**Supplementary Table 1. Age-dependent reference values in females - hematology and blood chemistry**

| Variable | Reference range |
|---|---|
| Hemoglobin (g/dL) | |
| 6–12 Yr | 11.5–15.5 |
| 12–18 Yr | 12.0–16.0 |
| >18 Yr | 12.0–16.0 |
| RBC ($\times 10^{12}$/L) | |
| 6–12 Yr | 4.0–5.2 |
| 12–18 Yr | 4.1–5.1 |
| >18 Yr | 3.8–5.2 |
| Platelet ($\times 10^{9}$/L) | |
| 6–12 Yr | 150–450 |
| 12–18 Yr | 150–450 |
| >18 Yr | 150–400 |
| WBC ($\times 10^{9}$/L) | |
| 6–13 Yr | 4.5–13.5 |
| 13–16 Yr | 4.0–10.0 |
| >16 Yr | 4.0–10.0 |
| ALKP (μkat/L) | |
| 0–18 Yr | 0.85–6.80 |
| >18 Yr | 0.00–2.30 |
| Ca (mmol/L) | |
| 0–150 Yr | 2.25–2.85 |
| P (mmol/L) | |
| 6–15 Yr | 0.85–1.80 |
| >15 Yr | 0.66–1.80 |
| Mg (mmol/L) | |
| 0–150 Yr | 0.70–1.00 |
| 25-OH vitamin D (ng/mL) | |
| 0–150 Yr | 30–99 |
| TSH (mU/L) | |
| 11–20 Yr | 0.51–4.30 |
| fT4 (pmol/L) | |
| 10–14 Yr | 10.40–21.36 |
| 14–18 Yr | 10.57–22.62 |
| >18 Yr | 12.00–22.00 |
| Total vitamin $B_{12}$ (pmol/L) | |
| 9–12 Yr | 145–752 |
| 12–18 Yr | 134–605 |
| >18 Yr | 145–637 |
| Folic acid (nmol/L) | |
| 9–12 Yr | 2.30–23.00 |
| 12–15 Yr | 2.70–16.00 |
| >15 Yr | 4.50–20.70 |

RBC, red blood cell; WBC, white blood cell; ALKP, alkaline phosphatase; Ca, calcium; P, phosphorus; Mg, magnesium; TSH, thyroid-stimulating hormone; fT4, free thyroxine.