mentioned	WAZ, LAZ
Adriani, <i>et al.</i> [12]; Indonesia	Zinc sulfate (Zn + vitamin A)	Zinc+Vitamin A	vitamin A+placebo	48-60	12/12	0.9	6	35	-2	100	HAZ
Abdollahi, <i>et al.</i> [11]; Iran	Zinc sulfate	Zinc	Placebo	6-24	291/302	5	3	Not mentioned	Not mentioned	Not mentioned	Weight, Height
Soofi, <i>et al.</i> [90]; Pakistan	Zinc gluconate	Zinc + micronutrient powder	Micronutrient powder	6	830/784	10	12	84	Not mentioned	Not mentioned	Wasting, stunting, underweight, length
Sampaio, <i>et al.</i> [83];	Zinc gluconate	Sprinkles with Zinc	Sprinkles without zinc	6-48	75/68	5	3	Not mentioned	-0.41	Not mentioned	WAZ, LAZ, WHZ

Brazil												
Radhakrishna, <i>et al.</i> [72]; India	Zinc sulfate	Zn+riboflavin	Riboflavin	4	154/147	5	14	Not mentioned	Not mentioned	Not mentioned	Wasting, stunting, underweight, length, weight, WAZ, HAZ, WHZ	
Owusu-Ageyi, <i>et al.</i> [69]; Ghana	Zinc gluconate	Zinc+Vitamin A	vitamin A+placebo	6-24	100/100	10	6	69	-1	32	Weight, Height, WAZ, HAZ, WHZ	
Olney, <i>et al.</i> [65]; Zanzibar	Zinc sulfate	Zn+Iron Zinc	Iron Placebo	1-35	247	10	12	Not mentioned	Not mentioned	30	HAZ	
Surkan, <i>et al.</i> [93]; Nepal	Zinc sulfate	Zinc+iron+folic acid Zinc	Iron+folic acid Placebo	4-17	288/281	5	12	Not mentioned	Not mentioned	22	Change in HC z score	
Ram Kumar, [74]; <i>et al.</i> India	Zinc sulfate	Zinc	Placebo	0	36/27	10	2	Not mentioned	Not mentioned	Not mentioned	Weight, Length, HC	
Aminisani, <i>et al.</i> [14]; Iran	Zinc sulfate	Zinc	Placebo	0-1	40/36	5	6	Not mentioned	Not mentioned	Not mentioned	Change in weight, height and HC	
Taneja, <i>et al.</i> [95]; India	Zinc gluconate	Zinc	Placebo	6-30	1093/1133	10-20	4	80.4	-1.79	Not mentioned	Change in weight, height, WAZ, LAZ, WHZ	
Islam, <i>et al.</i> [52]; Bangladesh	Zinc sulfate	Zinc+MV	MV	0-1	50/50	3	1.5	62.1	Not mentioned	Not mentioned	Weight, Length, HC	
Chhagan, <i>et al.</i> [27]; South Africa	Zinc gluconate	Zinc+Vitamin A	Vitamin A	6	123/124	10	18	Not mentioned	-0.64	18.60	LAZ	
Fischer Walker, <i>et al.</i> [41]; Bangladesh	Zinc acetate	Zinc+iron Zinc + riboflavin	Iron Riboflavin	6	276/290	20	6	55.1	-1.2	Not mentioned	Weight, Height, MUAC	
Taneja, <i>et al.</i> [94]; India	Zinc sulfate	Zinc	Placebo	0-1	1026/1026	5-10	12	64	Not mentioned	Not mentioned	Weight, Length, Wasting, Stunting, Underweight	
Rosado, <i>et al.</i> [80]; Mexico	Zinc Methionine	Zinc+Vitamin A Zinc	Vitamin A Placebo	5-24	395/391	20	12	Not mentioned	-0.97	19	HAZ	
Mozaraffi-Khosravi, <i>et al.</i> [64]; Iran	Zinc sulfate	Zinc	Placebo	24-60	40/45	5	6	Not mentioned	-1.65	20	Weight, Height, MUAC, Wasting, Stunting	
Wuehler, <i>et</i>	Zinc sulfate	Zinc	Placebo	10-30	313/108	3-10	6	70.8	-2.3	60	Change in weight, length,	

<i>al.</i> [98]; Ecuador											WAZ, WLZ, HAZ
Dijkhuizen, <i>et al.</i> [33]; SE Asia	Zinc sulfate	Zinc+Iron Zinc	Iron Placebo	4-6	1246/1205	10	6	113.5	-0.83	7.30	WAZ, HAZ, WLZ, Stunting, Change in weight and length
Brown, <i>et al.</i> [23] Peru	Zinc sulfate [#]	Zinc+MV	MV	5-7	168/94	3	6	77.6	-1.19	Not mentioned	Change in weight, length, WAZ, WLZ, HAZ
Long, <i>et al.</i> [58]; Mexico	Zinc Methionine	Zinc+Vitamin A	Vitamin A+placebo	6-15	364/343	20	12	Not mentioned	Not mentioned	10	Stunting
Garenne, <i>et al.</i> [43]; Burkina Faso	Zinc sulfate	Zinc	Placebo	6-30	342/344	12.5	6	99.1	-1.59	Not mentioned	Change in Weight Height MUAC
Fahmida, <i>et al.</i> [40]; Indonesia	Zinc sulfate	Zinc	Placebo	3-6	192/199	10	6	129.6	-1.01	15.50	Wasting, stunting, underweight, WAZ, HAZ, WLZ
Silva, <i>et al.</i> [88]; Brazil	Zinc sulfate	Zinc	Placebo	12-59	28/30	10	4	56.5	-1.9	Not mentioned	WHZ, HAZ
de Romana, <i>et al.</i> [31]; Peru	Zinc sulfate [#]	Zinc+iron	Iron	36-48	22/12	10	2.5	75	-2.67	100	Weight. Height, HAZ, WAZ, WHZ
Gardner, <i>et al.</i> [42]; Jamaica	Zinc sulfate	Zinc Zinc + stimulation	No intervention Stimulation	9-30	55/59	10	6	Not mentioned	-1.42	Not mentioned	Weight. Height, HAZ, WAZ, WHZ
Brooks, <i>et al.</i> [20]; Bangladesh	Zinc acetate	Zinc	Placebo	2-12	329/309	5	10	Not mentioned	Not mentioned	Not mentioned	Weight, Height
Penny, <i>et al.</i> [70]; Peru	Zinc gluconate	Zinc	Placebo	6-36	71/75	10	6	70.3	-1.56	32	Change in length, weight, LAZ, WAZ and MUAC
Lind, <i>et al.</i> [53]; Indonesia	Zinc sulfate	Zinc+Iron Zinc	Iron Placebo	6	323/327	10	6	Not mentioned	-0.34	3.50	WAZ, WHZ, HAZ, MUAC
Black, <i>et al.</i> [18]; India	Zinc sulfate	Zn + Micronutrient + Riboflavin	Micronutrient +Riboflavin	1	79/71	5	9	Not mentioned	Not mentioned	Not mentioned	Change in weight, length; HAZ, WHZ
Alarcon, <i>et al.</i> [13]; Peru	Zinc sulfate	Zn + Iron + vitamin A	Iron+Vitamin A+placebo	6-35	109/104	7	4.5	Not mentioned	-1.04	Not mentioned	Weight, height, WAZ, HAZ, WHZ, change in Weight, height, WAZ, HAZ, WHZ
Zlotkin, <i>et al.</i> [100]; Ghana	Zinc gluconate	Zn + Iron + vitamin C	Iron+Vitamin C	6-18	124/115	10	2	120.3	-1.76	Not mentioned	WAZ, HAZ, WHZ

Sur, <i>et al.</i> [91]; India	Zinc sulfate	Zn+vitamin B-complex	Vitamin B-complex	7 d	50/50	5	12	Not mentioned	Not mentioned	Not mentioned	Change in weight, length; WAZ
Makonnen, <i>et al.</i> [60]; South Africa	Zinc sulfate	Zinc	Placebo	6-60	138/116	10	3	Not mentioned	Not mentioned	Not mentioned	Underweight
Yang, <i>et al.</i> [99]; China	Zinc sulfate	Zinc Zn+calcium+vitamin A	No intervention Calcium+vitamin A	36-60	60/56	3.5	12	Not mentioned	Not mentioned	Not mentioned	Change in weight, length
Rahman, <i>et al.</i> [73]; Bangladesh	Zinc sulfate	Zin+Vitamin A Zinc	Vitamin A Placebo	12-35	336/317	20	0.5	Not mentioned	-2.41	Not mentioned	Change in weight, length, WAZ, WLZ, HAZ
Osendarp, <i>et al.</i> [68]; Bangladesh	Zinc acetate	Zinc	Placebo	1	138/133	5	5	99.9	-1.1	Not mentioned	Weight, Length, WAZ, HAZ, WLZ, Change in weight, length, HC, MUAC
Castillo Duran, <i>et al.</i> [26]; Chile	Zinc sulfate	Zinc	Placebo	17-19	21/21	5	12	Not mentioned	Not mentioned	Not mentioned	Weight, Length
Castillo Duran, <i>et al.</i> [25]; Chile	Zinc sulfate	Zinc	Placebo	0.6	57/55	5	12	Not mentioned	Not mentioned	Not mentioned	WAZ, HAZ, WLZ
Umeta, <i>et al.</i> [96]; Ethiopia	Zinc sulfate	Zinc	Placebo	6-12	92/92	10	6	Not mentioned	-1.72	50	Change in weight, length, WAZ, WLZ, HAZ
Shankar, <i>et al.</i> [86]; Papua New Guinea	Zinc gluconate	Zinc	Placebo	6-60	103/109	10	10.5	70	-1.9	Not mentioned	WAZ, HAZ, MUAC
Elizabeth, <i>et al.</i> [39]; India	Not mentioned	Zinc + MV	MV	1-60	29/28	2*	3	49.8	Not mentioned	93	% weight for height, weight for age, height for age; change in % weight for height, weight for age, height for age
Rosado, <i>et al.</i> [79]; Mexico	Zinc Methionine	Zinc+Iron Zinc	Iron Placebo	18-36	97/97	20	12	Not mentioned	-1.6	36.5	Change in weight, height, WAZ, HAZ, WHZ
Hershkovitz, <i>et al.</i> [46]; Israel	Zinc acetate	Zinc	Placebo	3-9	14/11	2*	3	Not mentioned	-1.6	15	WAZ, LAZ, HAZ

Rivera, <i>et al.</i> [76]; Guatemala	Zinc sulfate	Zinc	Placebo	6-9	45/44	10	7	Not mentioned	-2.15	Not mentioned	Weight, height, MUAC, WAZ, LAZ, HAZ; Change in Weight, height, MUAC, WAZ, LAZ, HAZ
Meeks Gardner, <i>et al.</i> [63]; Jamaica	Zinc sulfate	Zinc	Placebo	6-24	31/30	5	3	Not mentioned	-2.85	100	Change in weight, length, HC
Lira, <i>et al.</i> [55]; Brazil	Zinc sulfate	Zinc	Placebo	0	112/54	1, 5	6	Not mentioned	Not mentioned	Not mentioned	Change in weight, length
Vasudevan, <i>et al.</i> [97]; India	Zinc sulfate	Zinc	Placebo	8-24	31/31	20	3	98.4	Not mentioned	Not mentioned	Rate of weight gain
Ruz, <i>et al.</i> [82]; Chile	Zinc sulfate	Zinc	Placebo	27-50	27/26	10	14	144	-0.52	Not mentioned	Change in length, WAZ, HAZ, WLZ
Sempertegui, <i>et al.</i> [15]; Ecuador	Zinc sulfate	Zinc	Placebo	12-59	25/25	10	2	86.5	-2	94	WAZ, HAZ
Ninh, <i>et al.</i> [3]; Vietnam	Zinc sulfate	Zinc	Placebo	4-36	/73/73	10	5	Not mentioned	-2.9	100	Weight, Height, WAZ, HAZ, WHZ
Castillo Duran, <i>et al.</i> [24]; Chile	Zinc acetate	Zinc	Placebo	0	35/33	3	6	104.2	-1.3	Not mentioned	Length, WAZ, HAZ, WHZ, HC
Dirren, <i>et al.</i> [37];	Zinc sulfate	Zinc	Placebo	12-50	48/48	10	15	73.5	-2.87	Not mentioned	Change in weight, height, WAZ, HAZ, WHZ
Shrivastava, <i>et al.</i> [87]; India	Zinc sulfate	Zinc+MV	MV	8-24	26/26	22.5	3	89.3	Not mentioned	Not mentioned	Weight, Rate of weight gain
Bates, <i>et al.</i> [15]; Gambia	Zinc gluconate	Zinc	Placebo	7-28	56/56	20	15	128.7	Not mentioned	Not mentioned	Weight, Length, MUAC; Change in Weight, Length, MUAC
Hong, <i>et al.</i> [51]; China	Zinc sulfate	Zinc+Vitamin B	Vitamin B	0	32/33	1.1-2.2*	6	111	Not mentioned	Not mentioned	Change in weight, length

[#]Used fortification as a strategy for zinc supplementation

Zn: Zinc; MV: Multivitamin; HC: head circumference; WAZ: weight-for-age Z-score; HAZ: height-for-age Z-score; LAZ: length-for-age Z-score; WHZ: weight-for-height Z-score; WLZ: weight-for-length Z-score MUAC: mid upper arm circumference.