**Supplementary Table 1. Daily vitamin and mineral intakes from all sources (including supplements) and, the difference (%) between dietary sources only (excluding supplements) in the Newcastle 85+ Study participants by gender**

|  |  |  |  |
| --- | --- | --- | --- |
| Micronutrients | All | Men | Women |
| Median | IQR | Dif (%) | Median | IQR | Median/ 1MJ | Dif (%) | Median | IQR | Median/ 1 MJ | Dif (%) |
| Vitamins |  |  |  |  |  |  |  |  |  |  |  |
| Vitamin A (μg RE) | 752 | 462-1255 | 19.2 | 801 | 479-1281 | 104 | 17.2 | 711 | 450-1243 | 116 | 18.1 |
| Vitamin B2 (mg) | 1.6 | 1.2-2.0 | 6.5 | 1.7 | 1.3-2.2 | 0.2 | 0.0 | 1.4 | 1.1-1.9 | 0.2 | 0.0 |
| Vitamin B6 (mg) | 1.7 | 1.3-2.2 | 0.0 | 2.0 | 1.5-2.5 | 0.3 | 0.0 | 1.6 | 1.2-2.0 | 0.3 | 6.5 |
| Folate (μg) | 212 | 158-276 | 1.9 | 247 | 186-300 | 32 | 0.8 | 193 | 147-253 | 31 | 2.1 |
| Vitamin B12 (μg) | 3.0 | 1.9-4.6 | 3.4 | 3.5 | 2.2-5.4 | 0.5 | 2.9 | 2.6 | 1.6-4.1 | 0.4 | 0.0 |
| Vitamin E (mg) | 5.0 | 3.3-8.2 | 6.2 | 5.3 | 3.5-8.6 | 5.8 | 5.8 | 4.9 | 3.1-7.9 | 0.8 | 8.5 |
| Vitamin C (mg) | 60.5 | 31.7-110.3 | 6.8 | 57.7 | 35.1-108.8 | 0.7 | 3.9 | 62.4 | 31.2-112.2 | 10.2 | 8.7 |
| Vitamin D (μg) | 2.5 | 1.3-6.2 | 22.2 | 2.7 | 1.6-6.3 | 0.4 | 16.0 | 2.3 | 1.2-6.2 | 0.4 | 24.4 |
| Minerals |  |  |  |  |  |  |  |  |  |  |  |
| Calcium (mg) | 735 | 555-922 | 0.5 | 833 | 640-1008 | 104 | 0.5 | 691 | 538-868 | 112 | 1.0 |
| Iron (mg) | 8.9 | 6.8-11.8 | 2.3 | 10.6 | 8.3-13.7 | 1.4 | 1.0 | 7.9 | 6.2-10.2 | 1.3 | 1.3 |
| Magnesium (mg) | 218 | 169-269 | 1.1 | 254 | 200-312 | 33 | 1.3 | 198 | 157-247 | 33 | 0.6 |
| Selenium (μg) | 39.4 | 27.6-57.5 | 1.0 | 49.2 | 34.4-67.9 | 6.4 | 1.9 | 35.7 | 25.4-50.1 | 5.9 | 1.4 |
| Zinc (mg) | 7.3 | 5.7-9.9 | 2.7 | 8.7 | 7.0-11.7 | 1.1 | 1.2 | 6.6 | 5.3-8.7 | 1.1 | 4.7 |

IQR, Interquartile Range; RE, Retinol Equivalents; Dif, difference between median vitamin and mineral intakes from all sources (including supplements) and dietary sources only.

There is no β-carotene and sodium supplementation use.

**Supplementary Table 2. Percentage (%) of the Newcastle 85+ Study participants below the RNI, EAR and LRNI for the UK by gender\***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Micronutrients | All | Men | Women | P-value† |
| <LRNI | <EAR | <RNI | <LRNI | <EAR | <RNI | <LRNI | <EAR | <RNI |
| Vitamins |  |  |  |  |  |  |  |  |  |  |
| VitaminA (μg RE) | 10.5 | 28.1 | 51.7 | 13.1 | 31.9 | 52.3 | 8.8 | 25.8 | 51.3 | 0.786 |
| Vitamin B2 (mg) | 6.8 | 10.9 | 26.0 | 3.6 | 11.4 | 23.5 | 8.8 | 9.9 | 27.5 | 0.214 |
| Vitamin B6 (mg) | - | - | 27.1 | - | - | 20.9 | - | - | 31.0 | 0.002 |
| Folate (μg) | 3.4 | 22.1 | 46.4 | 1.3 | 13.5 | 30.3 | 4.7 | 27.4 | 56.4 | <0.001 |
| Vitamin B12 (μg) | 9.6 | 13.6 | 17.5 | 5.0 | 8.0 | 9.9 | 12.4 | 17.1 | 22.2 | <0.001 |
| Vitamin C (mg) | 4.2 | 19.0 | 34.1 | 2.6 | 17.4 | 30.5 | 5.1 | 20.0 | 36.3 | 0.095 |
| Vitamin D (μg) | - | - | 95.3 | - | - | 94.4 | - | - | 95.9 | 0.313 |
| Minerals |  |  |  |  |  |  |  |  |  |  |
| Calcium (mg) | 5.7 | 19.4 | 44.6 | 3.3 | 14.8 | 31.9 | 5.7 | 22.3 | 52.6 | <0.001 |
| Iron (mg) | 5.7 | 25.0 | 49.6 | 2.3 | 4.4 | 29.6 | 7.8 | 33.3 | 62.0 | <0.001 |
| Magnesium (mg) | 22.1 | 51.3 | 81.3 | 22.2 | 50.0 | 71.2 | 22.0 | 52.1 | 87.6 | <0.001 |
| Potassium (mg) | 30.0 | - | 87.5 | 18.9 | - | 77.2 | 36.9 | - | 93.9 | <0.001 |
| Sodium (mg)‡ | 0.0 | - | 17.8 | 0.0 | - | 10.9 | 0.0 | - | 22.0 | <0.001 |
| Selenium (μg) | 52.7 | - | 85.9 | 37.5 | - | 83.6 | 62.2 | - | 87.3 | 0.145 |
| Zinc (mg) | 10.2 | 32.0 | 60.3 | 11.2 | 31.6 | 60.9 | 9.6 | 32.3 | 59.2 | 0.625 |

RNI, Reference Nutrient Intake; EAR, Estimated Average Intake; LRNI, Lower Reference Nutrient Intake; RE, Retinol Equivalents.

RNI, EAR and LRNI were taken from the UK dietary reference values for people aged 50 and over, except for vitamin D which is set for older adults(6).

\* Does not include supplements.

† Chi-squared test (χ2) for no sex difference in percentage below RNI.

‡ Does not include table salt and salt used for cooking.