**Supplementary table 1 Dietary intakes of calcium, iron, phytate and vitamin E1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Baseline | | Post | |
|  | Fe | Fe + E | Fe | Fe + E |
| Calcium (mg/d)2 | 746±324 | 772±282 | 760±332 | 649±296 |
| Iron (mg/d)2 | 6±3 | 6±4 | 6±2 | 5±3 |
| Phytate (mg/d)2 | 204±91 | 327±136 | 248±134 | 291±245 |
| Vitamin E (IU)2 | 4±8 | 2±10 | 4±7 | 2±7 |

1Fe: iron + placebo group (n =17); Fe + E: iron + vitamin E group (n =11).

2No difference between groups or over time