

**ESM 1. Table.** Summary of findings Table: clinical outcomes.

Outcome	No of Participants (studies) Follow up	Quality of the evidence (GRADE)	Anticipated absolute effects	
			Risk with Placebo	Risk difference with Vitamin D (95% CI)
<b>Systolic blood pressure</b>	1789 (26 studies) 2-12 months	⊕⊕⊕⊖ <b>MODERATE</b> due to inconsistency	The mean systolic blood pressure in the control groups was <b>130.58 mmHg</b>	The mean systolic blood pressure in the intervention groups was <b>2.39 lower</b> (-3.76 to -1.02)
<b>Diastolic blood pressure</b>	1663 (24 studies) 2-12 months	⊕⊕⊕⊖ <b>MODERATE</b> due to inconsistency	The mean diastolic blood pressure in the control groups was <b>77.19 mmHg</b>	The mean diastolic blood pressure in the intervention groups was <b>0.89 lower</b> (-2.28 to 0.51)

\* The **corresponding risk** (and its 95% confidence interval) is based on the assumed risk in the comparison group and the **relative effect** of the intervention (and its 95% CI).

**High quality:** Further research is very unlikely to change our confidence in the estimate of effect.

**Moderate quality:** Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.

**Low quality:** Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate.

**Very low quality:** We are very uncertain about the estimate.