## Appendix (Proof of Lemma 3.4)

We first introduce a few definitions and facts about the matrices that are required for the proof. X is a density matrix if it is symmetric positive semi-definite and Tr (X) = 1. For a pair of density matrices A and B, the quantum relative entropy is defined as  $\Delta(A, B) = \text{Tr} (A(\log (A) - \log (B)))$ . For arbitrary symmetric matrices A and B, the Golden-Thompson inequality states that Tr  $(e^{A+B}) \leq \text{Tr} (e^A e^B)$ . Also, for any symmetric matrix A, such that  $0 \leq A \leq I$  and any  $p_1, p_2 \in \mathbb{R}$ , Jensen's inequality for matrix exponentials states that:  $e^{Ap_1 + (I-A)p_2} \leq Ae^{p_1} + (I-A)e^{p_2}$ .

The following lemma is a straightforward consequence of Theorem 2 of (Warmuth & Kuzmin, 2006):

**Lemma 5.1.** Let  $\{\mathbf{C}_t\}_{t=1}^T$  be an arbitrary sequence of dilations of instantaneous covariance matrices after appropriate spectrum-shift, such that  $0 \leq \mathbf{C}_t \leq r\mathbf{I}$ . For arbitrary density matrix U and learning rate  $\eta > 0$ , the following bound holds on the MEG iterates (Algorithm 2):

$$\frac{r\Delta(\mathbf{U}, \mathbf{M}_{0}) - r\Delta(\mathbf{U}, \mathbf{M}_{T}) + r\eta \sum_{t=1}^{T} \operatorname{Tr}(\mathbf{U}\mathbf{C}_{t})}{1 - e^{-r\eta}}$$

$$\geq \sum_{t=1}^{T} \operatorname{Tr}(\mathbf{M}_{t-1}\mathbf{C}_{t}).$$
(17)

*Proof.* : We start by bounding the difference in divergences of two consecutive iterates of Algorithm 2 from the reference U.

$$\begin{aligned} \Delta(\mathbf{U}, \mathbf{M}_{t-1}) &- \Delta(\mathbf{U}, \widehat{\mathbf{M}}_t) \\ = & \operatorname{Tr} \left( \mathbf{U} \log \left( \widehat{\mathbf{M}}_t \right) - \mathbf{U} \log \left( \mathbf{M}_{t-1} \right) \right) \\ = & \operatorname{Tr} \left( \mathbf{U} \log \left( e^{\log(\mathbf{M}_{t-1}) - \eta \mathbf{C}_t} \right) \right) \\ &- & \operatorname{Tr} \left( \mathbf{U} \log \left( \operatorname{Tr} \left( e^{\log(\mathbf{M}_{t-1}) - \eta \mathbf{C}_t} \right) \right) \right) \\ &- & \operatorname{Tr} \left( \mathbf{U} \log \left( \mathbf{M}_{t-1} \right) \right) \\ = & - & \eta \operatorname{Tr} \left( \mathbf{U} \mathbf{C}_t \right) - \log \left( \operatorname{Tr} \left( e^{\log(\mathbf{M}_{t-1}) - \eta \mathbf{C}_t} \right) \right) \right) \tag{18}$$

Using Golden-Thompson inequality with  $B=-\eta C_t$  and  $A=\log\left(M_{t-1}\right)$  we get:

$$\operatorname{Tr}\left(e^{\log(\mathbf{M}_{t-1})-\eta\mathbf{C}_t}\right) \leq \operatorname{Tr}\left(\mathbf{M}_{t-1}e^{-\eta\mathbf{C}_t}\right).$$

Now using Jensen's inequality for  $0 \leq \frac{C_t}{r} \leq I$  with  $p_1 = -\eta r, p_2 = 0$  we get:  $e^{-\eta C_t} \leq I - \frac{1-e^{-\eta r}}{r}C_t$ . Multiplying

both sides by  $M_{t-1}$ , using the fact that  $Tr(AB) \leq Tr(AC)$  if A is positive definite and  $B \leq C$ , and taking logarithms of both sides we get:

$$\log \left( \operatorname{Tr} \left( \mathbf{M}_{t-1} e^{-\eta \mathbf{C}_t} \right) \right) \leq \log \left( 1 - \frac{1 - e^{-\eta r}}{r} \operatorname{Tr} \left( \mathbf{M}_{t-1} \mathbf{C}_t \right) \right)$$
$$\leq -\frac{1 - e^{-\eta r}}{r} \operatorname{Tr} \left( \mathbf{M}_{t-1} \mathbf{C}_t \right),$$

where we used the inequality  $\log (1 - x) \le -x$  to get the second inequality. Thus, we have:

$$\log\left(\operatorname{Tr}\left(e^{\log(\mathbf{M}_{t-1})-\eta\mathbf{C}_t}\right)\right) \leq -\frac{1-e^{-\eta r}}{r}\operatorname{Tr}\left(\mathbf{M}_{t-1}\mathbf{C}_t\right).$$

Plugging the above back in equation (18) and rearranging we get:

$$\frac{r\Delta(\mathbf{U},\mathbf{M}_{t-1}) - r\Delta(\mathbf{U},\hat{\mathbf{M}}_t) + r\eta \operatorname{Tr}(\mathbf{U}\mathbf{C}_t)}{1 - e^{-r\eta}} \ge \operatorname{Tr}(\mathbf{M}_{t-1}\mathbf{C}_t)$$
(19)

From the Generalized Pythagorean Theorem we have  $\Delta(\mathbf{U}, \widehat{\mathbf{M}}_t) \geq \Delta(\mathbf{U}, \mathbf{M}_t)$ . Hence, inequality (19) holds when we replace  $\widehat{\mathbf{M}}_t$  by  $\mathbf{M}_t$ . Now summing over T completes the proof.

Note that lemma 5.1 holds for any density matrix U, and specifically for  $U = M^*$ , the optimum of Problem (12). We can now tune the learning rate using the following lemma, which we state without the proof:

**Lemma 5.2.** (*Lemma 4* in (*Freund & Schapire*, 1997)) Suppose  $0 \le \mu \le \tilde{\mu}$  and  $0 < \rho \le \tilde{\rho}$ . Let  $\beta = g(\frac{\tilde{\mu}}{\tilde{\rho}})$ where  $g(z) = \frac{1}{1+\sqrt{2/z}}$ . Then

$$\frac{-\mu\log\left(\beta\right)+\rho}{1-\beta} \le \mu + \sqrt{2\tilde{\mu}\tilde{\rho}} + \rho \tag{20}$$

Letting  $\rho \coloneqq r\Delta(\mathbf{M}^*, \mathbf{M}_0) - r\Delta(\mathbf{M}^*, \mathbf{M}_T)$ , it is easy to verify  $\tilde{\rho} \coloneqq r \log(d) \ge \rho$ . Also, by assumptions of Theorem 3.3, we know  $\mu \coloneqq \sum_{t=1}^{T} \operatorname{Tr}(\mathbf{M}^*\mathbf{C}_t)$  is bounded above by  $\tilde{\mu} \coloneqq LT$ . Setting  $\beta = e^{-r\eta}$ , the learning rate

$$\eta = \frac{1}{r} \log\left(\frac{1}{\beta}\right) = \frac{1}{r} \log\left(1 + \sqrt{\frac{2r\log\left(d\right)}{LT}}\right).$$

Substituting  $\mu$ ,  $\tilde{\mu}$ ,  $\rho$ , and  $\tilde{\rho}$  in (20), moving  $\mu$  to the left hand side, and noting that replacing  $\rho$  with  $\tilde{\rho}$  only makes the right hand side bigger completes the proof.