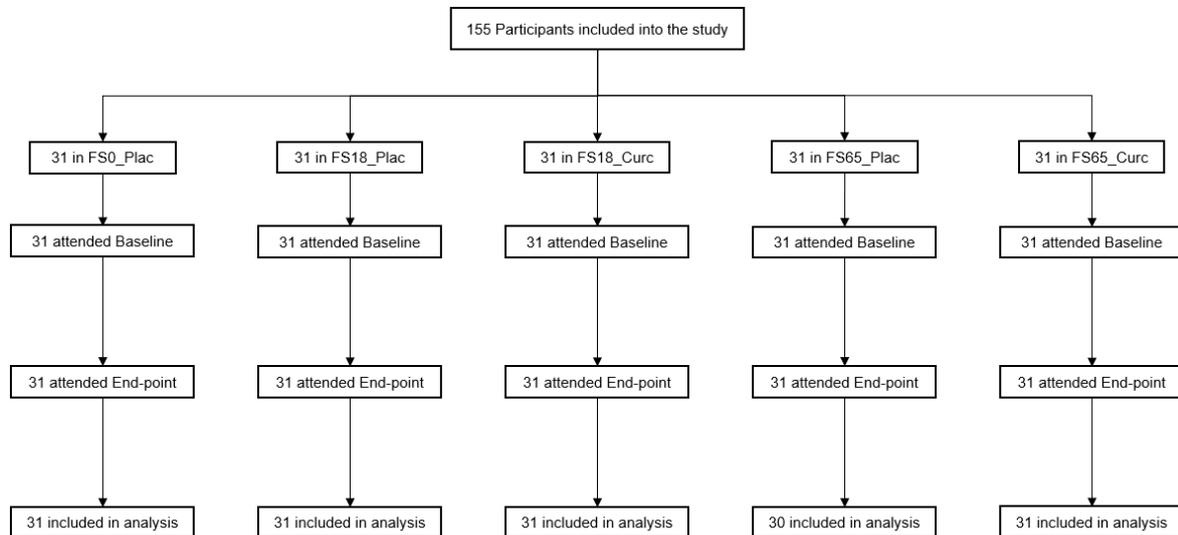
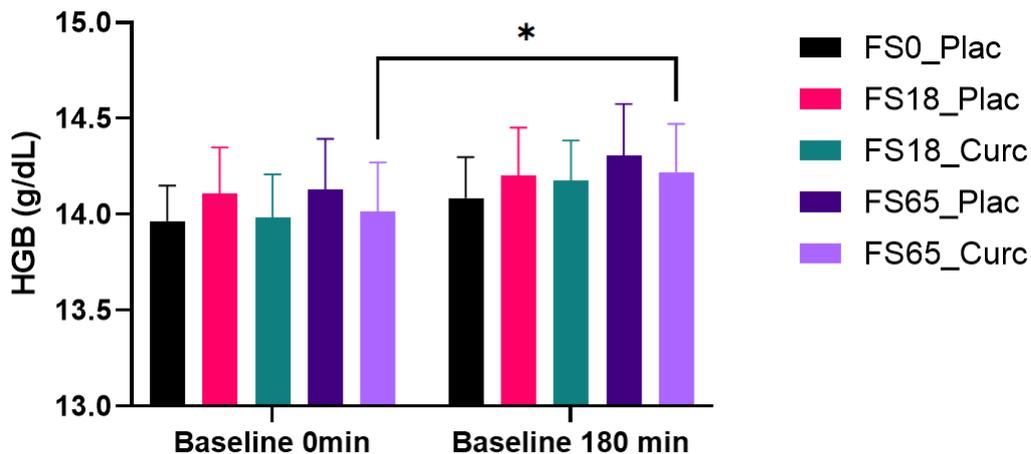


Supplementary figures (Figure S1 and Figure S2) for the manuscript 'Acute administration of bioavailable curcumin alongside ferrous sulphate supplements does not impair iron absorption in healthy adults in a randomised trial'



**Figure S1:** Study compliance of the 155 participants enrolled and equally randomised 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). From the 155 participants who completed the study 154 were enrolled in the data analysis.



**Figure S2.** Effect of 180 min supplementation on mean Haemoglobin (HGB) g/dL (mean, SEM). \*represents significant difference over time (\*  $p < 0.05$ ).