**What will happen if you take part of this study?**

During your routine second prenatal visit, if you are a candidate for the trial, you will be approached by the research assistant, who will explain to you the objectives of the study and will ask you to participate and sign a consent form approved by the institutional review board. After the informed consent has been signed, the following will be done:

**At 11-13 weeks gestational age (GA):** When you come for the first trimester ultrasound, done as part of the routine prenatal care, blood and urine tests will be performed. Your vitamin D level will be checked. If the level is very low, you will not be eligible to take part in the trial and the research team will arrange for you to receive vitamin D supplementation through your physician. If the level is sufficiently high, you will also not be eligible to take part in the trial.

**At 15-18 weeks GA:** If your vitamin D level is intermediate, when you come for your regular prenatal visit at 15-18 weeks, you will meet the research team as a first visit in the trial. During this 30-minute visit, a research assistant will ask you questions about your diet and lifestyle and take some body measurements. You will be given the study medication for the duration of the trial which extends over the whole remaining part of your pregnancy. You will be randomized to receive vitamin D weekly supplementation, EuroD preparation provided by Europharm: 2 tablets of 10,000 IU weekly or 1 tablet of 10,000 IU weekly and 1 tablet of placebo alternating with 2 tablets of placebo weekly.

If you present after 13 weeks of gestation, you are still eligible for blood tests given that blood withdrawal occurs before 17.5 weeks and your first visit in the trial occurs before 18 weeks GA.

**At 28-32 weeks GA:** When you come for your regular prenatal visit at 28-32 weeks, you will have your second trial 30-minute visit whereby the research assistant will ask you questions about your diet, study medication and take some body measurements. A second set of blood will be withdrawn and you will be given instructions to do a 24-hour (or spot) urine collection.

**At 37-41 weeks GA (at delivery):** When you come for delivery, you will be visited – a 30-minute visit - by the research assistant who will ask you questions about your diet, study medication and details (maternal and newborn) about the delivery. The research assistant will also measure the height of your spouse. Blood tests will be withdrawn for a third set of tests.
(maternal and venous cord blood) and samples will be collected from the afterbirth (blood from the cord). This will have no effect on the baby whatsoever.

**At 1 month postpartum:** The research team will arrange for you an appointment to do Bone Mineral Density (BMD) measurement by DXA at 1 month postpartum. During this visit, the research assistant will ask you questions about your infant health. This visit duration is 30 minutes.

The research team will notify you of any new significant findings about the study should they surface.