Supplemental Table 1: Demographic and lifestyle characteristics of the NANS participants.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Total population | Males | Females |
| n | 1129 | 566 | 563 |
| Age group (years) (%) |  |  |  |
| 18-35 | 37.9 | 41.0 | 34.8 |
| 36-50 | 29.4 | 27.2 | 31.6 |
| 51-64 | 19.8 | 20.1 | 19.5 |
| >=65 | 12.8 | 11.7 | 14.0 |
| BMI (kg/m2) (%) |  |  |  |
| Underweight | 0.6 | 0.2 | 1.1 |
| Normal weight | 36.3 | 29.5 | 43.2 |
| Overweight | 40.3 | 46.5 | 34.1 |
| Obese | 22.7 | 23.8 | 21.6 |
| Smoking habits (%) |  |  |  |
| Smoker | 19.9 | 19.8 | 20.0 |
| Ex-smoker | 26.7 | 26.3 | 27.1 |
| Non-smoker | 53.4 | 53.9 | 52.9 |
| Supplement user (%) |  |  |  |
| Yes | 30.9 | 26.1 | 35.8 |
| Sometimes | 15.8 | 15.8 | 15.7 |
| No | 53.3 | 58.1 | 48.5 |

n: number of participants, BMI: body mass index.

Supplemental Table 2: Mean daily intake of vitamin E (mg/d) from all sources, food sources and supplement sources.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Age groups (years) | | | | | | | | | | | | | | | | | | | | |
|  | All age groups | | |  | 18-35 | | |  | 36-50 | | |  | 51-64 | | | |  | >64 | | | |
|  | n | Mean | SD |  | n | Mean | SD |  | n | Mean | SD |  | n | | Mean | SD |  | n | | Mean | SD |
| All sources |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  | |  |  |
| All |  | 1129 | 13.8 | 30.4 |  | 428 | 12.7 | 28.3 |  | 332 | 13.0 | 31.0 |  | 224 | | 15.5 | 23.4 |  | 145 | | 16.4 | 42.0 |
| Males |  | 566 | 13.2 | 24.8 |  | 232 | 14.8 | 37.4 |  | 154 | 11.6 | 6.8 |  | 114 | | 13.0 | 10.5 |  | 66 | | 11.5 | 7.1 |
| Females |  | 563 | 14.5 | 35.1 |  | 196 | 10.3 | 9.2 |  | 178 | 14.2 | 42.0 |  | 110 | | 18.1 | 31.5 |  | 79 | | 20.6 | 56.4 |
| Food sources |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  | |  |  |
| All |  | 1129 | 9.8 | 5.0 |  | 428 | 9.6 | 4.6 |  | 332 | 9.6 | 4.8 |  | 224 | | 10.4 | 5.8 |  | 145 | | 9.8 | 5.3 |
| Males |  | 566 | 10.7 | 5.6 |  | 232 | 10.5 | 4.9 |  | 154 | 10.8 | 5.8 |  | 114 | | 11.0 | 6.5 |  | 66 | | 10.4 | 5.8 |
| Females |  | 563 | 8.9 | 4.2 |  | 196 | 8.6 | 3.9 |  | 178 | 8.6 | 3.5 |  | 110 | | 9.8 | 5.1 |  | 79 | | 9.2 | 4.9 |
| Supplement sources (consumers only) | | | | |  |  |  |  |  |  |  |  |  | |  |  |  |  | |  |  |  |
| All |  | 208 | 21.9 | 65.9 |  | 65 | 20. 4 | 68.4 |  | 49 | 23.1 | 75.9 |  | 59 | | 19.3 | 41.3 |  | 35 | | 27.6 | 81.1 |
| Males |  | 98 | 14.4 | 55.6 |  | 36 | 27.4 | 90.3 |  | 22 | 6.1 | 7.1 |  | 25 | | 8.9 | 13.0 |  | 15 | | 4.6 | 4.5 |
| Females |  | 110 | 28.6 | 73.5 |  | 29 | 11.6 | 18.7 |  | 27 | 36.9 | 100.7 |  | 34 | | 27.0 | 52.3 |  | 20 | | 44.9 | 104.9 |

n: number of participants, SD: standard deviation.