

Supplementary figures

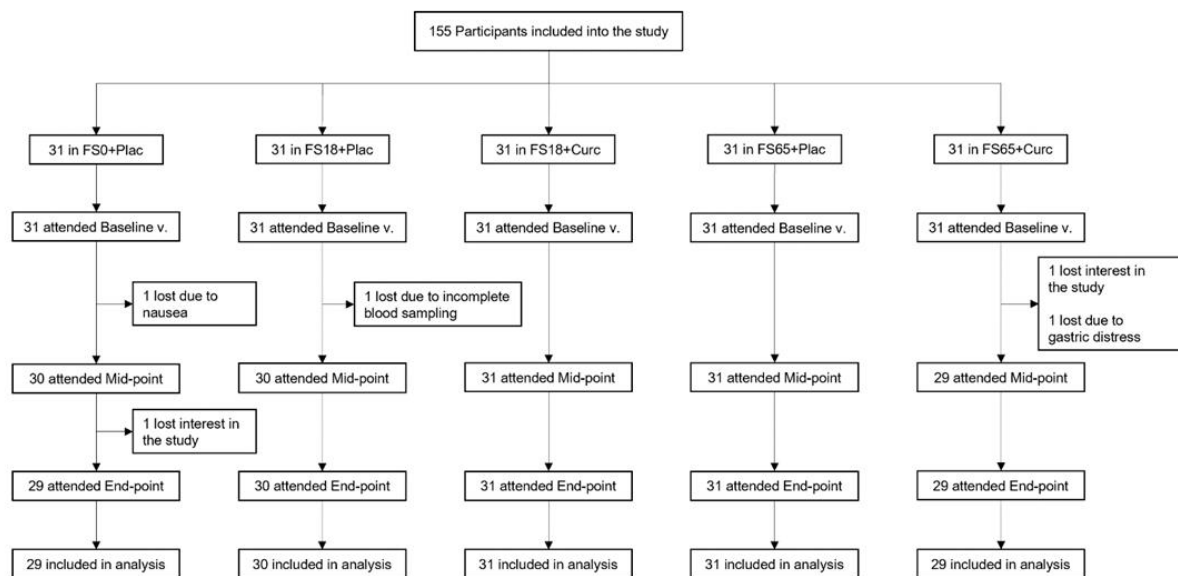


Figure S1. Study compliance after 155 participants were enrolled and randomised equally into 5 treatment groups: FS0+Plac (full placebo, placebos for both iron and curcumin), FS18+Plac (18 mg elemental iron and placebo for curcumin), FS18+Curc (18 mg elemental iron and 500 mg curcumin), FS65+Plac (65 mg elemental iron and placebo for curcumin) and FS65+Curc (65 mg elemental iron and 500 mg curcumin).

Table S1. Mean BDNF (ng/mL) values per treatment group/timepoint (mean \pm SEM).

Timepoint	FS0+Plac	FS18+Plac	FS18+Curc	FS65+Plac	FS65+Curc
Baseline	35.18 \pm 2.10	37.16 \pm 1.88	30.28 \pm 1.54	31.59 \pm 1.35	30.85 \pm 1.99
Mid-point	31.50 \pm 1.27	32.00 \pm 1.48	31.42 \pm 1.02	32.64 \pm 1.08	32.00 \pm 1.29
End-point	36.62 \pm 2.17	36.04 \pm 1.66	39.17 \pm 4.96	33.28 \pm 1.81	39.16 \pm 4.96