

Weight gain and body composition during pregnancy: a randomized pilot trial with probiotics and/or fish oil

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Supplementary table 1. Gestational weight gain (GWG) and body composition in groups receiving fish oil vs. non-fish oil and in groups receiving probiotics vs. non-probiotics.

	n	Fish oil mean ± sd or n (%)	Non-Fish oil mean ± sd or n (%)	Fish oil effect Adjusted mean difference or OR (95% CI)	Adjusted p	n	Probiotics mean ± sd or n (%)	Non-Probiotics mean ± sd or n (%)	Probiotics effect Adjusted mean difference or OR (95% CI)	Adjusted p	Fish oil × probiotics interaction effect p
GWG											
GWG between 1st and 2nd visit (kg)	186/187	9.2 ± 3.7	9.3 ± 4.1	0.0 (-0.8 – 0.8)	0.93*	187/186	9.3 ± 3.9	9.3 ± 3.9	0.0 (-0.8 – 0.8)	0.98*	0.89*
GWG from randomization to the end of pregnancy (kg)	190/188	12.0 ± 4.8	11.7 ± 5.0	0.2 (-0.8 – 1.2)	0.63*	191/187	11.8 ± 5.0	11.9 ± 4.9	-0.2 (-1.2 – 0.8)	0.75*	0.74*
GWG from prepregnancy to the end of pregnancy (kg)	190/188	12.7 ± 6.3	13.2 ± 6.3	-0.5 (-1.8 – 0.8)	0.43*	191/187	12.7 ± 6.6	13.2 ± 6.0	-0.5 (-1.8 – 0.8)	0.43*	0.74*
Ideal GWG from prepregnancy to the end of pregnancy	190/188	45 (23.7)	52 (27.7)	1		191/187	55 (28.8)	42 (22.5)	1		
Excess GWG from prepregnancy to the end of pregnancy	190/188	123 (64.7)	120 (63.8)	1.2 (0.7 – 1.9)	0.48†	191/187	115 (60.2)	128 (68.5)	0.7 (0.4 – 1.1)	0.25†	0.72†
Inadequate GWG from prepregnancy to the end of pregnancy	190/188	22 (11.6)	16 (8.5)	1.6 (0.7 – 3.4)		191/187	21 (11.0)	17 (9.1)	0.9 (0.4 – 2.0)		
Ideal weekly GWG rate from randomization to the end of pregnancy	190/188	12 (6.3)	25 (13.3)	1		191/187	23 (12.0)	14 (7.5)	1		
Excess weekly GWG rate from randomization to the end of pregnancy	190/188	166 (87.4)	152 (80.9)	2.3 (1.1 – 4.7)	0.08†	191/187	157 (82.2)	161 (86.1)	0.6 (0.3 – 1.2)	0.34†	0.25†
Inadequate weekly GWG rate from randomization to the end of pregnancy	190/188	12 (6.3)	11 (5.9)	2.3 (0.8 – 6.6)		191/187	11 (5.8)	12 (6.4)	0.6 (0.2 – 1.6)		
Body composition											
Body fat percentage visit 1 (%)	184/185	43.0 ± 5.9	43.3 ± 5.3	-0.3 (-1.4 – 0.9)	0.62*	186/183	42.7 ± 5.8	43.6 ± 5.4	-1.0 (-2.1 – 0.2)	0.09*	0.62*
Fat mass visit 1 (kg)	184/185	36.5 ± 10.2	37.1 ± 9.8	-0.7 (-2.7 – 1.3)	0.50*	186/183	36.0 ± 10.0	37.6 ± 10.0	-1.6 (-3.6 – 0.4)	0.13*	0.59*
Fat free mass visit 1 (kg)	184/185	47.0 ± 4.9	47.6 ± 5.2	-0.5 (-1.6 – 0.5)	0.30*	186/183	47.2 ± 5.2	47.4 ± 4.9	-0.2 (-1.2 – 0.8)	0.71*	0.84*
Body fat percentage visit 2 (%)	184/185	40.7 ± 5.4	40.7 ± 5.0	-0.1 (-1.1 – 1.0)	0.92*	186/183	40.2 ± 5.2	41.2 ± 5.1	-1.0 (-2.0 – 0.1)	0.07*	0.77*
Fat mass visit 2 (kg)	184/185	38.2 ± 9.8	38.7 ± 9.5	-0.6 (-2.5 – 1.4)	0.58*	186/183	37.7 ± 9.5	39.3 ± 9.8	-1.7(-3.6 – 0.3)	0.10*	0.66*
Fat free mass visit 2 (kg)	184/185	54.5 ± 5.6	55.3 ± 6.1	-0.8 (-2.0 – 0.4)	0.20*	186/183	54.9 ± 6.3	54.9 ± 5.4	-0.1 (-1.3 – 1.1)	0.86*	0.70*
Δ Body fat percentage (% points)	184/185	-2.3 ± 2.4	-2.5 ± 2.8	0.2 (-0.3 – 0.8)	0.38*	186/183	-2.4 ± 2.6	-2.4 ± 2.6	0.0 (-0.5 – 0.6)	0.95*	0.64*
Δ Fat mass (kg)	184/185	1.7 ± 3.2	1.6 ± 3.8	0.1 (-0.6 – 0.9)	0.70*	186/183	1.6 ± 3.5	1.7 ± 3.6	-0.1 (-0.8 – 0.7)	0.87*	0.76*
Δ Fat free mass (kg)	184/185	7.5 ± 2.1	7.7 ± 2.3	-0.2 (-0.7 – 0.2)	0.30*	186/183	7.6 ± 2.3	7.5 ± 2.1	0.1 (-0.4 – 0.5)	0.70*	0.59*

Fish oil group includes women consuming fish oil+placebo and fish oil+probiotics

Non-Fish oil group includes women consuming Probiotics + placebo and Placebo +placebo

Probiotic group includes women consuming Probiotics + placebo and probiotics + fish oil

Non-probiotic group includes women consuming fish oil + placebo and placebo+placebo

GWG, gestational weight gain; Δ, change

Women were divided into different GWG classes according to the recommendations issued by IOM (Institute of Medicine) and NRC (National Research Council) 2009. Weight gain during pregnancy: Reexamining the guidelines. Washington, DC:The National Academies Press 2009

Data are expressed either estimate (adjusted mean difference) or OR (adjusted odds ratio)

*Two-way ANOVA; model included the main effects of fish oil and probiotics and fish oil × probiotics interaction effect

† Multinomial logistic regression; model included the main effects of fish oil and probiotics and fish oil × probiotics interaction effect