

## Supplemental Table

Participant	Value	0.03 g	0.03 g	0.25 g	0.25 g	1.5 g	1.5 g
		Week 0	Week 4	Week 0	Week 4	Week 0	Week 4
	Hemoglobin (g/dL)	12.9	12.9	13.8	13.8	13.6	13.6
	Ferritin (ng/mL)	30.0	28.0	27.0	36.0	35.0	44.0
	% max iron abs	1.7	2.7	9.2	9.6	-1.6	3.7
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	2.0	19.2	44.3	53.8	4.0	18.5
	Hemoglobin (g/dL)	13.6	13.9	13.1	12.7	13.6	14.2
	Ferritin (ng/mL)	7.0	8.0	8.0	7.0	10.0	9.0
	% max iron abs	16.2	24.2	9.3	17.5	13.9	17.3
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	1208.6	652.8	789.9	1146.9	382.8	417.4
	Hemoglobin (g/dL)	13.7	14.1	13.7	13.7	13.6	13.6
	Ferritin (ng/mL)	24.0	28.0	19.0	38.0	22.0	28.0
	% max iron abs	21.7	16.9	24.6	14.2	16.0	13.2
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	270.8	63.3	171.0	55.7	103.1	129.0
	Hemoglobin (g/dL)	13.6	12.9	13.2	13.4	12.9	13.0
	Ferritin (ng/mL)	23.0	27.0	29.0	26.0	22.0	19.0
	% max iron abs	9.2	0.9	7.9	-6.5	11.5	-2.7
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	82.3	3.7	114.1	-49.6	141.8	-26.0
	Hemoglobin (g/dL)	12.1	12.1	12.0	12.1	11.7	11.6
	Ferritin (ng/mL)	23.0	21.0	26.0	20.0	26.0	30.0
	% max iron abs	-11.5	0.9	-2.6	3.6	-7.1	2.1
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	0.0	-29.2	0.0	45.3	-60.5	27.6
	Hemoglobin (g/dL)	14.0	13.2	13.1	12.9	13.2	12.7
	Ferritin (ng/mL)	38.0	38.0	27.0	24.0	27.0	43.0
	% max iron abs	23.9	22.2	23.9	25.0	18.9	15.6
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	123.1	201.2	214.1	253.1	331.9	53.4
	Hemoglobin (g/dL)	14.0	14.7	14.9	14.2	15.0	15.5
	Ferritin (ng/mL)	88.0	70.0	94.0	66.0	111.0	109.0
	% max iron abs	3.8	10.3	6.0	15.8	1.0	2.2
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	7.9	35.0	10.8	26.0	-4.2	4.3
	Hemoglobin (g/dL)	12.7	13.6	12.6	13.2	12.8	12.8
	Ferritin (ng/mL)	19.0	26.0	22.0	22.0	24.0	22.0
	% max iron abs	28.8	5.2	20.4	23.5	17.4	15.3
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	389.4	47.2	300.6	319.4	231.3	342.6
	Hemoglobin (g/dL)	12.8	13.0	13.1	13.2	13.0	13.0
	Ferritin (ng/mL)	23.0	44.0	30.0	34.0	30.0	21.0
	% max iron abs	25.6	17.5	17.0	8.9	26.8	24.2
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	1770	600	1515	2835	1065	1440
	Hemoglobin (g/dL)	12.9	13.6	13.9	13.8	13.1	12.9
	Ferritin (ng/mL)	14.0	18.0	17.0	19.0	14.0	22.0
	% max iron abs	9.4	19.2	9.0	12.9	22.7	15.4
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	62.8	327.2	91.9	91.3	336.3	85.5
	Hemoglobin (g/dL)	12.8	12.6	13.0	14.1	14.3	14.4
	Ferritin (ng/mL)	100.0	157.0	95.0	118.0	119.0	142.0
	% max iron abs	10.9	-3.0	8.2	12.1	4.0	6.5
	iAUC ( $\mu\text{g/dL}\cdot\text{hr}$ )	23.6	3.3	24.9	29.3	8.8	14.1

iAUC: incremental iron under the curve