

Figure S1. Calcium flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). The methodological standard of classified studies in metric C, step 2 excludes pregnant women. *studies comparing unclassified vs Tier 1, ^studies comparing unclassified vs Tier 2, °studies comparing tier 0 vs 2.

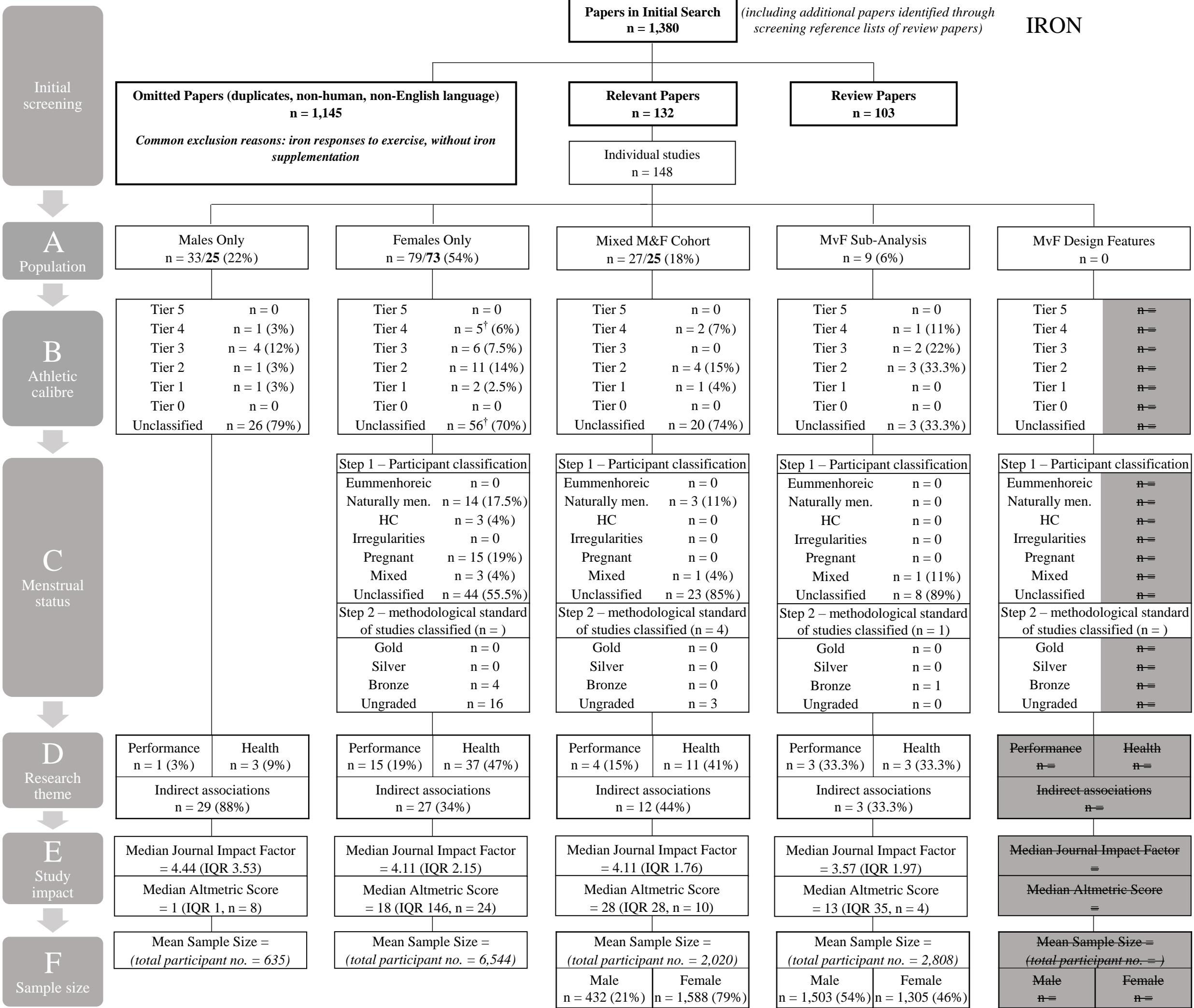


Figure S2. Iron flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). The methodological standard of classified studies in metric C, step 2 excludes pregnant women. †studies comparing unclassified vs tier 4.

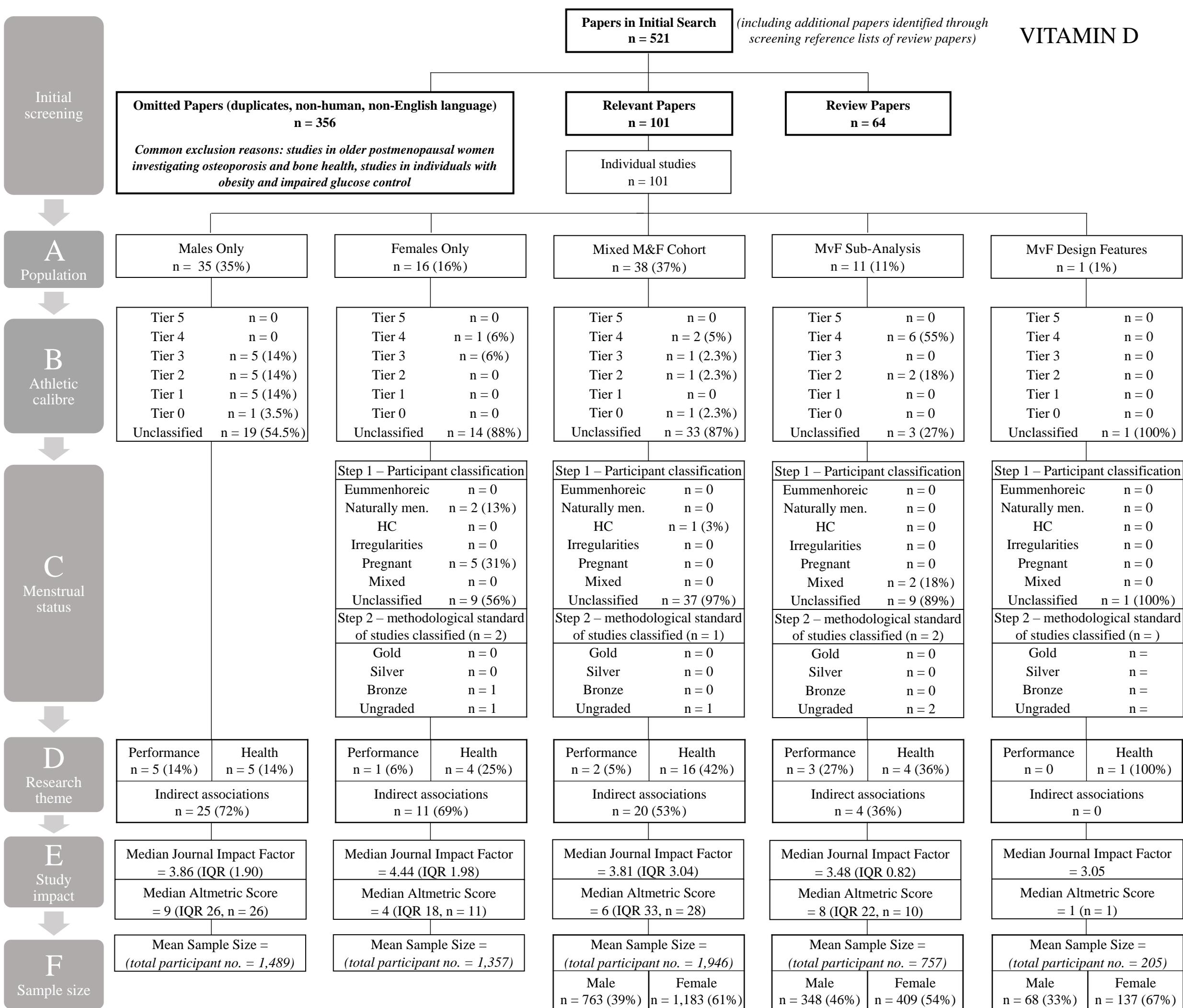


Figure S3. Vitamin D flowchart. Male (M), female (F), menstruating (men), hormonal contraception (HC). Bold text denotes papers, non-bold typeface is used for studies. From section B onwards, all counts and percentages refer to individual studies (not papers). The methodological standard of classified studies in metric C, step 2 excludes pregnant women.