Table s1: Associations between supplement use and individual components of the health index and metabolic risk index

(adjusted odds ratio and 95% confidence intervals)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Any dietary supplements | More common supplements | Less common supplements |
|  | Adjusted OR\* | 95% CI | Adjusted OR\* | 95% CI | Adjusted OR\* | 95% CI |
| Smoking |  |  |  |  |  |  |
|  Never | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  Former | 1·10 | 1·05-1·16 | 1·09 | 1·04-1·14 | 1·08 | 1·03-1·14 |
|  Current | 0·94 | 0·90-0·98 | 0·95 | 0·91-0·99 | 0·97 | 0·92-1·02 |
| Physical activity |  |  |  |  |  |  |
|  <4 hours/week | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  >4 hours/week | 1·04 | 0·99-1·08 | 1·03 | 0·99-1·07 | 0·93 | 0·89-0·98 |
| Alcohol consumption |  |  |  |  |  |  |
|  >14(women)/21(men) units/week | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  ≤14(women)/21(men) units/week | 1·08 | 1·04-1·13 | 1·05 | 1·01-1·10 | 1·02 | 0·97-1·07 |
| Fish intake |  |  |  |  |  |  |
|  <30 g/week | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  >30g/week | 1·12 | 1·07-1·16 | 1·10 | 1·06-1·15 | 1·11 | 1·06-1·16 |
| Fruit/vegetable intake |  |  |  |  |  |  |
|  <400g/day | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  >400g/day | 1·27 | 1·21-1·32 | 1·22 | 1·18-1·27 | 1·20 | 1·15-1·26 |
| Wholegrain intake |  |  |  |  |  |  |
|  <39g/day | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  ≥39g/day | 1·43 | 1·38-1·49 | 1·41 | 1·36-1·46 | 1·20 | 1·15-1·25 |
| Red/Processed meat intake |  |  |  |  |  |  |
|  >743g/week | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  ≤743g/week | 1·30 | 1·24-1·36 | 1·24 | 1·19-1·29 | 1·22 | 1·16-1·28 |
| Waist circumference |  |  |  |  |  |  |
|  ≤88(women)/102(men) cm | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  >88(women)/102(men) cm | 0·74 | 0·70-0·77 | 0·74 | 0·71-0·77 | 1·00 | 0·96-1·06 |
| Hypertension |  |  |  |  |  |  |
|  Yes | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  No | 0·92 | 0·88-0·96 | 0·93 | 0·90-0·97 | 1·03 | 0·99-1·08 |
| Urine glucose test |  |  |  |  |  |  |
|  Negative | 1·00 | (ref) | 1·00 | (ref) | 1·00 | (ref) |
|  Positive | 0·81 | 0·71-0·93 | 0·85 | 0·74-0·97 | 1·03 | 0·99-1·08 |
| OR, odds ratio; CI, confidence interval.\*All covariates listed in the table were mutually adjusted, as well as adjusted for the metabolic risk score, education, sex, and age |