

## Appendix 1. Pubmed search strategy

*Searched July 23, 2024*

#1 (((((Inositol[Title/Abstract]) OR (Chiro-Inositol[Title/Abstract])) OR (Chiro Inositol[Title/Abstract])) OR (Mesoinositol[Title/Abstract])) OR (Myoinositol[Title/Abstract])) OR (Myoinositol[MeSH Major Topic]) (44,909)

#2 (((((((Diabetes, Gestational[MeSH Major Topic]) OR (Gestational Diabetes[MeSH Major Topic])) OR (Diabetes Mellitus, Gestational[Title/Abstract])) OR (Gestational Diabetes Mellitus[Title/Abstract])) OR (Diabetes, Pregnancy-Induced[Title/Abstract])) OR (Diabetes, Pregnancy Induced[Title/Abstract])) OR (Pregnancy-Induced Diabetes[Title/Abstract])) OR (Gestational Diabetes[Title/Abstract]) (26,129)

#3 (Meta-analysis[Title/Abstract]) OR (Meta-Analysis [Publication Type]) (300,403)

#4 #1 AND #2 AND #3 (26)

## Appendix 2. Web of Science search strategy

*Searched July 23, 2024*

#1 (((((TS=(Inositol)) OR TS=(Chiro-Inositol)) OR TS=(Chiro-Inositol)) OR TS=(Mesoinositol)) OR TS=(Myoinositol) (101,841)

#2 (((((((TS=(Diabetes, Gestational)) OR TS=( Diabetes Mellitus, Gestational)) OR TS=(Diabetes Mellitus, Gestational)) OR TS=( Diabetes, Pregnancy-Induced)) OR TS=( Diabetes, Pregnancy Induced)) OR TS=(Pregnancy-Induced Diabetes)) OR TS=(Gestational Diabetes) (54,754)

#3 (TS=(Meta-analysis)) OR TS=(Meta-Analysis [Publication Type]) (431,625)

#4 #1 AND #2 AND #3 (36)

## Appendix 3. Embase search strategy

*Searched July 23, 2024*

#1 'inositol'/exp OR inositol:ab,ti OR 'chiro inositol':ab,ti OR mesoinositol:ab,ti OR myoinositol:ab,ti (52,058)

#2 'gestational diabetes'/exp OR 'diabetes mellitus, gestational':ab,ti OR 'gestational diabetes mellitus':ab,ti OR 'diabetes, pregnancy-induced':ab,ti OR 'diabetes, pregnancy induced':ab,ti OR 'gestational diabetes':ab,ti (58,207)

#3 'meta analysis'/exp OR 'meta-analysis [publication type]':ab,ti OR 'meta analysis':ab,ti (411,184)

#4 #1 AND #2 AND #3 (29)