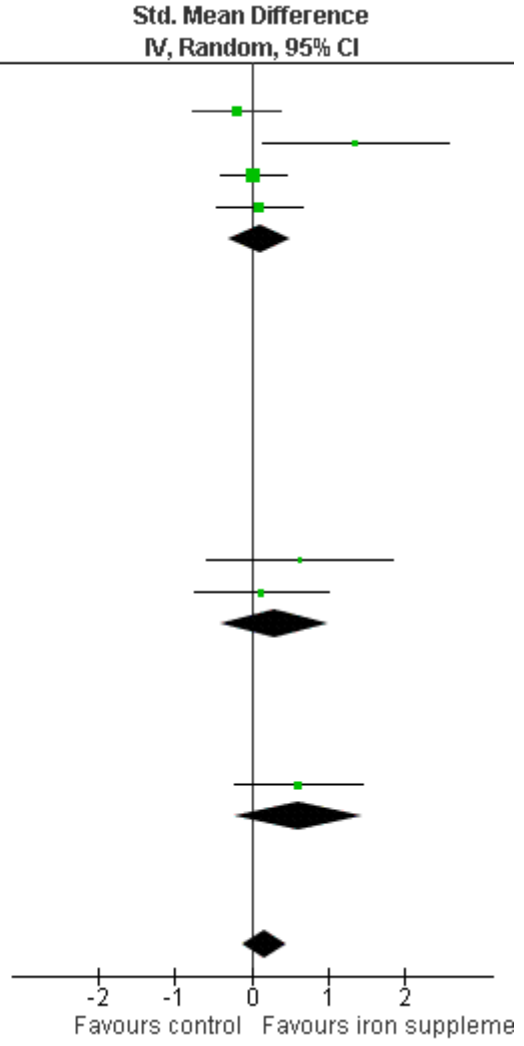Study or Subgroup	Iron supplementation Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Year
1.2.1 Anaemic participants									
Elwood 1970	2.523	6.756	26	3.8	5.957	21	19.5%	-0.20 [-0.77, 0.38]	1970
Gopaldas 1985	7.42	1.24	14	5.75	0.86	4	5.4%	1.35 [0.13, 2.57]	1985
Kashyup 1987	8.36	3.66	36	8.28	3.89	45	28.8%	0.02 [-0.42, 0.46]	1987
Beard 2005	-6.1	1.64	30	-6.3	2.29	21	20.5%	0.10 [-0.46, 0.66]	2005
Subtotal (95% CI)			**106**			**91**	**74.3%**	**0.11 [-0.29, 0.51]**	
Heterogeneity: Tau² = 0.07; Chi² = 5.12, df = 3 (P = 0.16); I² = 41%									
Test for overall effect: Z = 0.52 (P = 0.60)									
1.2.2 Iron deficient participants									
Subtotal (95% CI)			**0**			**0**		**Not estimable**	
Heterogeneity: Not applicable									
Test for overall effect: Not applicable									
1.2.3 Iron deficient and/or replete participants									
Gopaldas 1985	7.22	1.19	9	6.5	0.56	4	5.4%	0.63 [-0.58, 1.85]	1985
Kashyup 1987	8.5	1.01	10	8.37	0.95	10	9.8%	0.13 [-0.75, 1.00]	1987
Subtotal (95% CI)			**19**			**14**	**15.2%**	**0.30 [-0.41, 1.01]**	
Heterogeneity: Tau² = 0.00; Chi² = 0.44, df = 1 (P = 0.51); I² = 0%									
Test for overall effect: Z = 0.83 (P = 0.41)									
1.2.4 Iron replete participants									
Groner 1986	1.3	1.5	16	0.3	1.7	9	10.6%	0.61 [-0.22, 1.45]	1986
Subtotal (95% CI)			**16**			**9**	**10.6%**	**0.61 [-0.22, 1.45]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.44 (P = 0.15)									
Total (95% CI)			**141**			**114**	**100.0%**	**0.17 [-0.12, 0.46]**	
Heterogeneity: Tau² = 0.03; Chi² = 7.27, df = 6 (P = 0.30); I² = 17%									
Test for overall effect: Z = 1.16 (P = 0.25)									
Test for subgroup differences: Chi² = 1.71, df = 2 (P = 0.43), I² = 0%