Supplemental material

Table 1S: Type of dietary supplements used by men in the National Health and Nutrition survey – HYDRIA.

|  |  |
| --- | --- |
| Dietary Supplement type | Men |
| Age groups (in years) |
| 18-34 (%) | 35-44 (%) | 45-54 (%) | 55-64 (%) | 65-74 (%) | ≥75 (%) | p-Value |
| Vitamin C | 33·8 | 25·3 | 21·8 | 12·6 | 6·6 | 0·0 | 0·078 |
| Vitamin D | 4·7 | 15·7 | 8·5 | 30·1 | 27·8 | 13·3 | 0·146 |
| Folic acid | 12·0 | 3·8 | 0·0 | 22·3 | 37·6 | 24·4 | 0·098 |
| Multivitamin (MV) | 38·5 | 20·1 | 14·8 | 12·0 | 7·2 | 7·3 | 0·188 |
| Multivitamin with minerals (MVM) | 47·0 | 24·2 | 17·7 | 8·0 | 0·3 | 2·8 | <0·001 |
| Calcium | 16·1 | 16·5 | 12·1 | 19·3 | 30·9 | 5·1 | 0·396 |
| Iron | 13·8 | 0·0 | 0·0 | 9·9 | 50·7 | 25··6 | <0·001 |
| Magnesium | 34·7 | 10·7 | 6·6 | 2·5 | 20·2 | 2·8 | 0·214 |
| Fatty acids | 19·5 | 17·0 | 11·6 | 32·8 | 17·9 | 1·2 | 0·015 |
| Plant/herbs | 41·8 | 20·2 | 19·8 | 9·1 | 7·2 | 1·9 | 0·063 |
| Probiotic/prebiotics | 73·1 | 0·0 | 0·0 | 26·9 | 0·0 | 0·0 | 0·113 |
| Algae | 22·5 | 14·5 | 14·5 | 11·7 | 7·8 | 16·4 | 0·485 |
| Muscle building | 59·1 | 8·5 | 8·5 | 1·1 | 1·2 | 0·0 | <0·001 |
| Weight loss | 0·0 | 10·2 | 10·2 | 18·6 | 18·4 | 5·8 | 0·164 |
| Other/non-specified | 34·2 | 16·0 | 16·0 | 23·9 | 7·2 | 1·9 | 0·038 |

Table 2S: Type of dietary supplements used by women in the National Health and Nutrition survey - HYDRIA.

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| --- | --- |
| Dietary Supplement type | Women |
| Age groups (in years) |
| 18-34 (%) | 35-44 (%) | 45-54 (%) | 55-64 (%) | 65-74 (%) | ≥75 (%) | p-Value |
| Vitamin C | 40·5 | 20·1 | 20·2 | 8·3 | 6·3 | 4·7 | 0·035 |
| Vitamin D | 7·5 | 7·4 | 20·5 | 27·1 | 17·8 | 19·6 | 0·002 |
| Folic acid | 40·8 | 18·9 | 9·3 | 10·8 | 8·9 | 11·4 | 0·182 |
| Multivitamin (MV) | 19·2 | 20·1 | 13·7 | 14·6 | 12·2 | 20·2 | 0·624 |
| Multivitamin with minerals (MVM) | 27·6 | 23·4 | 13/7 | 9·5 | 9·3 | 16·3 | 0·406 |
| Calcium | 7·9 | 8·4 | 13·3 | 25·6 | 26·4 | 19·2 | <0·001 |
| Iron | 32·6 | 31·9 | 17·6 | 7·3 | 4·3 | 6·3 | <0·001 |
| Magnesium | 14·4 | 10·1 | 10·7 | 19·0 | 27·8 | 18·0 | 0·075 |
| Fatty acids | 11·6 | 13·8 | 14·1 | 33·5 | 13·8 | 13·2 | 0·004 |
| Plant/herbs | 17·2 | 24·2 | 16·6 | 15·0 | 5·5 | 21·6 | 0·292 |
| Probiotic/prebiotics | 29·0 | 19·4 | 13·3 | 18·3 | 7·9 | 12·1 | 0·946 |
| Algae | 21·9 | 21·1 | 28·7 | 13·5 | 8·5 |  6·2 | 0·032 |
| Muscle building | 56·6 | 19·1 | 2·7 | 13·4 | 8·2 | 0·0 | 0·198 |
| Weight loss | 29·8 | 3·6 | 11·7 | 17·1 | 5·6 | 0·0 | 0·015 |
| Other/non-specified | 13·5 | 29·4 | 22·9 | 13·6 | 11·7 | 8·7 | 0·147 |

Table 3S: Dietary Supplement assessment method

|  |  |  |  |
| --- | --- | --- | --- |
| 24-hour dietary recalls | FPQ | Questionnaire during blood sample collection examination | Percentage of participants |
| Non-users | Users | Non-users | Users | Non-users | Users |  |
| x |  | x |  | x |  | 68·8 |
| x |  | x |  |  | x | 5·3 |
| x |  |  | x | x |  | 8·2 |
| x |  |  | x |  | x | 3·7 |
|  | x | x |  | x |  | 1·7 |
|  | x | x |  |  | x | 1·4 |
|  | x |  | x | x |  | 2·7 |
|  | x |  | x |  | x | 8·3 |
| The percentage of participants who reported DS use in all three dietary assessment methods was 8.3%. About 69% of adults did not report a DS in any of the three dietary assessment methods. The percentage of participants who reported DS using only one or two dietary assessment methods ranged between 1.4 % (during 24-hour recalls and blood examination) and 8.2% (only during the FPQ interview) |