Figure 1 Flow diagram of the progress of the groups through the stages of the study, at baseline, and after 3 and 6 months of the intervention (CBC = complete blood count, MDA = malonyl dialdehyde, Fe = Iron)

- Baseline (0 month)
  - CBC, Ferritin and MDA analysis

- Parallel groups
  - Fe-supplements Group (A) n=45
  - Fe-supplements & Nutrition education Group (B) n=44
  - Control group Group (C) n=42

- Midline intervention (3 months)
  - Post intervention 1 n=45
  - Post intervention 1 n=44
  - Post intervention 1 n=42

- Endline follow up (3 months)
  - Post intervention 2 n=45
  - Post intervention 2 n=44
  - Post intervention 2 n=42

- CBC, Ferritin and MDA analysis

- Data entry and Data editing
  - Data analysis using SPSS