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| **No** | **Responden** | **Kadar Hb sebelum (gr/dl)** | **Observasi Kadar Hb** | |
| **Minggu ke 1** | **Minggu ke 2** |
| 1. | Responden 1 | 11.3 | 11.9 | 13.4 |
| 2. | Responden 2 | 11.7 | 12.3 | 14.5 |
| 3. | Responden 3 | 11.4 | 11.9 | 13.6 |
| 4. | Responden 4 | 11.5 | 12.2 | 12.7 |
| 5. | Responden 5 | 11.8 | 12.6 | 14.9 |
| 6 | Responden 6 | 11.4 | 11.6 | 13.8 |
| 7. | Responden 7 | 11.6 | 12 | 14.3 |
| 8. | Responden 8 | 11.8 | 12 | 14 |
| 9. | Responden 9 | 11.6 | 12 | 13.9 |
| 10. | Responden 10 | 11.5 | 11.8 | 13.6 |
| 11. | Responden 11 | 11.5 | 11.9 | 14.6 |
| 12. | Responden 12 | 11.9 | 12.6 | 13.6 |
| 13. | Responden 13 | 11.6 | 12.4 | 13.8 |
| 14. | Responden 14 | 11.3 | 11.7 | 13.4 |
| 15. | Responden 15 | 11 | 11.4 | 13.6 |
| 16. | Responden 16 | 10.9 | 11.4 | 13..3 |
| 17. | Responden 17 | 11.5 | 11.5 | 14.4 |
| 18. | Responden 18 | 10.6 | 12 | 12.8 |
| 19. | Responden 19 | 10.4 | 11.8 | 12.6 |