



Effectiveness of Ferrous Gluconate Plus Multivitamins and Minerals by Iron Deficiency Anemia Status, Menstrual Blood Flow and Pregnancy Status: A Subgroup Analysis of the SANOIN Study

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Supplementary Table 1: Hemoglobin levels in menstrual flow subgroups, by visit.

Menstrual flow by visit	n	Baseline mean Hb (SE)	Mean Hb (SE)	Change from baseline in mean Hb (SE)	Change from baseline in mean Hb p-value ^a
Day 14					
Normal blood flow	35	10.3 (0.29)	11.4 (0.18)	1.1 (0.25)	<0.0002
Heavy blood flow	37	10.0 (0.23)	10.9 (0.22)	0.9 (0.18)	<0.0001
Very heavy blood flow	6	9.5 (0.45)	11.2 (0.22)	1.8 (0.30)	0.0019
Day 30					
Normal blood flow	35	10.3 (0.29)	12.2 (0.21)	1.9 (0.32)	<0.0001
Heavy blood flow	37	10.0 (0.23)	11.4 (0.26)	1.4 (0.30)	<0.0001
Very heavy blood flow	6	9.5 (0.45)	11.9 (0.46)	2.5 (0.52)	0.0053
Day 60					
Normal blood flow	35	10.3 (0.29)	12.3 (0.20)	2.0 (0.30)	<0.0001
Heavy blood flow	37	10.0 (0.23)	12.1 (0.25)	2.0 (0.29)	<0.0001
Very heavy blood flow	6	9.5 (0.45)	12.4 (0.34)	3.0 (0.42)	0.0008
Day 90					
Normal blood flow	35	10.3 (0.29)	12.8 (0.24)	2.5 (0.34)	<0.0001
Heavy blood flow	37	10.0 (0.23)	12.4 (0.23)	2.4 (0.32)	<0.0001
Very heavy blood flow	6	9.5 (0.45)	12.6 (0.57)	3.2 (0.79)	0.0101

Note: ^aPaired-difference t-test 2-sided p-value; Hb: Hemoglobin; SE: Standard Error.

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Supplementary Table 2: Serum ferritin levels in menstrual flow subgroups, by visit.

Menstrual flow by visit	n	Baseline median ferritin (MAD)	Median (MAD)	Change from baseline in median ferritin (MAD)	Change from baseline in median ferritin p-value ^a
Day 90					
Normal blood flow	33	7.0 (3.65)	32.0 (14.64)	19.9 (11.91)	<0.0001
Heavy blood flow	34	8.4 (5.87)	25.9 (12.78)	17.5 (10.64)	<0.0001
Very heavy blood flow	6	7.0 (3.14)	17.8 (3.20)	14.0 (4.84)	0.0313

Note: ^aWilcoxon signed-rank test 2-sided p-value; MAD: Median Absolute Difference; SE: Standard Error.

Supplementary Table 3: Hemoglobin levels in pregnancy subgroups, by visit.

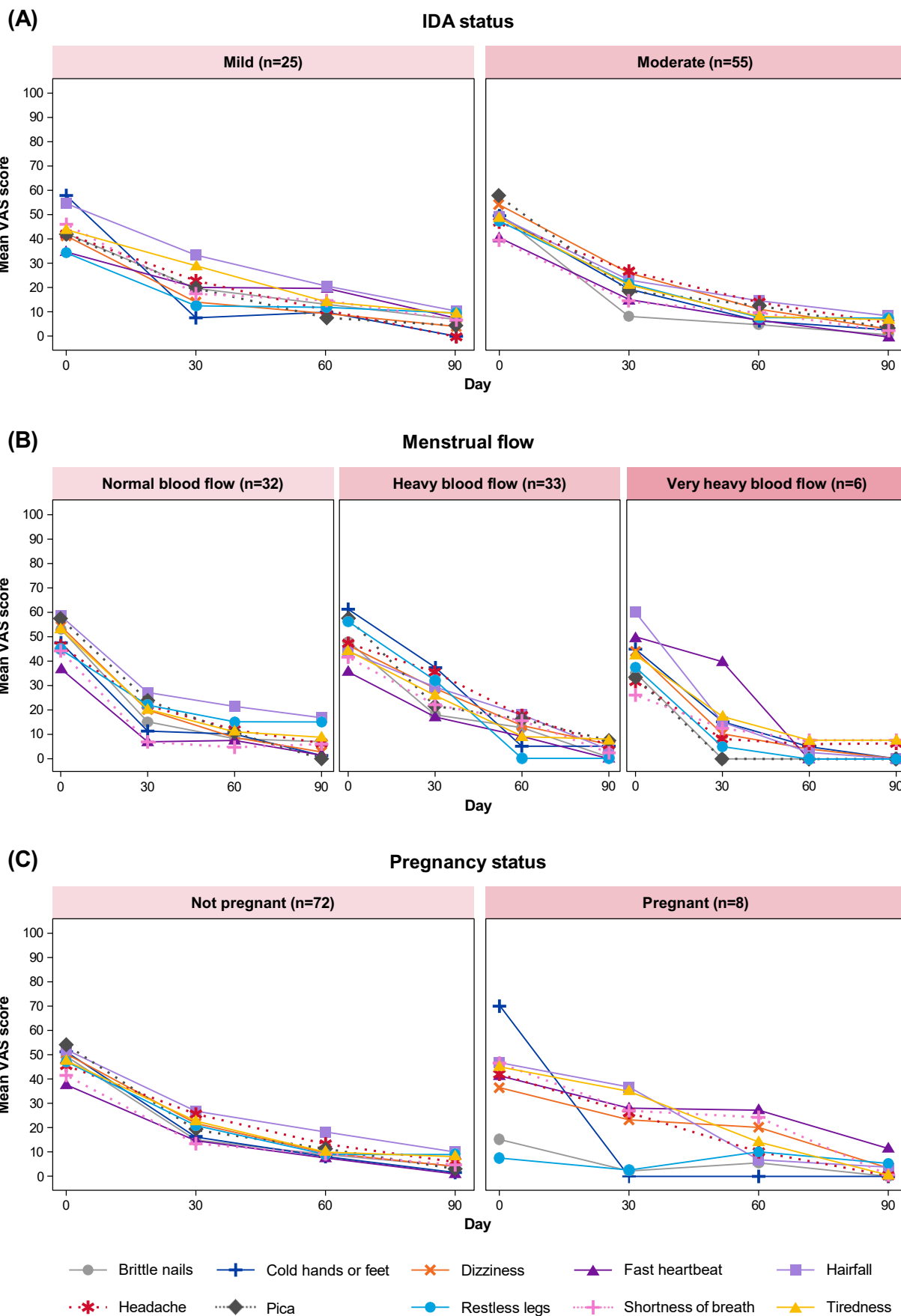
Pregnancy status by visit	n	Baseline mean Hb (SE)	Mean Hb (SE)	Change from baseline in mean Hb (SE)	Change from baseline in mean Hb p-value ^a
Day 14					
Not Pregnant	79	10.1 (0.17)	11.1 (0.13)	1.0 (0.14)	<0.0001
Pregnant	8	10.3 (0.21)	10.6 (0.32)	0.3 (0.22)	0.1873
Day 30					
Not Pregnant	79	10.1 (0.17)	11.8 (0.16)	1.7 (0.20)	<0.0001
Pregnant	8	10.3 (0.21)	11.0 (0.20)	0.7 (0.24)	0.0255
Day 60					
Not Pregnant	79	10.1 (0.17)	12.2 (0.15)	2.1 (0.20)	<0.0001
Pregnant	8	10.3 (0.21)	11.6 (0.38)	1.3 (0.39)	0.0105
Day 90					
Not Pregnant	79	10.1 (0.17)	12.6 (0.16)	2.5 (0.22)	<0.0001
Pregnant	8	10.3 (0.21)	12.5 (0.36)	2.3 (0.51)	0.0029

Note: ^aPaired-difference t-test 2-sided p-value; Hb: Hemoglobin; SE: Standard Error.

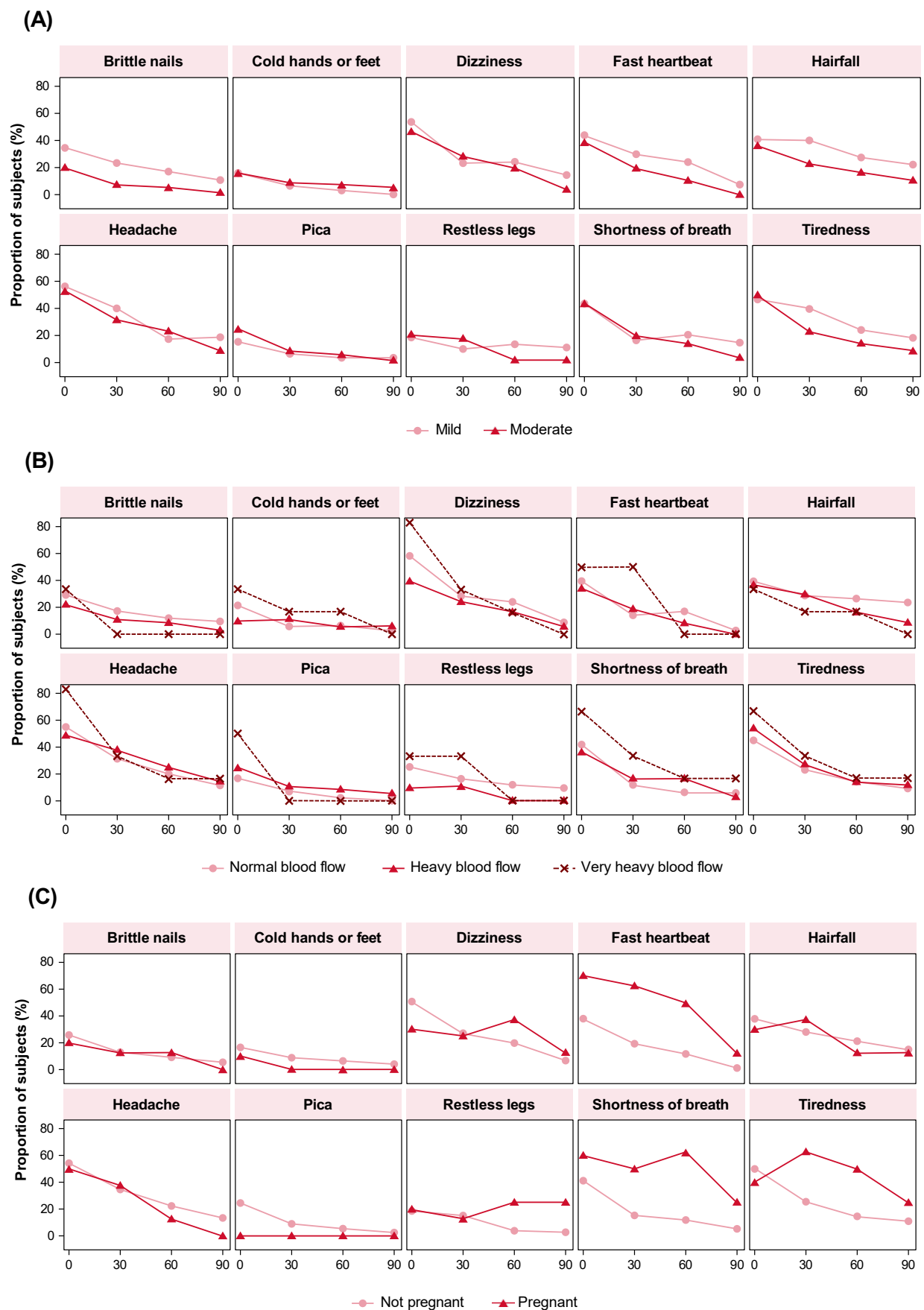
Supplementary Table 4: Serum ferritin levels in pregnancy subgroups, by visit.

Pregnancy status by visit	n	Baseline median ferritin (MAD)	Median (MAD)	Change from baseline in median ferritin (MAD)	Change from baseline in median ferritin p-value ^a
Day 90					
Not Pregnant	74	7.8 (4.50)	26.6 (12.11)	18.3 (10.86)	<0.0001
Pregnant	8	7.0 (4.21)	46.0 (18.32)	32.4 (18.65)	0.0078

Note: ^aWilcoxon signed-rank test 2-sided p-value; MAD: Median Absolute Difference; SE: Standard Error.



Supplementary Figure 1: Mean VAS scores for IDA symptoms at baseline, Day 30, Day 60 and Day 90 for (A) mild and moderate IDA subgroups; (B) normal, heavy and very heavy menstrual flow; and (C) non-pregnant and pregnant subgroups. **Note:** IDA: Iron Deficiency Anemia; VAS: Visual Analogue Scale.



Supplementary Figure 2: Frequency of individual IDA symptoms at baseline, Day 30, Day 60 and Day 90 for (A) mild and moderate IDA subgroups; (B) normal, heavy and very heavy menstrual flow; and (C) non-pregnant and pregnant subgroups. **Note:** IDA: Iron Deficiency Anemia.