

Supplementary Materials

Table S1. Changes in the iron status of women analyzed by generalized estimating equation.

		Group	Pre			Post			<i>p</i>	
			EMM	SE	<i>p</i>	EMM	SE	<i>p</i>	(Pre vs Post)	
Red blood cell	10 ⁴ cell/mL	H61	464.2	2.4] 0.455	454.4	8.1] 0.661	0.239	
		Control	459.2	6.1		460.6	6.7		0.840	
Hemoglobin	g/dL	H61	13.7	0.1] 0.327	13.3	0.3] 0.736	0.133	
		Control	13.5	0.2		13.4	0.2		0.751	
Hematcrit	%	H61	42.5	0.2] 0.404	41.1	0.7] 0.658	0.057	
		Control	42.0	0.5		41.7	0.6		0.561	
MCV	fL	H61	91.7	0.3] 0.982	90.5	0.5] 0.927	0.023 *	
		Control	91.7	0.5		90.6	0.5		0.012 *	
MCH	fL	H61	29.6	0.1] 0.499	29.3	0.1] 0.894	0.024 **	
		Control	29.5	0.1		29.3	0.1		< 0.001	
MCHC	%	H61	32.2	0.1] 0.883	32.3	0.2] 0.832	0.410	
		Control	32.2	0.2		32.3	0.2		0.654	
Serum iron	μg/dL	H61	103.8	4.4] 0.025 *	140.8	17.1] 0.022 *	0.035 *	
		Control	75.2	11.8		72.8	13.7		0.835	
TIBC	μg/dL	H61	358.9	4.5] 0.424	346.7	9.0] 0.528	0.140	
		Control	368.6	8.7		357.5	9.0		0.089	
UIBC	μg/dL	H61	256.8	4.0] 0.001 **	221.3	10.8] 0.003 **	< 0.001 **	
		Control	288.3	8.3		278.6	9.6		0.367	
TSAT	%	H61	28.8	1.0] 0.008 **	35.5	3.4] 0.028 *	0.049 *	
		Control	21.9	2.4		22.1	3.0		0.947	
Ferritin	ng/mL	H61	31.1	0.9] 0.209	35.9	1.3] 0.018 *	< 0.001 **	
		Control	28.3	1.5		29.4	1.5		0.407	
Hepcidin	ng/mL	H61	7.8	0.7] 0.314	7.2	1.4] 0.300	0.659 **	
		Control	5.9	1.3		4.5	1.3		0.003	

EMM, estimated marginal mean; SE, standard error; TIBC, total iron-binding capacity; UIBC, unsaturated iron binding capacity; TSAT, transferrin saturation; MCV, mean corpuscular volume; MCH, mean corpuscular hemoglobin; MCHC, mean corpuscular hemoglobin concentration. * $p < 0.05$; ** $p < 0.01$.

Table S2. Iron status and menstrual cycle analyzed by generalized estimating equation.

		Follicular phase		Luteal phase		<i>p</i>
		EMM	SE	EMM	SE	
Red blood cell	10 ⁴ cell/mL	454.0	2.7	465.2	3.8	0.084
Hemoglobin	g/dL	13.3	0.1	13.6	0.1	0.120
Hematcrit	%	41.3	0.2	42.3	0.4	0.119
MCV	fL	91.3	0.3	90.9	0.3	0.602
MCH	fL	29.4	0.1	29.3	0.1	0.465
MCHC	%	32.2	0.1	32.3	0.1	0.912
Serum iron	µg/dL	99.2	7.6	102.4	8.6	0.843
TIBC	µg/dL	348.6	4.7	367.2	7.3	0.119
UIBC	µg/dL	253.3	4.3	269.2	4.7	0.074
TSAT	%	27.4	0.0	26.8	0.0	0.807
Ferritin	ng/mL	33.9	1.0	28.5	1.2	0.015
Hepcidin	ng/mL	7.9	0.7	4.8	1.1	0.085

EMM, estimated marginal mean; SE, standard error; TIBC, total iron-binding capacity; UIBC, unsaturated iron-binding capacity; TSAT, transferrin saturation; MCV, mean corpuscular volume; MCH, mean corpuscular hemoglobin; MCHC, mean corpuscular hemoglobin concentration. * $p < 0.05$

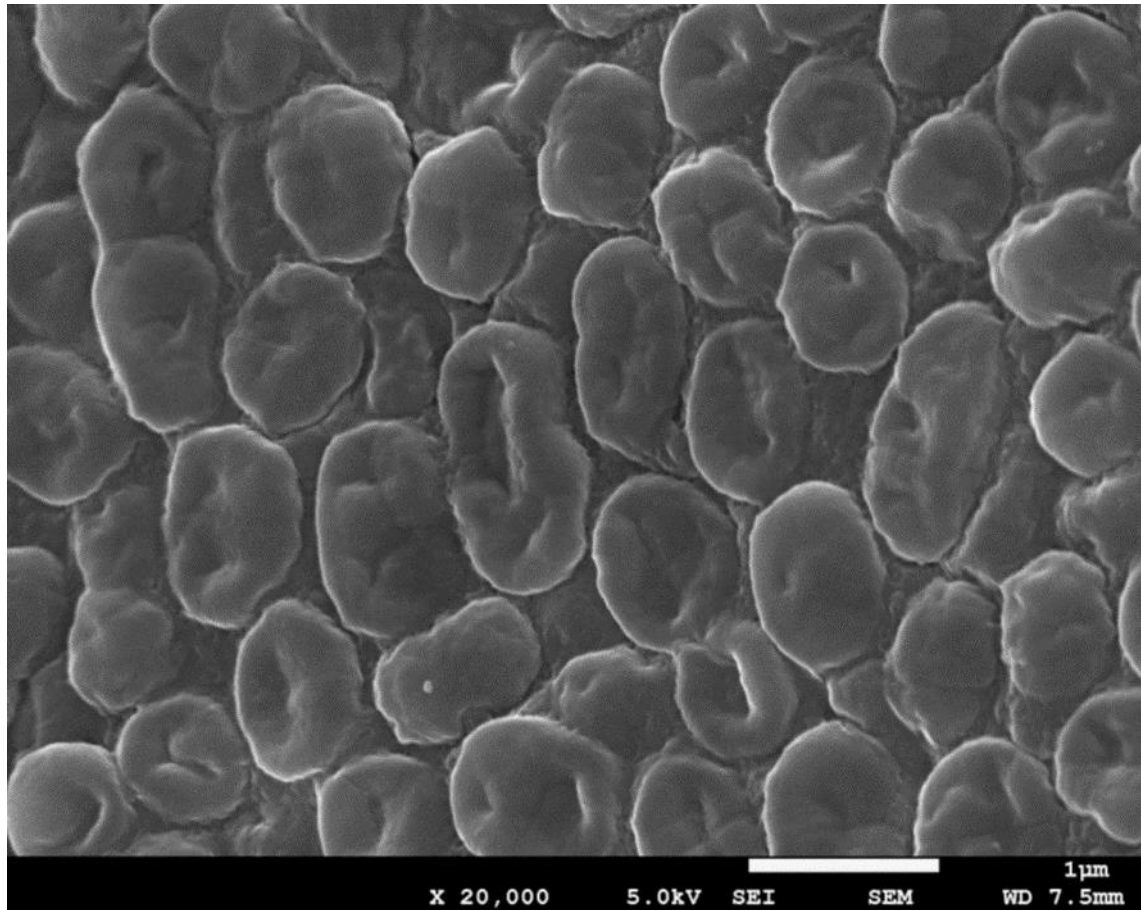


Figure S1. Microscopic view of the heat-killed *Lactococcus lactis* subsp. *cremoris* H61.