

**Table S1.** Characteristics of the study interventions

Study Group	Form	Micronutrient Content	Frequency of consumption
Standard MNP	Powder	Vitain A (as Vitamin A acetate): 400 µg Vitamin D (as Cholecalciferol): 5 µg Vitamin E (as dl-alpha-tocopheryl acetate): 5 mg Vitamin C (as Ascorbic acid): 30 mg Thiamine (as Thiamin mononitrate): 0.5 mg Riboflavin: 0.5 mg Niacin (as Niacinamide): 6 mg Vitamin B6 (as Pyridoxine hydrochloride): 0.5 mg Vitamin B12 (as Cyanocobalamin): 0.9 mg Folic acid: 150 µg Iron (as Ferrous fumarate): 10 mg Zinc (as Zinc gluconate): 4.1 mg Copper (as Copper sulfate, anhydrous): 0.56 mg Selenium (as Sodium selenite): 17 µg Iodine (as Potassium iodate): 90 µg	Daily for 24 weeks
HiZn LoFe Daily	Powder	Same as Standard MNP, except with 10 mg zinc and 6 mg iron	Daily for 24 weeks
HiZn LoFe Alternating	Powder	Same as Standard MNP except with 10 mg zinc, and 6 mg iron and no iron on alternating days	Daily for 24 weeks
Zn Tablet Daily	Dispersible tablet	Zinc (as Zinc Sulfate Monohydrate): 10 mg	Daily for 24 weeks
Zn Tablet Intermittent	Dispersible tablet	Zinc: (as Zinc Sulfate Monohydrate): 10 mg	Daily for 14 days at baseline and 12 weeks, placebo tablet on all other days
Placebo Control	Powder	None	Daily for 24 weeks