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In vitro bioaccessibility and bioavailability of iron from breads fortified with microencapsulated iron

Malgorzata Anita Bryszewska, Lidia Tomás-Cobos, Elisa Gallego, MariPaz Villalba, Daniel Rivera, Danielle Laure Taneyo Saa, Andrea Gianotti



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3 Malgorzata Anita Bryszewska<sup>1</sup>; Lidia Tomás-Cobos<sup>2</sup>; Elisa Gallego<sup>2</sup>; MariPaz Villalba<sup>2</sup>; Daniel Rivera<sup>2</sup>; Danielle

4 Laure Taneyo Saa<sup>3</sup> and Andrea Gianotti<sup>3</sup>

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9 <sup>1</sup> Faculty of Biotechnology and Food Sciences, Lodz University of Technology, Lodz 90-924, Poland;  
10 malgorzata.bryszewska@p.lodz.pl (M.A.B.)

11 <sup>2</sup>AINIA Technological Centre, c/Benjamín Franklin 5-11, Paterna, 46980 Valencia, Spain; ltomas@ainia.es  
12 (L.T.-C.); egallego@ainia.es (E.G.); mpvillalba@ainia.es (M.P.V.); jdrivera@ainia.es

13 <sup>3</sup> Department of Agri-Food Sciences and Technologies, University of Bologna, Piazza Goidanich 60, 47521  
14 Cesena, Italy; saalaure@gmail.com (D.L.T.S.); andrea.gianotti@unibo.it (A.G.)

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17

18

19 The corresponding author:

20 Malgorzata Anita Bryszewska;

21 Tel.: +48 42 631 34 25;

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