
Supplementary Material

Table S1. Iron metabolism; numerical results of metabolites evolution.

	HFrEF n=9	CAD n=6	P-value
Time since diagnosis (days) *	558 (168-2666)	101 (82-136)	<0.01
Creatine	1.16 (0.3)	0.95 (0.08)	0.09
Hemoglobin, g·L⁻¹	14.2 (1)	14.2 (2)	0.782
Serum iron, µg·dL⁻¹	77 (33)	86 (41)	0.723
Transferrin, g·L⁻¹	232 (25)	262 (53)	0.391
Transferrin sat, %	27 (13)	29 (8)	0.894
Total iron binding capacity (µg·dL⁻¹)	297 (25)	282 (157)	0.641

Values are mean ± SD

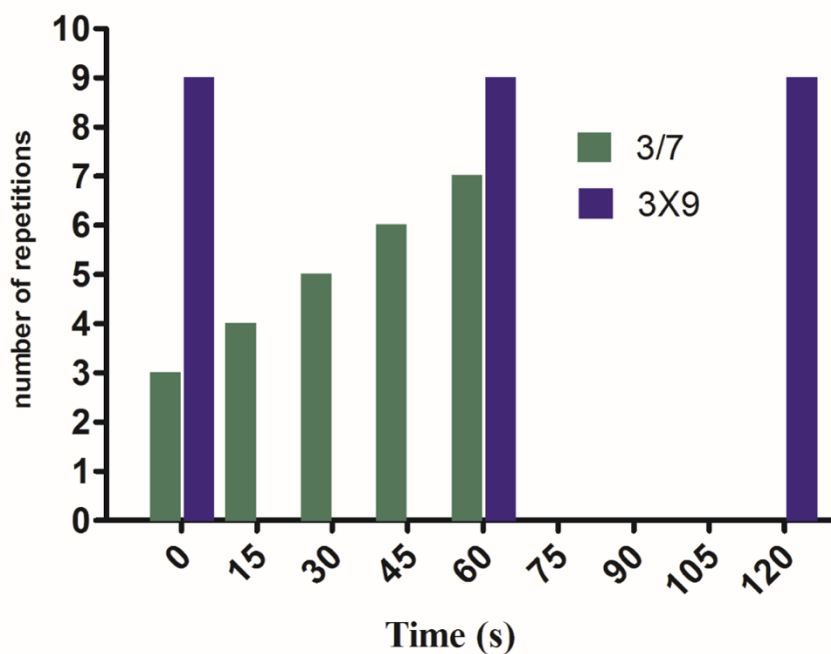


Figure S1. Organization of 3/7 and 3X9 method of resistance training.
