

Biofortified crops	References	Micronutrients	Subjects/country	Food product	Design/method/Time	Results Status/ Absorption %	Results Absorbed Amount mg/d	Ratio PA: iron/zinc Molar ratio (X:1)
Pearl millet	Finkelstein <i>et al.</i> ⁷⁵	iron	246 children/India	Bhakri	Iron status/6 mo. SF, STfR, Hb,TBI	Increase SF and TBI after 4 mo.	-	-
	Cercamondi <i>et al.</i> ⁷⁶	iron	20 women/Benin	Composite meal	Isotopes study/5d PF,Hb	CTRL: 7.5 BPM :7.5	0.53 1.13 ≠	11.7 6.4
	Kodhany <i>et al.</i> ⁷⁷	Iron and zinc	40 children/India	Porridge, or flat breads-IL	Isotopes study /1-2d extrinsic labeled techniques Hb, PZ, PF	CTRL: 20 zinc BPM : 17 not ≠ CTRL: 6 iron BPM : 9 not ≠	0.7 1 ≠ 0.2 0.7 ≠	24 9 18.7 5.1
Beans	Petry <i>et al.</i> ⁷⁸	iron	22 Women/Rwanda	Composite meal	Isotopes study /4wk PF, Hb	CTRL: 9.2-11.8 HIB : 7.1-10.5	340-436 406-599 ≠	12-5 10-5
	Petry <i>et al.</i> ⁷⁹	iron	61 Women/Rwanda	Composite mealtriple	Isotope studies/26d. PF, Hb	CTRL: bean 6.3 HIB: 3.8 ≠	225 234 not ≠	9 9
Rice	Haas <i>et al.</i> ⁸⁰	iron	192 Women/Filipino	Cooked rice	Iron status/9 mo. SF, TBI	20% increase SF, TBI in nonanemic	-	-
	Islam <i>et al.</i> ⁸¹	zinc	42 Children/Bangladesh	Cooked rice in meal	Isotopes study /10d PZ, Hb	CR: 25.1-18.8 HzR: 20.7-19.5 ≠	0.96 -1.13 1 -0.95 not ≠, ≠	20-13 22-22
Wheat	Rosado <i>et al.</i> ⁸²	zinc	26 Women/Mexico	Wheat tortillas	Isotopes studies/2d. Urine (extrinsic labeling)	CTRL: 20 BW: 15 not ≠	1.6 2.1 ≠	38.8 22.8

SF: serum ferritin ; STfR: soluble transferrin receptor; Hb: hemoglobin; TBI : total body iron ; PF: plasma ferritin; PZ: plasma zinc; CTRL: control; BPM: biofortified pearl millet; HIB: high iron bean; HzR: high zinc rice; BW: biofortified wheat; ≠: significant; not ≠: not significant.mo: months; d: days. PA: Phytic acid