Supplementary Table 1. Characteristics of Study Participants According to Plasma Phospholipid ALA among 2,709 US Adults*					
Quintile	I	II	III	IV	V
ALA, % total fatty acids, median	0.09	0.12	0.14	0.17	0.22
Range	0.05, 0.11	0.11, 0.13	0.13, 0.15	0.15, 0.19	0.19, 0.47
N	547	519	549	524	570
Age, years	74.6 (5.1)	74.6 (5.0)	74.7 (5.0)	74.8 (5.16)	74.7 (5.19)
Sex, % Male	46.3%	38.5%	31.7%	34.0%	30.2%
Race, % white	86.3%	91.7%	88.7%	89.7%	93.7%
Education > high school, %	33.8%	36.0%	35.0%	42.6%	41.6%
Current Smoking, %	10.4%	11.8%	8.6%	8.0%	7.2%
Diabetes mellitus, %	16.1%	12.6%	13.8%	11.9%	11.1%
Treated hypertension, %	36.7%	34.5%	34.3%	33.4%	34.9%
Aspirin>2 days in 2 weeks, %	27.5%	32.3%	28.5%	31.6%	28.0%
Lipid-lowering medication, %	8.1%	6.2%	4.9%	4.8%	3.9%
Body mass index, kg/m^2	27.8 (4.9)	27.0 (4.4)	26.7 (4.5)	26.3 (4.4)	25.5 (4.2)
Alcohol, drinks/week	1.8 (4.1)	1.9 (5.1)	1.8 (4.9)	2.2 (5.1)	2.6 (5.4)

*Values are mean (SD), else percent

Supplementary Table 2. Characteristics of Study Participants According to Reported Intake of Dietary ALA among 2,583 US Adults *

Quintile	I		II		III		IV		V	
ALA, % total fat	1.33		1.56		1.76		2		2.44	
range	0.39, 1.45		1.45, 1.65		1.65, 1.87		1.87, 2.17		2.17, 4.88	
n	511		519		513		519		521	
Age, years	76.7	(5.0)	77.3	(5.0)	77.2	(4.8)	76.9	(4.6)	76.6	(4.6)
Sex, % Male	47.4%		40.8%		37.8%		27.4%		25.1%	
Race, % white	83.4%		81.3%		82.5%		83.0%		87.3%	
Education > high school, %	33.7%		34.7%		36.6%		36.4%		44.7%	
Current Smoking, %	12.5%		9.6%		9.0%		7.1%		4.4%	
Diabetes mellitus, %	10.4%		9.1%		9.4%		10.0%		7.3%	
Treated hypertension, %	42.3%		41.2%		43.0%		44.4%		39.3%	
Aspirin>2 days in 2 weeks, %	33.7%		33.9%		35.2%		30.3%		35.8%	
Lipid-lowering medication, %	5.7%		7.9%		6.8%		7.1%		9.2%	
Body mass index, kg/m^2	26.6	(4.5)	26.4	(4.7)	26.4	(4.8)	26.5	(4.5)	25.9	(4.4)
Alcohol, drinks/week	3.6	(8.5)	3.8	(9.3)	4.7	(10.9)	3.8	(8.6)	4.4	(9.3)
Fish intake, servings/week	1.0	(1.3)	1.3	(1.5)	1.1	(1.2)	1.2	(1.4)	1.2	(1.2)
Total fat, % calories/day	32.1	(5.6)	30.0	(5.7)	29.1	(5.7)	27.5	(5.8)	25.9	(6.5)
Saturated fat, % calories/day	11.6	(2.8)	10.7	(2.6)	10.3	(2.6)	9.4	(2.3)	8.2	(2.4)
Total calories/day	2023.8	(703.2)	1991.1	(702.4)	1976.6	(656.4)	1882.7	(613.0)	1761.9	(572.9)

*Values are mean (SD), else percent

Supplementary Table 3. Hazard Ratios (95% CI) for Associations of Dietary ALA with Risk of Non-Cardiovascular Mortality among 2,583 US Adults											
Quintile	I		II		III		IV		V		*p-trend*
Death from Dementia											
Person-Years	4875		4987		5096		5291		5600		
No. of cases	43		63		39		44		34		
Age-sex-and-energy adjusted	1.0 (ref)	1.25	(0.85-1.84)		0.79	(0.51-1.21)		0.81	(0.53-1.24)	0.58	(0.37-0.92)	0.002
Additionally adjusted model*	1.0 (ref)	1.30	(0.87-1.94)		0.82	(0.53-1.28)		0.88	(0.57-1.36)	0.57	(0.36-0.92)	0.003
Death from Cancer											
No. of cases	78		78		65		66		58		
Age-sex-and-energy adjusted	1.0 (ref)	0.99	(0.72-1.36)		0.82	(0.59-1.13)		0.84	(0.60-1.17)	0.70	(0.49-0.99)	0.02
Additionally adjusted model*	1.0 (ref)	1.01	(0.74-1.39)		0.83	(0.59-1.16)		0.87	(0.62-1.22)	0.75	(0.53-1.07)	0.07
Death from Infection											
No. of cases	28		25		31		19		23		
Age-sex-and-energy adjusted	1.0 (ref)	0.81	(0.47-1.40)		1.01	(0.61-1.69)		0.61	(0.34-1.10)	0.71	(0.40-1.25)	0.15
Additionally adjusted model*	1.0 (ref)	0.91	(0.53-1.59)		1.13	(0.67-1.92)		0.68	(0.37-1.23)	0.79	(0.44-1.42)	0.28
Death from Trauma/Fracture											
No. of cases	18		18		15		17		16		
Age-sex-and-energy adjusted	1.0 (ref)	0.89	(0.46-1.71)		0.78	(0.39-1.55)		0.88	(0.45-1.71)	0.84	(0.43-1.66)	0.65
Additionally adjusted model*	1.0 (ref)	1.05	(0.54-2.03)		0.74	(0.37-1.47)		0.91	(0.46-1.79)	0.81	(0.40-1.64)	0.47
Death from Respiratory Diseases											
No. of cases	20		18		18		17		15		
Age-sex-and-energy adjusted	1.0 (ref)	0.85	(0.45-1.61)		0.83	(0.44-1.58)		0.77	(0.40-1.48)	0.63	(0.32-1.25)	0.19
Additionally adjusted model*	1.0 (ref)	1.02	(0.53-1.96)		0.91	(0.47-1.74)		0.92	(0.47-1.81)	0.70	(0.35-1.43)	0.33

* Additionally adjusts for race, clinic, education, smoking, diabetes, BMI, alcohol use & treated hypertension