***Supplementary Table 1:*** *Endline concentrations of exploratory plasma biomarkers in pregnant individuals supplemented with (6S)-5-MTHF or folic acid (Vancouver, Canada, 2019-2021)*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **(6*S*)-5-MTHF**  | **Folic acid**  | **Difference** (95% CI) |
| **Vitamin B12 (pmol/L)** | 204 (159, 239) | 206 (166, 300) | 6.2 (-57, 69) |
| **Pyridoxal phosphate (nmol/L)** | 26 (20, 35) | 32 (18, 46) | 6.1 (-5, 17) |
| **Total homocysteine (µmol/L)** | 4.9 (4.5, 5.6) | 5.2 (4.7, 5.8) | 0.3 (-0.3, 0.9) |
| **Cysteine (µmol/L)** | 231 ± 20 | 237 ± 24 | 6.6 (-5.7, 19) |
| **Methionine (µmol/L)** | 27 (26, 29) | 27 (25, 29) | 0 (-2.4, 2.4) |
| **Free choline (µmol/L)** | 9.1 (7.7, 10) | 9.5 (7.9, 11) | 0.4 (-1, 1.8) |
| **Betaine (µmol/L)** | 15 ± 3 | 14 ± 3.8 | -0.3 (-2.2, 1.6) |

Results are mean ± SD if normally distributed, median (IQR) if not normally distributed. *n*=54 participants included for assessment of endline PLP, free choline, and betaine. *n*=53 participants included for assessment of endline vitamin B12, total hcy, cysteine, and methionine (missing *n*=1in the folic acid group due to insufficient blood sample)