

Supplementary Table 2 – Patient characteristics

Author	Cohort	Recruitment Duration (Months)	Number of Patients:			Sample Size		Average Age (Years) [Intervention/ Control] ^b	% Male [Intervention/ Control] ^b
			Assessed	Randomised	Analysed	Intervention	Control		
Aberg (2015)	Primary hyperparathyroidism undergoing parathyroidectomy	33	460	150	135	66	69	63 (30-80) ^{cd}	19% ^c
Barker (2021)	Undergoing elective open-heart surgery for any indication	NR	NR	150	150	75	75	62.4±13.7/ 62.5±13.3	77%/81%
Cerit (2018)	Vitamin D insufficiency undergoing CABG	NR	328	136	136	68	68	63.8±9.3/ 62.7±8.9	54%/52%
De Bruyn (2020)	Crohn's disease undergoing ileocolonic resection with ileocolonic anastomosis	36	NR	143	143	72	71	31 (25-46) ^d / 33 (25-46) ^d	39%/41%
Eslami (2021)	Vitamin D insufficiency undergoing first time isolated CABG using cardiopulmonary bypass	6	177	129	111	50	61	58±7/ 58±9	84%/77%
Genser (2013)	Malignant/benign thyroid disease undergoing total thyroidectomy	3	226	222	219	111	108	53.3±13/ 52.9±14	14%/18%
Haji-Ketab (2021) ^a	Vitamin D deficiency and benign brain tumour undergoing surgery	16	85	77	60	30	30	48.63±15.06/ 46.33±17.07	70%/57%
Hao (2021)	Papillary thyroid carcinoma undergoing total thyroidectomy	5	NR	182	182	91	91	41.6±10.2; 41.5±11.4 ^e / 41.5±11.4; 41.8±9.9 ^e	32%; 28% ^e / 25%; 38% ^e

Krasowska (2019)	Undergoing anterior lumbar interbody spinal fusion surgery	NR	42	39	39	18	21	41.92±2.97/ 47.33±2.15	50%/43%
Naguib (2021)	Undergoing elective isolated valve replacement surgery	9	102	89	86	45	41	43.8±10.5/ 43.1±11.7	37%/53%
Parekh (2018)	Oesophageal cancer undergoing planned thoracic oesophagectomy	27	112	79	68	33	35	65 (58-70) ^f 66 (58-72) ^f	90%/70%
Rowe (2018)	Undergoing total or completion thyroidectomy for any cause	40	203	160	150	72	78	49±15/ 55±17	26%/22%
Slobogean (2020)	Neck of femoral fracture undergoing surgical fixation	37	NR	91	86	45	41	40.6±12/ 41.6±13	73%/73%
Urashima (2019)	Cancers of the digestive tract (stages I-III) undergoing surgery	64	439	417	417	251	166	67 (61-75) ^d / 64 (58-71) ^d	69%/62%

^a Hajimohammadebrahim-Ketabforoush. ^b Average ages are reported as mean ± standard deviation, and the gender distribution as the proportion of males, for the intervention/control groups, unless stated otherwise. ^c For the combined intervention and control cohort. ^d Median (Range). ^e Average ages and gender distributions were reported for two subgroups within the intervention/control cohorts ^f Median (Interquartile Range). CABG=Coronary Artery Bypass Graft, NR=not reported.