**Figure S1a:** Calcium intake (mg/day)

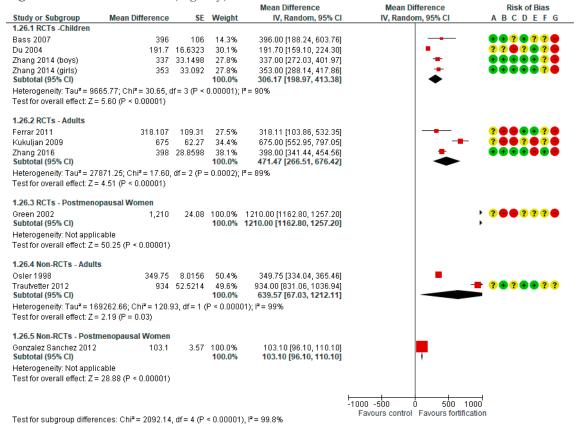


Figure S1b: Calcium intake by calcium fortification level (mg/day) reported in RCTs

		ification			control			Mean Difference	Mean Difference
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.42.1 Low fortificati	ion <b>244</b> mg	g/day							
Ferrar 2011	948.4	242.7		873.5	442.3	20	100.0%	74.90 [-147.55, 297.35]	<del></del>
Subtotal (95% CI)			19			20	100.0%	74.90 [-147.55, 297.35]	
Heterogeneity: Not ap	pplicable								
Test for overall effect:	Z = 0.66 (	P = 0.51	)						
1.42.2 Medium fortifi	ication 459	9-600 m	g/day						
Ferrar 2011	1,171.2	327	17	873.5	442.3	20	2.5%	297.70 [49.23, 546.17]	
Zhang 2014 (boys)	949	145	38	729	135	36	33.4%	220.00 [156.20, 283.80]	-
Zhang 2014 (girls)	901	184	36	655	126	37	26.6%	246.00 [173.47, 318.53]	-
Zhang 2016	1,067	171	50	769	131	50	37.5%	298.00 [238.29, 357.71]	<del></del>
Subtotal (95% CI)			141			143	100.0%	258.09 [218.64, 297.54]	◆
Heterogeneity: Tau² =	= 153.05; C	hi²= 3.3	29, df=	3 (P = I	0.35); I²	= 9%			
Test for overall effect:	Z= 12.82	(P < 0.0	10001)						
1.42.3 High fortificat	ion 676-90	00 mg/da	ay						
Ferrar 2011	1,440	284.8	20	873.5	442.3	20	3.4%	566.50 [335.95, 797.05]	
Zhang 2014 (boys)	1,194	192	35	729	135	36	30.6%	465.00 [387.60, 542.40]	-
Zhang 2014 (girls)	1,110	210	38	655	126	37	30.0%	455.00 [376.86, 533.14]	-
Zhang 2016	1,267	222	50	769	131	50	35.9%	498.00 [426.55, 569.45]	<del>-</del>
Subtotal (95% CI)			143			143	100.0%	477.35 [434.53, 520.17]	<b>◆</b>
Heterogeneity: Tau <sup>2</sup> =	= 0.00; Chi	<sup>2</sup> = 1.31,	df= 3	(P = 0.7)	$3); I^2 = 0$	0%			
Test for overall effect:	Z = 21.85	$(P \le 0.0$	0001)						
									-500 -250 0 250 500
									Favours control Favours fortification
Test for subgroup dif	ferences: (	Chi² = 61	0.63, di	f= 2 (P ·	< 0.0001	01), I²=	96.7%		

Figure S2: Weight (kg)

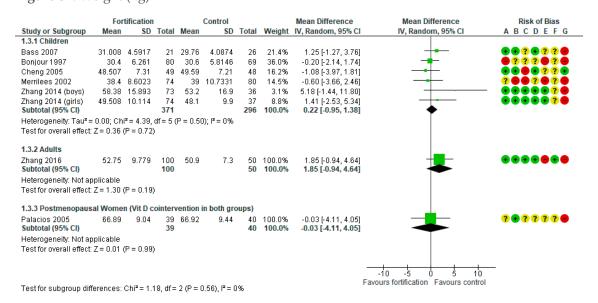
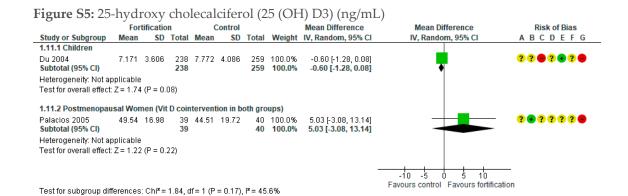


Figure S3: Height (cm)

	For	tification		(	Control			Mean Difference		Mean Difference	Risk of Bias
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	ABCDEFG
1.4.1 Children											
Bass 2007	140.45	5.5266	21	138.36	5.6242	26	6.6%	2.09 [-1.11, 5.29]		+	⊕ ? ⊕ ? ? ⊕
3onjour 1997	134.1	8.0498	80	132.2	6.6453	69	12.2%	1.90 [-0.46, 4.26]		+-	$lackbox{0.7}{\bullet}$
Cheng 2005	157.1	8.3	49	158.7	7.52	48	6.8%	-1.60 [-4.75, 1.55]		<del></del>	
Du 2004	153.8	6.5	238	152.9	6.2	259	54.3%	0.90 [-0.22, 2.02]		<del> </del>	?? \varTheta ? 👽 ? 🖷
Merrilees 2002	144.3	8.6023	74	145.3	8.9443	80	8.8%	-1.00 [-3.77, 1.77]		<del></del>	? • • ? • ? •
Thang 2014 (boys)	167.64	13	73	166.7	11.2	36	3.1%	0.94 [-3.78, 5.66]		<del></del>	
Ihang 2014 (girls) Subtotal (95% CI)	159.11	7.37	74 609	157.4	7.3	37 <b>555</b>	8.1% 100.0%	1.71 [-1.18, 4.60] 0.83 [0.00, 1.65]		•	●●●●?●
Heterogeneity: Tau² =	0.00; Ch	i² = 5.72,	df= 6 (	P = 0.46)	; I² = 0%						
Test for overall effect:	Z = 1.97	(P = 0.05)	)								
									+		<del></del>
									-10	-5 0 5	10
est for subgroup diff	erences:	Not appli	cable						Favo	ours control Favours fortific	cation

**Figure S4:** Parathyroid hormone (pmol/L)

	For	tification		C	ontrol			Mean Difference	Mean Difference	Risk of Bias
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	ABCDEFO
1.7.1 Children										
Du 2004 (1)	6.68	3.03	238	8.19	6.3	259	100.0%	-1.51 [-2.37, -0.65]	<b>———</b>	?? \varTheta ? 🖷 ? 🧲
Subtotal (95% CI)			238			259	100.0%	-1.51 [-2.37, -0.65]	-	
Heterogeneity: Not ap	pplicable									
Test for overall effect:	Z= 3.45	(P = 0.00)	06)							
1.7.2 Adults										
Ferrar 2011	3.4455	1.2164	56	3.3436	1.614	20	100.0%	0.10 [-0.67, 0.88]	<del>-</del>	? • • • • ? •
Subtotal (95% CI)			56			20	100.0%	0.10 [-0.67, 0.88]	-	
Heterogeneity: Not ap	pplicable									
Test for overall effect:	Z = 0.26	(P = 0.80)	)							
1.7.3 Postmenopaus	sal Wome	n								
Green 2002	3.12	1.18	38	3.4	1.28	38	100.0%	-0.28 [-0.83, 0.27]	-	? • • ? ? ? •
Subtotal (95% CI)			38			38	100.0%	-0.28 [-0.83, 0.27]	•	
Heterogeneity: Not ap	pplicable									
Test for overall effect:	Z = 0.99	(P = 0.32)	)							
									-2 -1 1 1 2	
									Favours fortification Favours control	ıl
Test for subgroup dif	ferences:	$Chi^2 = 8.$	16, df=	2 (P = 0.	02), l² =	75.5%				





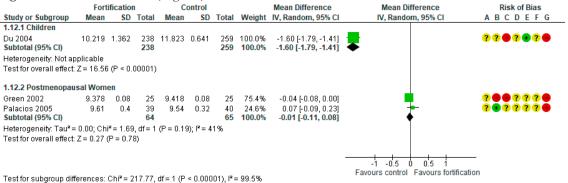
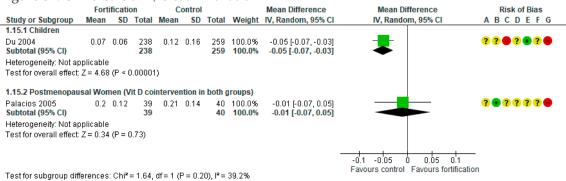
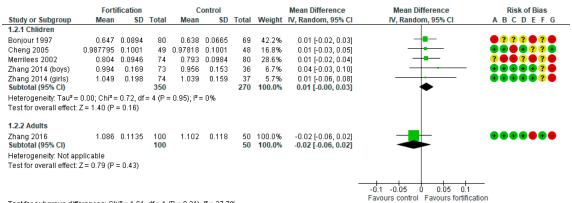


Figure S7: Urine Calcium / creatinine ratio

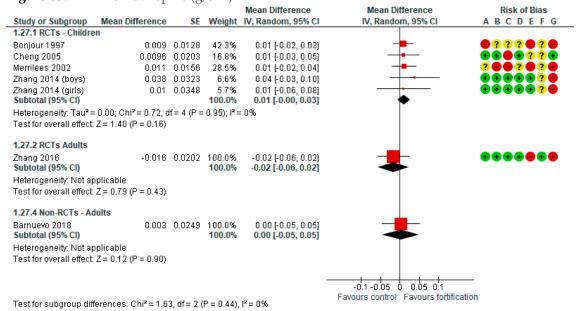


**Figure S8:** BMD Lumbar spine (g/cm<sup>2</sup>)



Test for subgroup differences: Chi<sup>2</sup> = 1.61, df = 1 (P = 0.21), i<sup>2</sup> = 37.7%

Figure S9: BMD Lumbar spine (g/cm<sup>2</sup>)





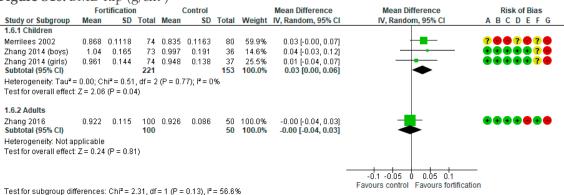
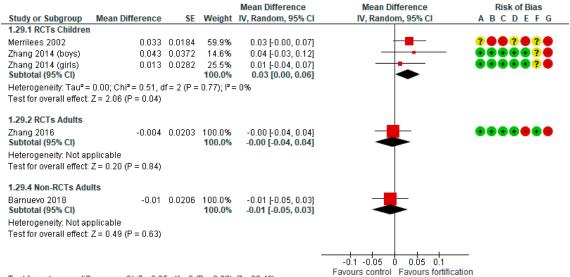
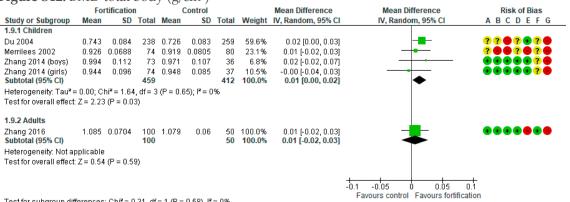


Figure S11: BMD Hip (g/cm<sup>2</sup>)



Test for subgroup differences:  $Chi^2 = 3.25$ , df = 2 (P = 0.20),  $I^2 = 38.4\%$ 

Figure S12: BMD total body (g/cm<sup>2</sup>)



Test for subgroup differences: Chi<sup>2</sup> = 0.31, df = 1 (P = 0.58),  $I^2$  = 0%

Figure S13: BMC total body (g)

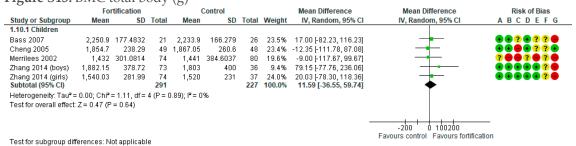


Figure S14: BMC lumbar spine (g)

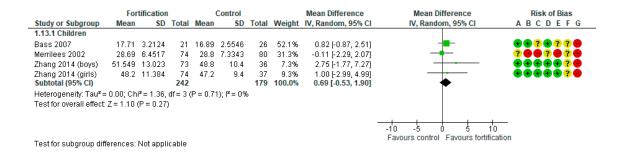


Figure S15: BMD Throcanteric region (g/cm<sup>2</sup>)

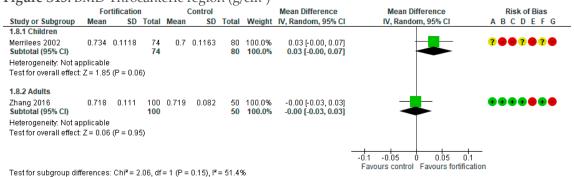


Figure S16: BMD Trochanteric region (g/cm²)

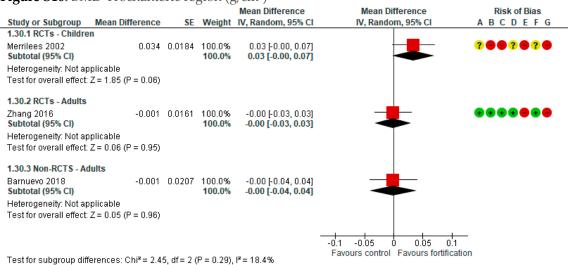


Figure S17: Calcium Intake (mg/day)

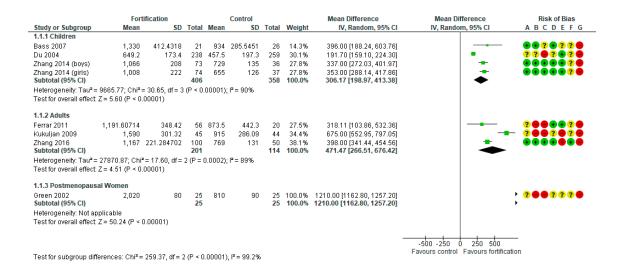


Figure S18: BMD Femoral neck (g/cm<sup>2</sup>)

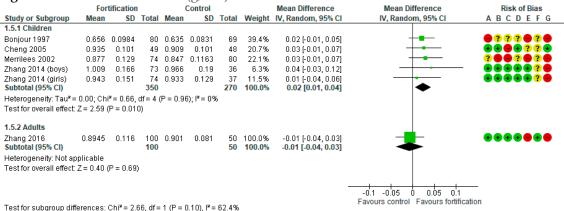
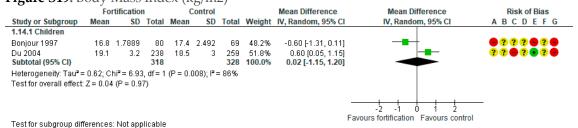
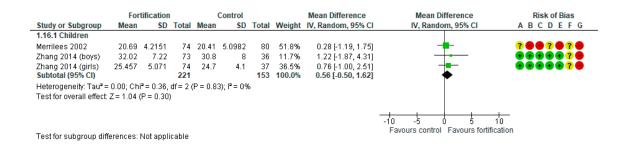


Figure S19: Body Mass Index (kg/m2)



**Figure S20:** BMC Hip (g)





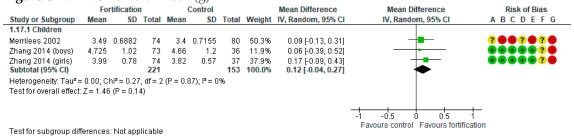


Figure S22: BMC Femoral Shaft (g)

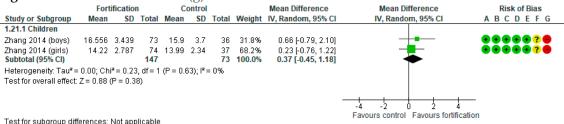


Figure S23: BMD Femoral Shaft (g/cm<sup>2</sup>)

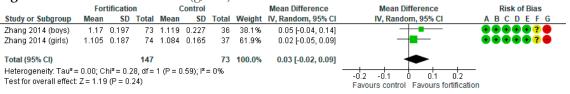


Figure S24: Parathyroid hormone by calcium fortification level (pmol/L)

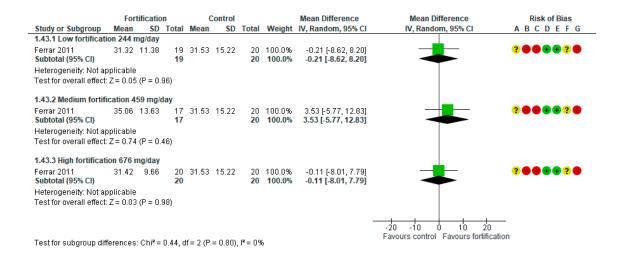


Figure S25: Serum 1,25-dihydroxycholecalciferol by calcium fortification level (nmol/l)

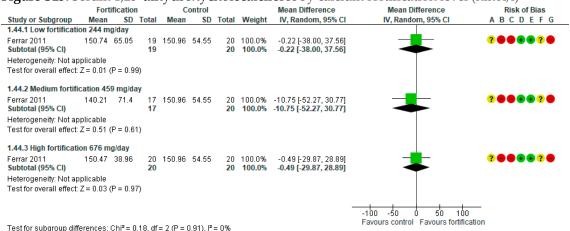
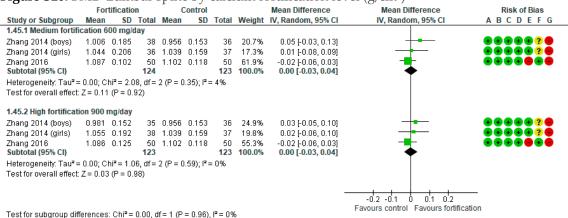
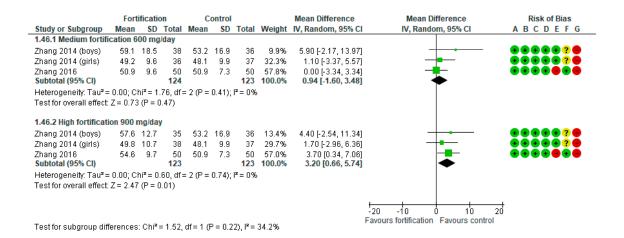


Figure S26: BMD Lumbar spine by calcium fortification level (g/cm²)



**Figure S27:** Weight by calcium fortification level (Kg)



**Figure S28:** BMD Femoral neck by calcium fortification level (g/cm<sup>2</sup>)

	For	tificatio	n	(	Control			Mean Difference	Mean Difference	Risk of Bias
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	ABCDEFG
1.47.1 Medium fortific	cation 6	00 mg/c	lay							
Zhang 2014 (boys)	1.015	0.162	38	0.966	0.19	36	14.6%	0.05 [-0.03, 0.13]	+•	
Zhang 2014 (girls)	0.933	0.158	36	0.933	0.129	37	21.6%	0.00 [-0.07, 0.07]	<del>-</del>	
Zhang 2016 Subtotal (95% CI)	0.902	0.113	50 <b>124</b>	0.901	0.081	50 <b>123</b>	63.8% <b>100.0%</b>	0.00 [-0.04, 0.04] <b>0.01 [-0.02, 0.04</b> ]	<b>‡</b>	
Heterogeneity: Tau² = Test for overall effect:				2 (P = 0	.56); l² =	: 0%				
1.47.2 High fortification	on 900 r	ng/day								
Zhang 2014 (boys)	1.003	0.172	35	0.966	0.19	36	13.8%	0.04 [-0.05, 0.12]	<del> </del>	
Zhang 2014 (girls)	0.954	0.145	38	0.933	0.129	37	25.4%	0.02 [-0.04, 0.08]	<del>- </del>	
Zhang 2016 Subtotal (95% CI)	0.887	0.12	50 <b>123</b>	0.901	0.081	50 <b>123</b>	60.8% <b>100.0%</b>	-0.01 [-0.05, 0.03] <b>0.00 [-0.03, 0.03]</b>	<b>‡</b>	
Heterogeneity: Tau <sup>2</sup> =	0.00; CI	hi² = 1.6	3, df=	2 (P = 0)	.44); [2=	: 0%				
Test for overall effect:	Z = 0.12	! (P = 0.9)	90)							
									-0.2 -0.1 0 0.1 0.2  Favours control Favours fortification	
Test for subgroup diffi	erences	: Chi²=	0.07, c	f=1 (P	= 0.79),	$I^2 = 0\%$	5		1 avours control Favours fortification	'

Figure S29: BMD hip by calcium fortification level (g/cm<sup>2</sup>)

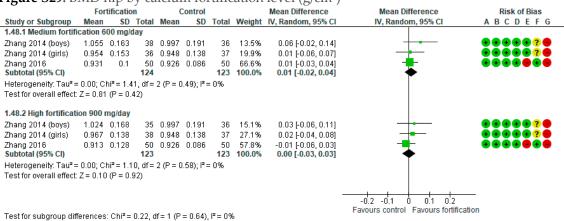


Figure S30: BMD total body by calcium fortification level (g/cm<sup>2</sup>)

	For	tificatio	n	(	Control			Mean Difference	Mean Difference	Risk of Bias
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	ABCDEFG
1.49.1 Medium fortif	ication 6	00 mg/d	lay							
Zhang 2014 (boys)	1.001	0.125	38	0.971	0.107	36	13.1%	0.03 [-0.02, 0.08]	<del>  • -</del>	
Zhang 2014 (girls)	0.942	0.1	36	0.948	0.085	37	20.3%	-0.01 [-0.05, 0.04]	<del></del>	
Zhang 2016 Subtotal (95% CI)	1.087	0.06	50 <b>124</b>	1.079	0.06	50 <b>123</b>	66.6% 100.0%	0.01 [-0.02, 0.03] <b>0.01 [-0.01, 0.03]</b>	<del>-</del>	•••••
Heterogeneity: Tau <sup>2</sup> =	= 0.00; C	hi² = 1.0	18, df=	2(P = 0)	.58); l² =	= 0%				
Test for overall effect	: Z = 0.82	P = 0.	41)							
1.49.2 High fortificat	ion 900 i	mg/day								
Zhang 2014 (boys)	0.987	0.097	35	0.971	0.107	36	18.8%	0.02 [-0.03, 0.06]	<del></del>	
Zhang 2014 (girls)	0.947	0.093	38	0.948	0.085	37	26.1%	-0.00 [-0.04, 0.04]	<del>-+</del>	
Zhang 2016 Subtotal (95% CI)	1.083	0.08	50 <b>123</b>	1.079	0.06	50 <b>123</b>	55.1% 100.0%	0.00 [-0.02, 0.03] <b>0.00 [-0.02, 0.03]</b>	<b>*</b>	
Heterogeneity: Tau² =				2 (P = 0	.86); l² =	= 0%				
Test for overall effect	Z = 0.47	' (P = 0.	64)							
									-0.1 -0.05 0 0.05 0.1	
Taet for eubaroup dif	¥0.000000	· Obiz –	0.05 -	K = 1 /D	_ 0.033	12 - 00			Favours control Favours fortification	

Test for subgroup differences:  $Chi^2 = 0.05$ , df = 1 (P = 0.83),  $I^2 = 0\%$