

Trial	Patients	Intervention	Comparison	Outcome
Stoffel et al., Randomized controlled trial, Epub 2017 PMID: 29032957.	N-40 Females, Age 8-45 Mean Hb (13) Mean Ferritin(13.5) CRP <5	N-21 Ferrous Sulfate 60mg EL-I, once daily for 14 days	N-21 Ferrous Sulfate 60mg EL-I, once daily for 14 days N-19 Ferrous Sulfate 60mg EL-I, on alternate days for 28 days	Primary: FIA Serum Hepcidin Secondary Serum Hb Ferritin
Kaundal et al. Randomized controlled trial, https://doi.org/10.1007/s00277-019-03871-z	N-62 Age >15 M/F Mean Hb (8.9) Mean Ferritin (12.5)	N-31 Ferrous sulfate 120mg EL-I on daily for 6 weeks	N-31 Ferrous sulfate 120mg EL-I on alternate days for 6 weeks	Primary Hb rise of 2 g/dL in 3wks and the Median Hb rise by 3,6 wks in both arms Secondary Incidence of adverse events

Ofilas et al., Quasi-experimental trial, doi:10.1111/imj.14766	N-150 Females Age 18-50 Mean Hb (10.1) Mean Ferritin (4.6)	N-20, Ferrous Sulfate 60mg EL-I daily for 21 days	N-20, Ferrous sulfate 60m EL-I on alternate days for 21 days	MeanΔ Hb from BL (D21) Retic from BL(D3) Hepcidin from BL(D3) GI side effects
Pasupathy et al., Prospective, parallel arm, double blind, randomized controlled trial, Sci Rep. 2023, PMID: 36725875	N-200 Sex M/F Mean age 47 Mean Hb 6.6 Mean Retic 0.76 Mean Ferritin 63.89	N-100 Ferrous sulfate 60mg EL-I daily for 2 months	N-100 Ferrous sulfate 120mg EL-I on alternate days for 2 months	Primary Change in mean Hb from BL at week 8. Secondary Proportions of people with 2gm/dL increase in Hb BL-week 8 Δ Mean Ferritin BL-week 4 Δ Mean Retic BL- week 2 Adverse events

Kaynar et al., Qausi-experimental trial, https://doi.org/10.1007/s00277-022-04835-6	N-83 Females Age 18-50 Mean Hb 9.9 Mean MCV 73.7 Mean Ferritin 4.0 Mean TST 5.0	N-40 Ferrous sulfate 80mg daily for 2 months	N-43 Ferrous sulfate 80mg on alternate days for 2 months	Hb at 8 weeks MCV Ferritin TST
Stoffel et al. Switzerland Randomized cross-over study, Epub 2019, PMID: 31413088	N-19 Females Age 18-45 Median Hb (11.3, 11.6) Median Hepcidin (0.32, 0.19)	N-8, Ferrous sulfate 100mg EL-I on days (2,3,5) with RI then gap for 16 days and 200mg (23,24,26)	N-11, Ferrous sulfate 200mg EL-I on days (2,3,5) with RI then gap for 16 days and 100mg (23,24,26)	Primary FIA% Secondary correlate iron absorption with SHep and iron status

von Siebenthal et al., randomized double- blind placebo- controlled, EClinicalMedicine. 2023, PMID: 38021373	N-150 Females Age 18-45 Mean Hb 13.3 Mean ferritin; 15.8	N-75 Ferrous sulfate 100mg daily for 90 days then placebo for another 90 days	N-75 Ferrous sulfate 100mg on alternate days with placebo for 180 days	Co-Primary Ferritin and LPR of GI Side effects at 3m for consecutive days and at 6m for alternate days at equal total doses Secondary Prevalence of iron deficiency Serum hepcidin Hb Iron TSH CRP Calprotectin AGP I-FABP LPR of GI side effects for daily Vs Alternate day at 3ms and at 6m
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Jongkrajakra S. Ann et al. prospective open-labeled randomized controlled, Hematol. 2023 Jun, Epub 2023 Apr 3. PMID: 37010569	N-64 M/F Age >18 Mean Hb (8.1) Mean Ferritin (9.6)	N-32 Ferrous Sulfate 200mg TIW (Monday, Wednesday, Friday)	N-32 Ferrous Sulfate 200mg TID	<p>Primary outcomes Increase in Hb \geq 3 g/dL Hb > 12 g/dL in females or > 13 g/dL in males after 12 weeks of treatment</p> <p>Secondary Outcomes Adverse Events</p> <p>Red cells indices/Iron Profiles, Compliance</p>
Mehta et al. (2020), India, Randomized Controlled trial, https://pubmed.ncbi.nlm.nih.gov/32610864/	N-40 M/F Age >18 Mean Hb (9.8) Mean Ferritin (6.75) Mean Retic (23.6)	N-20, Ferrous Sulfate 60mg EL-I daily for 21 days	N-20, Ferrous sulfate 60m EL-I on alternate days for 21 days	<p>MeanΔ Hb from BL (D21) Retic from BL(D3) Hepcidin from BL(D3) GI side effects</p>