

**Supplemental Table S2.** Mass (g) or Tarsus (mm) in relation to the factor Treatment (Control or Vitamins) and Day (1, 14 or 21). Factors in the final model have been highlighted in **bold**. Significant factors ( $p < 0.05$ ) have an \*. Random terms are included in all models, and their values are in *italic*. Non-significant interactions were excluded from the models when estimating coefficients of main effects.

	Fixed terms					Random terms	
	Terms	Intercept	Estimate (S.E.)	F (d.f)	p	Terms	Variance
Mass model	<b>Treatment</b>	<b>1560</b>	<b>-56.57 (70.09)</b>	<b>0.65 (119)</b>	<b>0.421</b>	<i>Chick/Nest</i>	<i>78883</i>
	<b>Day (14)</b>	<b>1560</b>	<b>1378 (58.80)</b>	<b>412 (95.64)</b>	<b>&lt;0.001*</b>	<i>Nest</i>	<i>74645</i>
	<b>Day (21)</b>	<b>1560</b>	<b>1697 (60.08)</b>	<b>412 (95.64)</b>	<b>&lt;0.001*</b>	<i>Residual</i>	<i>49684</i>
	Rejected: Treatment:Day	1560	2.7 (92.69)	0.001 (85.28)	0.977		
Size model	<b>Treatment</b>	<b>90.87</b>	<b>0.09 (2.93)</b>	<b>0.01 (114.8)</b>	<b>0.976</b>	<i>Chick/Nest</i>	<i>120</i>
	<b>Day (14)</b>	<b>90.87</b>	<b>69.13 (2.46)</b>	<b>631 (92.99)</b>	<b>&lt;0.001*</b>	<i>Nest</i>	<i>230</i>
	<b>Day (21)</b>	<b>90.87</b>	<b>89.09 (2.54)</b>	<b>631 (92.99)</b>	<b>&lt;0.001*</b>	<i>Residual</i>	<i>87</i>
	Rejected: Treatment:Day	90.87	-0.42 (3.96)	0.01 (83.28)	0.916		