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| Table 3. Effect of vitamin B12 and folic acid supplementation on haematological parameters.  |
|  |  |  |  | **Vitamin B12** |  |  |  |  |  | **Folic acid** |  |
| **Outcome** |  | **N** | **Mean****Baseline (SD)** | **Mean** **difference** | **[95% CI]** | **Weight (%)** |  |  | **N** | **Mean****Baseline (SD)** | **Mean** **difference** | **[95% CI]** | **Weight (%)** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Haemoglobin (g/dL)** |  Dangour | 155 | 13.9 (1.2) | -0.01 | [-0.26 ; 0.25] | 51.9 |  | Durga | 802 | 14.3 (1.1) | -0.07 | [-0.18 ; 0.04] | 83.2 |
|  Favrat | 0 | - | - | - | - |  | Pathansali | 24 | 13.1 (0.9) | 0.00 | [-0.47 ; 0.47] | 4.6 |
|  Hvas | 137 | 13.3 (1.3) | 0.01 | [-0.27 ; 0.29] | 41.6 |  | Ntaios | 103 | 14.0 (1.0) | -0.22  | [-0.51 ; 0.07] | 12.3 |
|  Seal 1 | 25 | 12.8 (1.4) | 0.20 | [-0.65 ; 1.05 | 4.6 |  |  |  |  |  |  |  |
|  Seal 2 | 26 | 13.2 (1.5) | -0.62 | [-1.97 ; 0.72] | 1.9 |  |  |  |  |  |  |  |
| *Pooled estimate (I2=0% )* | 343 |  | 0.00 | [-0.19 ; 0.18] | 100 |  | *Pooled estimate (I2=0% )* | 929 |  | -0.09 | [-0.19 ; 0.01] | 100 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Haematocrit (fraction)** |  Dangour | 155 | 0.41 (0.03) | 0.00 | [-0.01 ; 0.01] | 77.0 |  | Durga | 802 | 0.44 (0.04) | 0.00 | [-0.01 ; 0] | 70.0 |
|  Favrat | 45 | 0.40 (0.04) | 0.00  | [-0.01 ; 0.01] | 23.0 |  | Pathansali | 18 | 0.40 (0.02) | 0.00 | [-0.01 ; 0.02] | 5.6 |
|  Hvas | 0 | - | - | - | - |  | Ntaios | 103 | 0.42 (0.03) | 0.00 | [-0.01 ; 0] | 24.3 |
|  Seal 1 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  Seal 2 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  *Pooled estimate (I2= 0%)* | 200 |  | 0.00 | [0 ; 0.01] | 100 |  | *Pooled estimate (I2=0% )* | 923 |  | 0.00  | [-0.01 ; 0] | 100 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **MCV (fL)** |  Dangour | 156 | 88.5 (4.3) | 0.46 | [-0.47 ; 1.40] | 48.0 |  | Durga | 802 | 91.2 (5.1) | -0.31 | [-0.80 ; 0.18] | 83.1 |
|  Favrat | 45 | 92.1 (7.4) | -0.56 | [-2.36 ; 1.25] | 12.9 |  | Pathansali | 0 | - | - | - | - |
|  Hvas | 137 | 91.1 (6.3) | -0.21 | [-1.24 ; 0.83] | 39.1 |  | Ntaios | 103 | 91.5 (5.1) | -0.67  | [-1.75 ; 0.42] | 16.9 |
|  Seal 1 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  Seal 2 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  *Pooled estimate (I2=0% )* | 338 |  | 0.07 | [-0.58 ; 0.72] | 100 |  | *Pooled estimate (I2= 0%)* | 905 |  | -0.37  | [-0.82 ; 0.08] | 100 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **RBC (x 10-12/L)** |  Dangour | 155 | 4.6 (0.4) | -0.01 | [-0.08 ; 0.07] | 77.1 |  | Durga | 802 | 4.8 (0.4) | -0.01 | [-0.04 ; 0.03] | 93.9 |
|  Favrat | 45 | 4.4 (0.5) | 0.02 | [-0.11; 0.15] | 22.9 |  | Pathansali | 0 | - | - | - | - |
|  Hvas | 0 | - | - | - | - |  | Ntaios | 103 | 4.6 (0.4) | -0.14  | [-0.28 ; -0.01] | 6.1 |
|  Seal 1 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  Seal 2 | 0 | - | - | - | - |  |  |  |  |  |  |  |
|  *Pooled estimate (I2= 0%)* | 200 |  | 0.00 | [-0.06 ; 0.06] | 100 |  | *Pooled estimate (I2=72%)* | 905 |  | -0.02 | [-0.05 ; 0,02] | 100 |
| Data are presented as the pooled difference in means (95% confidence interval) in the change in outcome parameter between baseline and follow-up (i.e. follow-up minus baseline) between the active treatment group and placebo group.  |