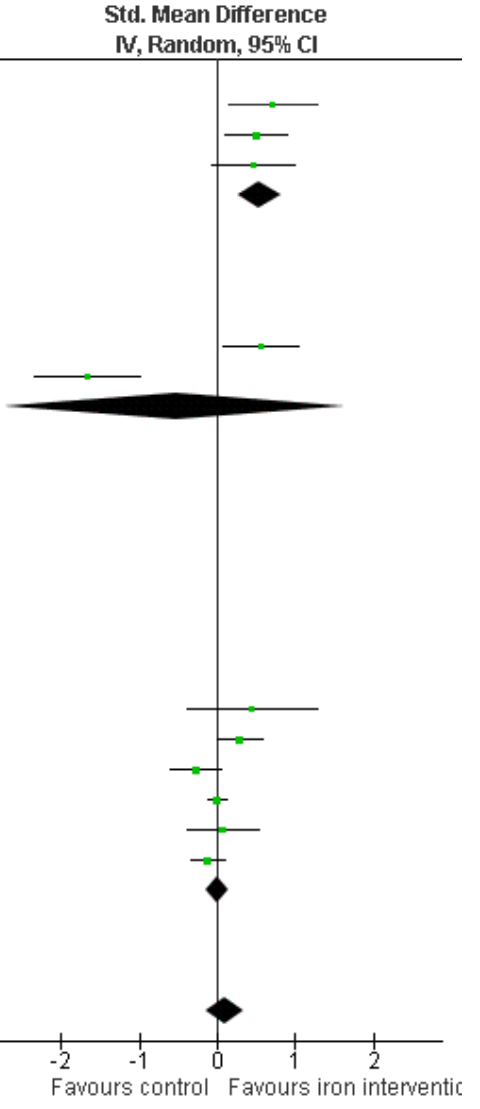Study or Subgroup	Iron supplementation Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.5.1 Anaemic participants								
Beard 2005	20.4	5.48	30	16.7	4.58	21	7.4%	0.71 [0.13, 1.29]
Pollitt 1989	92	4	50	90	4	50	9.6%	0.50 [0.10, 0.89]
Soemantri 1989	98.97	6.86	34	95.98	5.78	24	7.9%	0.46 [-0.07, 0.99]
Subtotal (95% CI)			**114**			**95**	**24.9%**	**0.54 [0.26, 0.81]**
Heterogeneity: Tau² = 0.00; Chi² = 0.47, df = 2 (P = 0.79); I² = 0%								
Test for overall effect: Z = 3.77 (P = 0.0002)								
1.5.2 Iron deficient participants								
Lynn 1998 lower ferritin	3.07	11.64	42	-2.71	7.25	28	8.4%	0.56 [0.08, 1.05]
Pollitt 1989	92	5	23	99	3	23	6.3%	-1.67 [-2.35, -0.99]
Subtotal (95% CI)			**65**			**51**	**14.7%**	**-0.54 [-2.73, 1.65]**
Heterogeneity: Tau² = 2.40; Chi² = 27.40, df = 1 (P < 0.00001); I² = 96%								
Test for overall effect: Z = 0.48 (P = 0.63)								
1.5.3 Iron deficient and/or replete participants								
Subtotal (95% CI)			**0**			**0**		**Not estimable**
Heterogeneity: Not applicable								
Test for overall effect: Not applicable								
1.5.4 Iron replete participants								
Groner 1986	0.3	0.9	16	-0.1	0.8	9	5.0%	0.45 [-0.38, 1.27]
Lynn 1998 higher ferritin	2.48	11.22	99	-0.65	10.26	100	11.2%	0.29 [0.01, 0.57]
Lynn 1998 lower ferritin	-2.15	9.16	67	0.64	10.72	77	10.5%	-0.28 [-0.61, 0.05]
Pollitt 1989	98	2	605	98	2	605	12.9%	0.00 [-0.11, 0.11]
Soemantri 1989	97.3	6.15	37	96.9	5.9	35	8.8%	0.07 [-0.40, 0.53]
Sungthong 2004	4.45	12.07	269	6	12	121	11.9%	-0.13 [-0.34, 0.09]
Subtotal (95% CI)			**1093**			**947**	**60.3%**	**0.00 [-0.15, 0.16]**
Heterogeneity: Tau² = 0.02; Chi² = 9.42, df = 5 (P = 0.09); I² = 47%								
Test for overall effect: Z = 0.02 (P = 0.98)								
Total (95% CI)			**1272**			**1093**	**100.0%**	**0.10 [-0.14, 0.33]**
Heterogeneity: Tau² = 0.11; Chi² = 51.80, df = 10 (P < 0.00001); I² = 81%								
Test for overall effect: Z = 0.79 (P = 0.43)								
Test for subgroup differences: Chi² = 14.51, df = 2 (P = 0.0007), I² = 86.2%