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| **Author,Year** | **Randomization Adequate?** | **Allocation Concealment Adequate?** | **Groups Similar at Baseline?** | **Eligibility Criteria Specified?** | **Outcome Assessors Masked?** | **Care Provider Masked?** | **Patient Masked?** | **Attrition and Withdrawals Reported?** | **Loss to FollowupDifferential orHigh?** | **Subjects Analyzed in the Groups in Which They Were Randomized?** | **Quality Rating** |
| Barton 199443 | Yes | Unclear | Yes | Yes | Unclear | Unclear | Yes | No | Unclear | Unclear | Fair |
| Chan 200944 | Yes | Yes | Yes | Yes | No | No | Yes | Yes | No | Yes | Fair |
| Cogswell 200347 | Yes | Yes | Yes; except for weight and ferritin, which were adjusted for in analysis | Yes | Unclear; yes for laboratory measurements | Unclear | Yes | Yes | No; 23%–29% for various outcomes | Yes | Fair |
| Eskeland 199752 | Unclear | Unclear | Yes | Yes | Unclear | Yes; except hemoglobin | Yes | Yes | No | Yes | Fair |
| Falahi 201149 | Unclear | Unclear | Yes; except for age, which was adjusted for in analysis | Yes | Yes | Yes | Yes | No | Unclear | Unclear | Fair |
| Makrides 200342 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Good |
| Meier 200345 | Unclear | Unclear | Yes | Yes | Unclear | Yes | Yes | Yes | No; 30% | Yes | Fair |
| Milman 199450 | Yes | Unclear | Yes | Yes | Yes | Unclear | Yes | Yes | No | Unclear | Fair |
| Romslo 198353 | Unclear | Unclear | Yes | Yes | Unclear | Unclear | Yes | Yes | No | Unclear | Fair |
| Siega-Riz 200648 | Yes | Unclear | Yes | Yes | Unclear | Yes | Yes | Yes | No; 18%–53% for various outcomes | Yes | Fair |
| Ziaei 200746 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Good |
| Ziaei 200851 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No | Yes | Good |