

Supplementary Table S1: Summary results of chronic iron and curcumin supplementation on inflammatory and iron status markers. Results are presented as mean difference, standard error of difference, *p* value and significance where * represents significance values when comparing time points within the same conditions (* *p* < 0.05, ** *p* < 0.01, *** *p* < 0.001, **** *p* < 0.0001); ^{ns} indicates no significant difference (*p* > 0.05).

Biomarker	Groups	Time points	Whole group										Subgroup analysis based on baseline serum ferritin levels (ng/mL)																						
													<50										>50												
			N	Mean	Diff	SE of diff	p value	Sig	N	Mean	Diff	SE of diff	p value	Sig	N	Mean	Diff	SE of diff	p value	Sig	N	Mean	Diff	SE of diff	p value	Sig	N	Mean	Diff	SE of diff	p value	Sig			
Plasma CRP (ng/mL)	F50_Plac	B vs M	30	-0.21	0.22	0.5040			13	-0.24	0.15	0.0974			17	-0.18	-0.11	0.36	0.9538		17	-0.43	0.17	0.0550		13	14	0.07	0.44	0.9877					
		B vs E	30	-1.08	0.11	0.3583			13	-1.22	0.31	0.21	0.3490			17	-1.61	1.76	0.6380		17	-0.22	0.17	0.4365		13	14	-1.95	2.19	0.6549					
		M vs E	30	-0.87	1.06	0.6959			13	-1.22	0.03	0.25	0.9921			17	-1.50	0.80	0.6861		16	-0.21	0.23	0.6798		14	14	-2.02	2.20	0.6385					
	F518_Plac	B vs M	31	29	-0.01	0.45	0.9902			9	-0.21	0.45	0.8902			22	-0.31	0.45	0.8902		15	-0.31	0.45	0.8902		16	16	-0.48	0.36	0.4607					
		B vs E	31	29	0.06	0.25	0.9731			9	7	-0.44	0.44	0.6135			22	22	0.23	0.30	0.7240		15	13	-0.28	0.26	0.5497		16	16	0.36	0.40	0.6470		
		M vs E	30	29	0.27	0.23	0.4906			9	7	1.17	0.80	0.3752			22	22	0.08	0.24	0.4968		14	13	-0.70	0.38	0.2059		16	16	-0.12	0.32	0.9290		
	F518_Curc	B vs M	31	31	0.43	0.35	0.4516			10	10	0.63	0.43	0.4516			21	21	0.13	0.41	0.5717		15	15	0.40	0.50	0.4659		16	16	0.24	0.29	0.6302		
		B vs E	31	31	0.15	0.50	0.9510			10	10	0.62	0.73	0.6778			21	21	-0.08	0.65	0.9926		15	15	0.71	0.55	0.4167		16	16	-0.03	0.95	0.5491		
		M vs E	31	31	-0.17	0.28	0.8766			10	10	-0.01	0.19	0.9989			21	21	-0.24	0.41	0.8271		15	15	0.13	0.23	0.4849		16	16	-0.78	0.72	0.5458		
	F565_Plac	B vs M	30	30	0.31	0.28	0.5148			12	12	0.18	0.28	0.7936			18	18	0.40	0.44	0.4046		19	19	0.18	0.18	0.5814		11	11	0.54	0.72	0.7437		
		B vs E	30	30	0.26	0.17	0.2081			12	12	0.20	0.31	0.7942			18	18	0.39	0.40	0.4790		19	19	0.33	0.20	0.5566		11	11	0.39	0.36	0.4438		
		M vs E	30	30	-0.02	0.22	0.9949			12	12	0.02	0.26	0.9668			18	18	-0.05	0.33	0.9881		19	19	0.05	0.17	0.9544		11	11	-0.14	0.53	0.9616		
	F565_Curc	B vs M	31	29	-0.01	0.31	0.9988			10	9	0.49	0.39	0.4647			21	20	-0.44	0.41	0.8264		16	14	-0.45	0.32	0.3813		15	15	-0.45	0.50	0.6512		
		B vs E	31	29	0.25	0.15	0.2513			10	9	-0.61	0.44	0.6970			21	20	0.19	0.12	0.2345		16	14	0.20	0.28	0.7652		15	15	0.26	0.39	0.5140		
		M vs E	31	29	0.26	0.30	0.8563			9	9	-0.13	0.21	0.8246			20	20	-0.43	0.42	0.5635		16	14	-0.25	0.22	0.5237		15	15	-0.74	0.52	0.5554		
Plasma IL-6 (pg/mL)	F50_Plac	B vs M	29	30	-0.01	0.01	0.4011			12	12	-0.01	0.02	0.7795			17	18	-0.02	0.01	0.5353		16	16	-0.01	0.01	0.5735		13	14	-0.01	0.02	0.7172		
		B vs E	29	29	0.00	0.01	0.9816			12	12	0.00	0.01	0.9816			17	17	0.00	0.01	0.9930		16	16	-0.01	0.01	0.6750		13	14	0.00	0.02	0.9804		
		M vs E	29	29	0.01	0.02	0.7552			12	12	0.01	0.02	0.6652			17	17	0.00	0.01	0.9930		16	16	-0.01	0.01	0.6750		13	14	0.00	0.02	0.9804		
	F518_Plac	B vs M	31	29	-0.02	0.05	0.9726			9	8	-0.16	0.08	0.1742			22	21	0.04	0.06	0.8349		15	14	-0.12	0.05	0.0736		16	15	0.08	0.09	0.6386		
		B vs E	31	29	0.02	0.05	0.8970			9	7	-0.06	0.03	0.2464			22	22	0.05	0.06	0.6596		15	13	-0.05	0.02	0.0662		16	16	0.09	0.08	0.5281		
		M vs E	31	29	0.04	0.05	0.5277			10	10	0.04	0.05	0.1203			22	22	0.09	0.06	0.3351		15	13	-0.01	0.04	0.9351		16	16	0.01	0.02	0.9349		
	F518_Curc	B vs M	31	31	-0.01	0.02	0.9025			10	10	0.03	0.04	0.6913			21	21	-0.03	0.02	0.3273		16	16	0.00	0.02	0.9723		10	10	-0.04	0.04	0.5848		
		B vs E	31	31	-0.02	0.03	0.7565			10	10	0.05	0.10	0.8744			21	21	-0.04	0.02	0.7746		16	16	-0.05	0.02	0.7427		10	10	0.00	0.02	0.9963		
		M vs E	31	31	-0.02	0.03	0.8548			10	10	-0.08	0.08	0.5580			21	21	0.02	0.02	0.8964		16	16	-0.04	0.04	0.5853		10	10	-0.04	0.03	0.3404		
	F565_Plac	B vs M	30	30	-0.01	0.01	0.9787			12	12	-0.01	0.02	0.3270			18	18	0.00	0.01	0.9901		19	19	0.01	0.01	0.8481		11	11	0.01	0.04	0.8749		
		B vs E	30	30	0.00	0.01	0.9859			12	12	-0.02	0.02	0.7272			18	18	0.02	0.02	0.6162		19	19	-0.02	0.02	0.5951		11	11	0.03	0.02	0.3885		
		M vs E	30	30	0.01	0.01	0.8576			12	12	0.01	0.03	0.9014			18	18	0.01	0.02	0.5850		19	19	0.01	0.02	0.9053		11	11	0.02	0.03	0.5230		
	F565_Curc	B vs M	31	29	0.02	0.04	0.5850			10	9	0.09	0.12	0.7215			21	20	-0.01	0.03	0.8743		16	14	0.04	0.08	0.8854		15	15	0.00	0.02	0.4484		
		B vs E	31	29	0.02	0.04	0.5164			10	9	0.09	0.13	0.7490			21	20	0.04	0.02	0.4979		16	14	0.07	0.08	0.6484		15	15	0.05	0.02	0.4484		
		M vs E	31	29	0.04	0.02	0.5166			9	9	0.00	0.03	0.9920			20	20	0.06	0.02	0.0073		**	14	14	0.03	0.03	0.4968		15	15	0.04	0.01	0.8255	*
Plasma TNF (pg/mL)	F50_Plac	B vs M	29	30	-0.44	0.29	0.3069			12	12	-0.73	0.61	0.4835			17	18	-0.23	0.29	0.7041		16	16	-0.64	0.45	0.3386		13	14	-0.20	0.37	0.8579		
		B vs E	29	29	0.16	0.40	0.7020			12	12	0.16	0.40	0.7020			17	17	0.38	0.27	0.1683		16	16	-0.64	0.45	0.3386		13	14	-0.20	0.37	0.8579		
		M vs E	29	29	0.48	0.29	0.2358			12	12	-0.52	0.67	0.7225			18	17	0.44	0.17	0.0510		16	15	-0.55	0.53	0.5598		14	14	0.39	0.20	0.1562		
	F518_Plac	B vs M	31	29	-0.15	0.15	0.5862			9	8	-0.56	0.30	0.2116			22	21	0.02	0.17	0.9953		15	14	-0.43	0.18	0.0867		16	15	0.11	0.23	0.8807		
		B vs E	31	29	0.11	0.23	0.8679			9	7	-0.33	0.46	0.7608			22	22	0.30	0.26	0.4865		15	13	-0.04	0.29	0.9889		16	16	0.29	0.34	0.6676		
		M vs E	31	29	0.26	0.27	0.2917			10	10	0.23	0.27	0.2917			22	22	0.29	0.26	0.3307		14	13	-0.18	0.17	0.34		16	16	0.36	0.56	0.6668		
	F518_Curc	B vs M	31	31	-0.08	0.19	0.9047			10	10	0.03	0.45	0.9979			21	21	-0.13	0.19	0.7602		15	14	-0.12	0.23	0.8603		10	10	0.00	0.35	-0.9999		
		B vs E	31	31	0.27	0.21	0.4887			10	10	0.23	0.39	0.8372			21	21	0.29	0.25	0.4886		15	14	-0.25	0.23	0.5386		10	10	0.30	0.43	0.7703		
		M vs E	31	31	-0.13	0.30	0.6135			10	10	0.20	0.30	0.6135			21	21	0.37	0.18	0.0428		15	14	-0.12	0.24	0.8427		10	10	0.23	0.23	0.2429		
	F565_Plac	B vs M	30	30	-0.29	0.19	0.2984			12	12	-0.02	0.30	0.3159			18	18	0.06	0.24	0.9626		19	19	-0.26	0.23	0.5104		11	11	-0.33	0.34	0.6094		
		B vs E	30	30	0.10	0.19	0.8661			12	12	-0.14	0.23	0.8256			18	18	0.26	0.28	0.6375		19	19	0.01	0.19	0.9983		11	11	0.25	0.43	0.8278		
Plasma IL-18 (pg/mL)	F50_Plac	B vs M	28	29	0.05	0.04	0.4559			12	12	0.02	0.02	0.3664			17	18	-0.07	0.07	0.5751		16	16	0.02	0.02	0.2637		13	14	0.09	0.09	0.6030		
		B vs E	29	29	0.05	0.05	0.5559			12	12	-0.01	0.04	0.9479			17	17	0.10	0															