Supplementary Table 1. Comparison in clinical characteristic of the entire cohort and follow-up (FU) cohort at baseline.

Clinical Parameter	All patients N =140	FU cohort N=64	P
Age, y, mean ± SD	69 ± 13	69 ± 11	n.s
Body mass index, kg/m², mean ± SD	27.7 ± 4.6	27.3 ± 3.9	n.s
Systolic blood pressure, mmHg, mean ± SD	136 ± 28	137 ± 30	n.s
Diastolic blood pressure, mmHg, mean ± SD	79 ± 14	81 ± 13	n.s
Mean blood pressure, mmHg, mean ± SD	68 ± 48	68± 33	n.s
Heart rate, beats/min, mean ± SD	69±13	71 ± 12	n.s
Female sex, N (%)	55 (39)	24 (38)	n.s
Stroke etiology			
Large-artery atherosclerosis, N (%)	49 (35)	25 (39)	n.s
Cardioembolic, N (%)	44 (31)	19 (30)	n.s
Small-vessel occlusion, N (%)	25 (18)	8 (12)	n.s
Stroke of undetermined etiology, N (%)	22 (16)	12 (19)	n.s
Stroke severity			
National Institute of Health Stroke Scale (NIHSS)			
Mean score ± SD	4.6 ± 3.5	4.2 ± 3.1	n.s.
0 - 4, N (%)	79 (59)	42 (66)	n.s
Modified Rankin Scale (mRS)			
Mean score ± SD	2.4 ± 1.5	2.0 ± 1.3	n.s.
0 - 1, N (%)	63 (47)	31 (48)	n.s

Comorbidities

Diabetes mellitus, N (%)	40 (29)	18 (28)	n.s
Arterial hypertension, N (%)	96 (69)	48 (75)	n.s.
Dyslipidemia, N (%)	45 (32)	30 (47)	n.s.
Anemia, N (%)	25 (19)	11 (17)	n.s.
Cardiovascular disease, N (%)	58 (41)	27 (42)	n.s.

Biochemistry

Hemoglobin, mg/dl, mean ± SD	14.0 ± 1.9	14.0 ± 2.0	n.s.
White blood cells count, mean ± SD	8.3 ± 2.5	9.2 ± 3.4	n.s.
Creatinine, mg/dl, mean ± SD	0.9 ± 0.4	1.0 ± 0.5	n.s.
Cholesterol, mg/dl, mean ± SD	187 ± 46	193 ± 45	n.s.
High density lipoprotein, mg/dl, mean ± SD	48.6 14.7	51.0 ± 15.3	n.s
Low density lipoprotein, mg/dl, mean ± SD	111.7 ± 40.0	113.4 ± 39.8	n.s.
Hemoglobin A1c, %, mean ± SD	6.1 ± 1.2	6.3 ± 1.4	n.s.
C-reactive protein, mg/l [IQR]	5.5 [1.7-11.8]	4.8 [1.6-10.1]	n.s.
Systemic inflammation, N (%)	63 (45)	24 (38)	n.s

Medication

Antiplatelet drugs, N (%)	120 (86)	56 (88)	n.s
Anticoagulants, N (%)	29 (21)	12 (19)	n.s.
Proton pump inhibitors, N (%)	34 (24)	14 (22)	n.s.
β-blocker, N (%)	57 (41)	28 (44)	n.s.
ACE-inhibitors, N (%)	65 (46)	26 (41)	n.s
Ca-channel antagonists, N (%)	14 (10)	6 (9)	n.s.
Angiotensin receptor blockers, N (%)	4 (3)	3 (5)	n.s.

Diuretics, N (%)	29 (21)	13 (20)	n.s.
Statins, N (%)	100 (71)	48 (75)	n.s.

Supplementary Table 2. Baseline clinical characteristics of patients available to the clinical follow up examination one year after stroke according to presence of iron deficiency (ID) at follow up

Clinical Parameter	Normal Iron N =15	ID N =49	ID type I N =31	ID type II N =18	P value ID vs. normal iron	P value ID I + ID II vs. normal iron
Age, y, mean ± SD	65 ± 9	70 ± 12	69 ± 12	72 ± 11	n.s.	n.s.
Body mass index, kg/m², mean ± SD	27.0 ± 3.0	27.0 ± 3.0	27.4 ± 4.9	27.1 ± 2.4	n.s.	n.s.
Systolic blood pressure, mmHg, mean ± SD	137 ± 33	146 ± 18	136 ± 22	129 ± 19	n.s.	n.s.
Diastolic blood pressure, mmHg, mean ± SD	81 ± 13	84 ± 10	75 ± 16	74 ± 10	n.s.	n.s.
Heart rate, beats/min, mean ± SD	73 ± 12	77 ± 9	68 ± 9	79 ± 14	n.s.	n.s.
Female sex n, %	-	24 (49)	17 (55)	7 (39)	n.s.	n.s.
Stroke severity						
National Institute of Health Stroke Scale, mean ± SD	4.4 ± 3.7	4.4 ± 3.0	3.9 ± 2.8	5.2 ± 3.3	n.s	n.s
Modified Rankin Scale, mean ± SD	2.2 ± 1.3	1.9 ± 1.3	1.7 ± 1.1	2.3 ± 1.4	n.s.	n.s.
Self-reported appetite, mean ± SD	7.6 ± 1.6	6.4 ± 2.1*	6.7 ± 2.1	6.0 ± 2.2*	0.01	0.05
Comorbidities						
Diabetes mellitus, N (%)	4 (26)	16 (33)	9 (29)	5 (28)	n.s.	n.s.
Arterial hypertension, N (%)	11 (73)	37 (76)	24 (77)	13 (72)	n.s.	n.s.
Dyslipidemia, N (%)	8 (53)	23 (47)	15 (48)	7 (39)	n.s.	n.s.
Anemia, N (%)	1 (7)	16 (33)*	12 (39)	4 (22)	<0.5	n.s.
Cardiovascular disease, N (%)	8 (53)	19 (39)	12 (39)	7 (39)	n.s.	n.s.
Medication						

Antiplatelet drugs, N (%)	14 (93)	42 (86)	28 (90)	14 (78)	n.s.	n.s.
Anticoagulants, N (%)	2 (13)	10 (20)	5 (16)	5 (28)	n.s.	n.s.
Proton pump inhibitors	1 (7)	15 (31)	5 (16)	8 (44)	n.s.	n.s.
β-blocker, N (%)	6 (40)	22 (45)	15 (48)	7 (39)	n.s.	n.s.
ACE-inhibitors, N (%)	9 (60)	17 (35)	11 (35)	6 (33)	n.s.	n.s.
Ca-channel antagonists, N (%)	-	2 (11)	-	4 (29)	n.s.	n.s.
Angiotensin receptor blockers, N (%)	-	3 (6)	2 (6)	1 (6)	n.s.	n.s.
Diuretics, N (%)	2 (13)	11 (22)	6 (19)	5 (28)	n.s.	n.s.
Statins, N (%)	12 (80)	36 (74)	24 (77)	12 (66)	n.s.	n.s.
Biochemistry						
Hemoglobin, mg/dl, mean ± SD	14.8 ± 1.3	13.2 ± 1.9**	12.9 ± 1.7***	13.7 ± 2.0	<0.01	<0.01
White blood cells count, mean ± SD	7.0 ± 1.6	7.1 ± 2.2	7.1 ± 2.1	7.2 ± 2.4	n.s.	n.s.
Creatinine, mg/dl, mean ± SD	1.1 ± 0.3	1.0 ± 0.3	1.0 ± 0.3	0.9 ± 0.3	<0.05	n.s.
Cholesterol, mg/dl, mean ± SD	162 ± 26	174 ± 39	178 ± 40	166 ± 37	n.s.	n.s.
High density lipoprotein, mg/dl, mean ± SD	43 ± 9	57 ± 13***	57 ± 15***	56 ± 9**	<0.001	<0.01
Low density lipoprotein, mg/dl, mean ± SD	86 ± 25	93 ± 34	94 ± 35	90 ± 34	n.s.	n.s.
Hemoglobin A1c, %, mean ± SD	6.2 ± 0.6	6.4 ± 1.6	6.6 ± 1.5	6.0 ± 0.5	n.s.	n.s.
C-reactive protein, mg/l [IQR]	1.2 [1.0-3.4]	2.5 [1.0-6.2]	1.7 [1.0-5.9]	3.5 [1.0-8.7]*	n.s.	n.s.
Systemic inflammation, N (%)	1 (7)	12 (25)	7 (23)	5 (28)	n.s.	n.s.

*p<0.05 vs. Normal Iron; **<0.01 vs. Normal Iron, ***p<0.001 vs. Normal Iron

Supplementary Table 3. Short physical performance battery (SPPB) at baseline in the study groups.

SPPB Category	Normal iron status N =73	Iron deficiency N =65	P value
SPPB attended, N (%)	36 (50)	34 (51)	n.s.
SPPB score, mean ± SD	9±3	8±3	n.s.
Balance test attended, N (%)	34 (47)	34 (52)	n.s.
Balance test score, mean ± SD	3±1	3±1	n.s.
Walk test attended, N (%)	32 (44)	27 (41)	n.s.
4-m gait speed, mean ± SD	1±0	1±0	n.s.
Chair stands attended, N (%)	32 (44)	29 (44)	n.s.
Chair stands score, mean ± SD	3±1	3±1	n.s.