

Vitamin supplementation does not prevent miscarriage

Clinical Question	How effective is vitamin supplementation in preventing spontaneous miscarriage?
Bottom Line	There was no evidence to support the prophylactic use of any vitamins to prevent either early or late miscarriage. Supplementing women with multivitamins with or without iron and/or folic acid or vitamin A, might decrease the risk of total foetal loss and stillbirth. There was insufficient evidence to examine the effect of different combinations of vitamins on miscarriage and miscarriage-related outcomes.
Caveat	Some of the trials included in the review were at high risk of bias, either due to poor or unclear allocation concealment or large losses to follow-up. The data were also complicated by differing definitions of miscarriage.
Context	Miscarriage is a common complication of pregnancy that can be caused by a wide range of factors. Poor dietary intake of vitamins has been associated with an increased risk of miscarriage.
Cochrane Systematic Review	Balogun OO et al. Vitamin supplementation for preventing miscarriage. Cochrane Reviews, 2016, Issue 5. Art. No.: CD004073.DOI: 10.1002/14651858. CD004073.pub4. This review contains 40 studies involving 276,820 women and 278,413 pregnancies.

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