

Table S1. Demographic, biological and resonance data from patients with hereditary haemochromatosis at diagnosis

Patient (sex, age) (years)	HFE mutation		ALT; AST; GGT U/l	Glycaemia mmol/l	TIBC µmol/day	S-Fe µmol/l	P-Fe µmol/l	TS %	Ferr ng/ml	Phlebotomies/ removed Fe n/g	Treatment duration weeks	LIC µmol/g	Comorbidities
	C282Y	H63D											
1 (F, 29)	+/+	-/-	70; 31; 11	4.9	3.01	50.7	-	94	332	16/4.0	21	-	-
2 (M, 53)	+/+	-/-	24; 24; 25	5.4	2.87	45.7	-	94	454	74/18.5	36	-	-
3 (F, 56)	+/+	-/-	21; 22; 17	9	3.05	49.4	42.4	91	204	49/12.0	37	240	DM
5 (F, 75)	+/+	-/-	83; 51; 25	13.8	3.01	50.7	48.0	94	1,260	25/6.2	35	210	DM
7 (M, 48)	+/+	-/-	126; 62; 83	5.8	2.35	39.2	47.8	93	4,020	58/14.5	56	260	-
8 (M, 36)	+/+	-/-	105; 35; 163	4.7	1.99	28.1	20.6	79	867	16/4.0	18	120	-
10 (M, 71)	+/+	-/-	21; 19; 15	4.8	2.32	38.5	28.1	92	942	24/6.0	25	240	-
15 (M, 54)	+/+	-/-	47; 38; 67	5.0	2.31	34.0	37.2	82	475	26/5.7	40	190	-
17 (F, 61)	+/+	-/-	61; 39; 22	5.3	2.30	22.6	27.4	55	331	8/2.0	10	100	-
18 (M, 58)	+/+	-/-	32; 20; 202	17.0	2.11	9.7	34.7	25	562	18/4.5	30	210	HPC, CI, PCT, DM
23 (F, 51)	+/+	-/-	84; 48; 70	5.0	2.22	33.5	34.0	84	516	7/1.8	17	85	PCT
25 (F, 70)	+/+	-/-	40; 43; 24	5.2	2.71	39.0	35.8	88	913	15/4.0	38	210	Articular pain
26 (F, 36)	+/+	-/-	21; 19; 6	4.1	2.72	44.4	33.5	91	513	20/4.3	50	250	-
27 (M, 48)	+/+	-/-	82; 39; 32	10.5	2.14	37.8	36.9	99	741	17/7.0	19	220	DM
4 (F, 26)	+/+	+/-	37; 51; 28	6.3	3.62	36.3	41.2	56	239	6/1.5	22	-	-
9 (M, 23)	+/+	+/-	18; 20; 18	4.6	2.50	25.1	24.0	56	266	11/3.0	14	120	-
11 (M, 65)	+/+	+/-	178; 155; 39	5.3	2.22	17.2	28.1	43	1,114	11/2.7	24	65	HCV, HPC, CI, DM
12 (F, 58)	+/+	+/-	16; 19; 15	5.7	2.66	22.9	22.4	48	350	6/1.5	12	130	-
13 (M, 55)	+/+	+/-	31; 27; 35	5.4	2.92	25.4	20.8	48	342	7/1.8	20	55	-
16 (M, 62)	+/+	+/-	66; 44; 66	7.1	2.17	43.9	32.1	67	1,170	24/6.0	32	180	PCT, DM
19 (M, 43)	+/+	+/-	51; 42; 100	5.4	2.68	31.9	37.6	66	811	16/4.0	25	100	EH
22 (M, 39)	+/+	+/-	49; 22; 27	4.7	3.05	27.2	26.9	50	390	8/2.0	14	70	-
24 (M, 53)	+/+	+/-	31; 30; 53	4.0	2.73	24.2	21.5	49	262	8/2.0	20	50	-
20 (M, 30)	-/-	+/+	54; 33; 32	4.7	2.51	17.5	31.3	40	380	8/2.0	12	65	-
21 (M, 48)	-/-	+/+	31; 21; 21	4.7	2.87	23.3	29.5	45	500	13/3.5	20	95	-
28 (M, 54)	-/-	+/+	27; 24; 74	4.6	2.76	34.9	35.8	71	606	13/3.0	32	130	-
14 (M, 62)	-/-	+/-	54; 29; 28	6.3	3.05	33.1	35.3	61	620	16/4.2	26	120	GD
6 (F, 37)	-/-	+/-	88; 39; 73	4.8	2.92	27.8	51.7	53	447	11/2.2	22	55	PCT, α1AAT

HFE genotype: mutation: +/+; wild type: -/-.

ALT: alanine aminotransferase (reference interval ≤31 U/l female; ≤49 U/l male); AST: aspartate aminotransferase (reference interval ≤31 U/l female; ≤37 U/l male); GGT: gamma-glutamyltranspeptidase (reference interval ≤38 U/l female; ≤73 U/l male); TIBC: total iron-binding capacity; TS: transferrin saturation (reference value <50%); Ferr: Ferritin (reference value <200 ng/ml); S-Fe: serum iron (reference interval 8.9–31.7 µmol/l); P-Fe: plasma iron (reference interval: 11.6–31.3 µmol/l); LIC: liver iron content (normal: <40 µmol/g; overload: 40–100 µmol/g; remarkable overload: 100–200 µmol/g; important overload: >200 µmol/g); CI: cirrhosis; HCV: hepatitis C virus; EH: steatohepatitis; HPC: hepatocarcinoma; PCT: porphyria cutanea tarda; DM: diabetes mellitus; α1AAT: α1-antitrypsin deficiency; GD: Gilbert's disease.

Table SII. Blood indicators (S-Fe, P-Fe, Ferr and TS) and liver iron content (LIC) measured in hereditary haemochromatosis patients at diagnosis, at the end of the phlebotomy programme, and 6 months after the end of the programme (Phases 1, 2 and 3). Reference values for the Portuguese population are indicated (see also Table I)

	Reference values	Phase 1	Phase 2	Phase 3
S-Fe (mg/l)	0.5–1.77	1.84 ± 0.12 ^{a,b}	0.63 ± 0.06 ^c	1.29 ± 0.13
P-Fe (mg/l)	0.65–1.75	1.80 ± 0.16 ^a	1.03 ± 0.11 ^c	1.61 ± 0.17
TS (%)	<50	69 ± 4 ^{a,b}	19 ± 2 ^c	42 ± 4
Ferr (ng/ml)	<200	843 ± 174 ^{a,b}	36 ± 5	52 ± 7
LIC (µmol/g)	<40	144 ± 15 ^{a,b}	66 ± 5	55 ± 4

^aSignificant between Phases 1 and 2; ^bsignificant between Phases 1 and 3; ^csignificant between Phases 2 and 3.

TS: transferrin saturation; Ferr: Ferritin; S-Fe: serum iron; P-Fe: plasma iron.