**Supplementary table 3.** Prevalence of renal and liver function markers between no-supplement use and supplement use in women and men (N=242).

|  |  |  |
| --- | --- | --- |
| **Variables** | **Women** | **Men** |
| **No-supplement use** | **Supplement use** | **p** | **No-supplement use** | **Supplement use** | **p** |
| **n (%)** | **n (%)** | **n (%)** | **n (%)** |
| **ALT (U/L)** |  |  | 0.496 |  |  | 0.075 |
| Normal | 77 (97.5) | 47 (95.9) |  | 61 (93.8) | 41 (83.7) |  |
| Slightly altered | 2 (2.5) | 2 (4.1 |  | 4 (2.6) | 8 (16.3) |  |
| **AST (U/L)** |  |  | 0.255 |  |  | 0.001 |
| Normal | 74 (93.7) | 48 (98.0) |  | 60 (92.3) | 33 (67.3) |  |
| Slightly altered | 5 (6.3) | 1 (2.0) |  | 5 (7.7) | 16 (32.7) |  |
| **AKP (U/L)** |  |  | 0.252 |  |  | 0.484 |
| Normal | 70 (88.6) | 46 (93.9) |  | 57 (87.7) | 42 (85.7) |  |
| Slightly altered | 9 (11.4) | 3 (6.1) |  | 8 (12.3) | 7 (14.3) |  |
| **Gama-GT (U/L)** |  |  | 0.281 |  |  | 0.368 |
| Normal | 76 (95.0) | 44 (89.8) |  | 63 (96.9) | 46 (93.9) |  |
| Slightly altered | 4 (5.0) | 5 (10.2) |  | 2 (3.1) | 3 (6.1) |  |
| **Creatinine (mg/dL)** |  |  | 0.494 |  |  | 0.077 |
| Normal | 61 (77.2) | 37 (75.5) |  | 60 (92.3) | 40 (81.6) |  |
| Slightly altered | 18 (22.8) | 12 (24.5) |  | 5 (7.7) | 9 (18.4) |  |
| **Urea (mg/dL)** |  |  | 0.582 |  |  | 0.004 |
| Normal | 65 (83.3) | 41 (83.7) |  | 53 (81.5) | 29 (59.2) |  |
| Slightly altered | 13 (16.7) | 12 (18.5) |  | 12 (18.5) | 20 (40.8) |  |