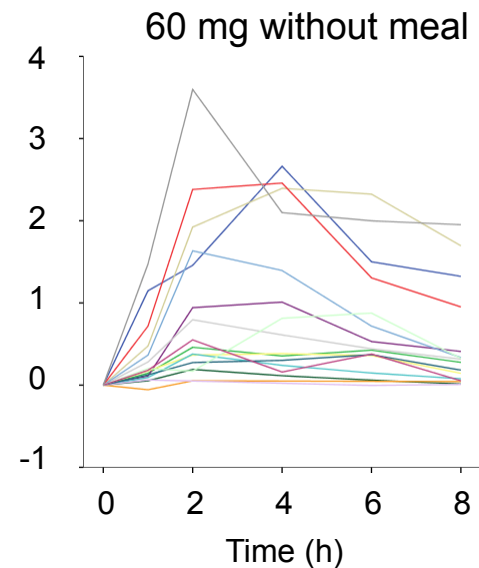
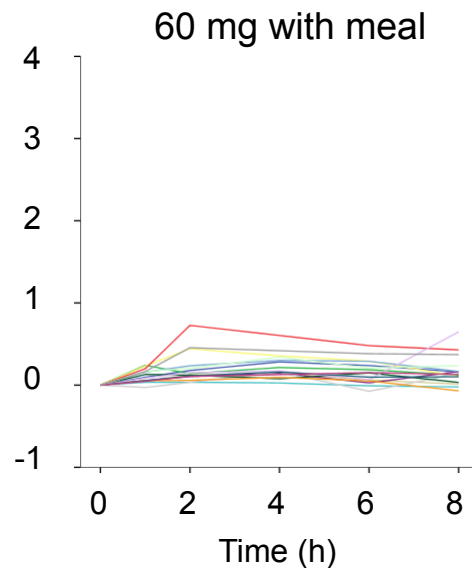
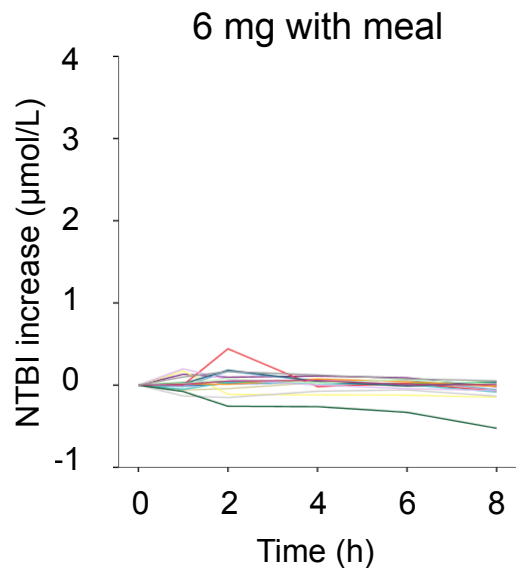


Online Supplemental Material

Supplemental Figure 1

Serum non-transferrin-bound iron increase in individuals over 8 hours after consumption of a test meal with 6 mg iron with meal, 60 mg iron with meal and 60 mg iron without meal. The first row shows the study group with serum ferritin ≥ 25 $\mu\text{g/L}$ and the second row shows the study group with serum ferritin < 25 $\mu\text{g/L}$.

Serum ferritin ≤ 25 $\mu\text{g/L}$



Serum ferritin > 25 $\mu\text{g/L}$

