

	Population	Intervention	Primary Outcomes	Design
Sullivan 2010 <i>J Pediatr</i> 2010; 156:562-7.	BW 500-1500g infants (n=207)	Bovine derived HMF or formula Receiving 40 mL/kg/d HM vs 100 mL/kg/d HM Human derived HMF Receiving 100 mL/kg/d HM	Duration of parenteral nutrition	Randomized controlled trial 3 parallel groups NOT blinded
Shah 2016 <i>J Pediatr</i> 2016; 174:126-31.	BW <1500g infants (n=100)	Bovine derived HMF Receiving 20 mL/kg/d HM vs 100 mL/kg/d HM feeds	Days to reach full enteral feeding volume (>140 mL/kg/d)	Randomized controlled trial 2 parallel groups NOT blinded
Alizadeh 2016 <i>J Perinat Med</i> 2016; DOI 10.1515	BW <2000g infants GA 28-36 weeks (n=72)	Bovine derived HMF First feeding of HM vs Receiving 75 mL/kg/d HM	Difference in growth indices & z scores	Randomized controlled trial 2 parallel groups Blinded
Salas 2023 <i>Pediatrics</i> 2023; 152: e2023061603	GA ≤ 28 weeks infants (n=128)	Human milk derived HMF Day 2 HMF added vs No HMF until day 14	Fat free mass z-scores at 36 weeks PMA	Randomized controlled trial 2 parallel groups Blinded
Gupta 2024 <i>Indian J Pediatr</i> 2024; 92: 592-597.	GA ≤ 32 weeks infants (n=110)	Bovine derived HMF Receiving 30 mL/kg/d HM vs 80 mL/kg/d HM feeds	Days to regain BW	Randomized controlled trial 2 parallel groups NOT blinded
Wynter 2024 <i>J Perinatol</i> 2024; 44:1591-1596.	BW 100-1500g infants (n=52)	Bovine derived HMF First feeding of HM vs Receiving 80 mL/kg/d HM	Weight velocity at postnatal day 28 (g/kg/day)	Randomized controlled trial 2 parallel groups Blinded
Salas 2025 <i>Am J Clin Nutr</i> 2025; 121: 1117-1123.	BW < 1800g infants (n=77) 29 - <34 weeks GA Receiving 60-80 mL/kg/d HM	Bovine derived HMF Between days 4-7 vs 10-14	Fat free mass z-scores at postnatal day 21	Randomized controlled trial 2 parallel groups NOT blinded

HM = human milk, HMF = human milk fortifier, GA = Gestational age, BW= birthweight, PMA= postmenstrual age