

Table S1. Distribution of haemoglobin levels according to age groups and sex

	20–29 y	30–39 y	40–49 y	50–59 y	60–69 y
Men (g/dL)	15.7 ± 0.8	15.3 ± 1.0	15.1 ± 1.2	15.0 ± 1.1	14.7 ± 1.3
Women (g/dL)	13.3 ± 0.9	12.8 ± 1.2	12.5 ± 1.6	13.2 ± 1.1	13.3 ± 1.0

Values are indicated as means ± standard deviation.