

Supplementary material

Supplementary table 1: Contents of iron ($\mu\text{g/g}$) in rat erythrocytes as bounded to hemoglobin (F2).

Results expressed as mean \pm standard deviation, $n = 4$.

Group	Erythrocytes*
G1: non-fortified	158 \pm 2
G2: FeSO ₄	104 \pm 43
G3: ⁵⁷ Fe(III)-NPs	^{nat} Fe: 55 \pm 3
	⁵⁷ Fe: 76 \pm 16

Supplementary table 2: Contents of iron ($\mu\text{g/g}$) determined in rat serum as bounded to transferrin (F5). Results expressed as mean \pm standard deviation, n = 4.

Group	Serum*
G1: non-fortified	0.45 \pm 0.02
G2: FeSO₄	0.97 \pm 0.01
G3: ⁵⁷Fe(III)-NPs	^{nat} Fe: 0.24 \pm 0.07
	⁵⁷ Fe: 0.62 \pm 0.28

Supplementary table 3: Contents of iron ($\mu\text{g/g}$) determined in rat serum as bounded to ferritin-like species (F1 and F2). Results expressed as mean \pm standard deviation, $n = 4$.

Group	Liver*	
	F1	F2
G1: non-fortified	30 ± 3	83 ± 7
G2: FeSO₄	123 ± 30	132 ± 17
G3: ⁵⁷Fe(III)-NPs	^{nat} Fe: 45 ± 9	^{nat} Fe: 70 ± 15
	⁵⁷ Fe: 117 ± 5	⁵⁷ Fe: 84 ± 3