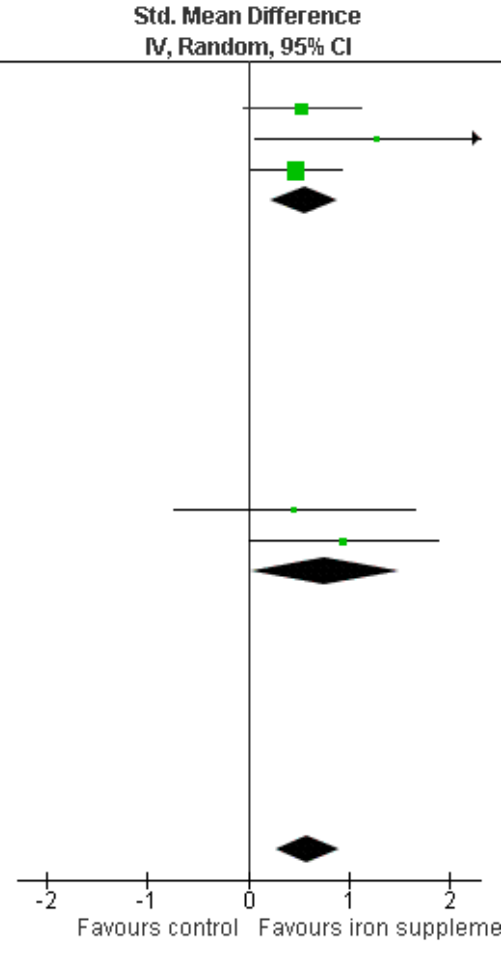Study or Subgroup	Iron supplementation Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Year
1.1.1 Anaemic participants									
Elwood 1970	7.13	21.06	26	-2.6	13.29	21	27.8%	0.53 [-0.06, 1.12]	1970
Gopaldas 1985	6.72	1.64	14	4.6	1.28	4	6.5%	1.28 [0.07, 2.49]	1985
Kashyup 1987	7.4	3.06	36	5.99	2.82	45	48.2%	0.48 [0.03, 0.92]	1987
Subtotal (95% CI)			**76**			**70**	**82.5%**	**0.56 [0.22, 0.90]**	
Heterogeneity: Tau² = 0.00; Chi² = 1.51, df = 2 (P = 0.47); I² = 0%									
Test for overall effect: Z = 3.22 (P = 0.001)									
1.1.2 Iron deficient participants									
Subtotal (95% CI)			**0**			**0**		**Not estimable**	
Heterogeneity: Not applicable									
Test for overall effect: Not applicable									
1.1.3 Iron deficient and/or replete participants									
Gopaldas 1985	6.46	1.03	9	5.9	1.4	4	6.7%	0.46 [-0.74, 1.65]	1985
Kashyup 1987	7.66	1.68	10	6.19	1.26	10	10.9%	0.95 [0.01, 1.88]	1987
Subtotal (95% CI)			**19**			**14**	**17.5%**	**0.76 [0.02, 1.50]**	
Heterogeneity: Tau² = 0.00; Chi² = 0.40, df = 1 (P = 0.53); I² = 0%									
Test for overall effect: Z = 2.02 (P = 0.04)									
1.1.4 Iron replete participants									
Subtotal (95% CI)			**0**			**0**		**Not estimable**	
Heterogeneity: Not applicable									
Test for overall effect: Not applicable									
Total (95% CI)			**95**			**84**	**100.0%**	**0.59 [0.29, 0.90]**	
Heterogeneity: Tau² = 0.00; Chi² = 2.15, df = 4 (P = 0.71); I² = 0%									
Test for overall effect: Z = 3.77 (P = 0.0002)									
Test for subgroup differences: Chi² = 0.24, df = 1 (P = 0.62), I² = 0%