

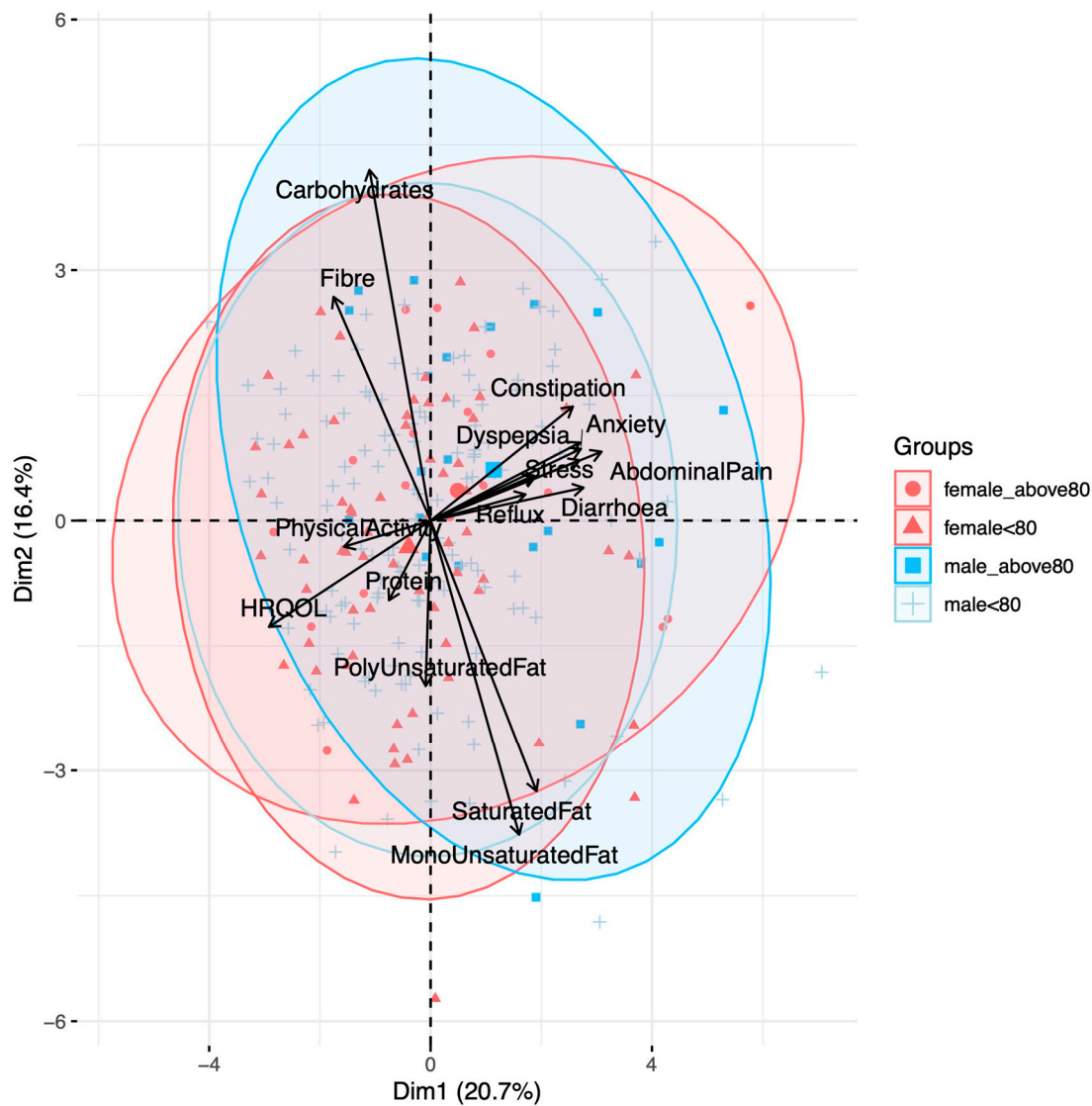
Supplementary Table S1. Participant characteristics and well-being stratified by presence of gastrointestinal (GI) symptoms, compared with Mann-Whitney U and Chi2.

Variable	All participants n=237*	Have GI symptoms n= 155	No GI symptoms n= 82	p-value
Age				
Years, median (IQR)	72 (69-76)	72 (69-76)	71 (68-75)	0.450
Age above 79, % (n)	16% (39)	18% (28)	12% (10)	0.269
Sex				
Females, % (n)	66% (159)	68% (105)	62% (51)	0.392
Smoking				
Smokers % (n)	5% (11)	3% (5)	6% (5)	0.321
Physical activity				
Score, median (IQR)	4 (3-4)	4 (3-4)	4 (3-4)	0.960
Polypharmacy				
≥5 medications % (n)	16% (39)	19% (29)	12% (10)	0.269
Number of medicines				
Median (IQR)	2 (1-4)	2 (1-4)	2 (1-3)	0.125
Depression				
Score, median (IQR)	2 (1-3)	2 (1-4)	1 (0-3)	0.177
Cut off (>7), % (n)	4% (9)	4% (6)	4% (3)	1.000
Anxiety				
Score, median (IQR)	3 (1-5)	4 (1-6)	2 (0-5)	0.001
Cut off (>7), % (n)	10% (23)	10% (16)	9% (7)	0.819
Stress				
Score, median (IQR)	10 (6-14)	10 (7-14)	7 (4-12)	0.001
Quality of life				
Median (IQR)				
EQ-Index	0.8 (0.8-1.0)	0.8 (0.8-0.9)	0.9 (0.8-1)	<0.001
EQ-VAS	80 (75-90)	80 (70-90)	90 (80-90)	0.002

*Four participants did not fill in the questionnaire Gastrointestinal Symptom Rating Score (GSRS), hence were excluded. Having a GI symptom representing a participant getting scoring >2 on their GSRS total mean score. IQR - interquartile range, showed by quartile 1 and quartile 3 within brackets, EQ - EuroQol, $p < 0.05$ were considered significant, marked in bold.

Supplementary Table S2. Weights of the first two components of the PCA in Figure 2 and Supplementary Figure S1.

	Principal component 1	Principal component 2
Polypharmacy	0,211965378	0,068796848
Diarrhoea	0,313347185	0,050215922
Dyspepsia	0,305997618	0,119097537
Constipation	0,291534064	0,173955834
Abdominal Pain	0,350296446	0,105160513
Reflux	0,194504518	0,040004455
Depression	0,214003095	0,066518059
Anxiety	0,308061978	0,109627016
Stress	0,305372053	0,092170086
HRQOL	-0,331173217	-0,162036978
PhysicalActivity	-0,177403133	-0,039743829
Protein	-0,085188306	-0,121468318
Saturated fat	0,216930345	-0,413826426
Mono unsaturated fat	0,181597608	-0,480195129
Poly unsaturated fat	-0,010021612	-0,252313167



Supplementary figure S1. Principal component analysis displaying the relationship between all investigated parameters within the different age groups. The main components of each dimension can be seen in supplementary Table 2. The five different gastrointestinal (GI) symptoms (dyspepsia, abdominal pain, constipation, diarrhoea and reflux) are grouped together with stress, anxiety, depression and polypharmacy. Health-related quality of life (HRQOL), as depicted by EuroQol (EQ)-index, grouped together with physical activity. The highest degree of separation was observed between GI symptoms to both HRQOL (EQ-index) and physical activity. A less degree of separation was seen between protein intake and GI symptoms, stress, polypharmacy, anxiety, and depression. Carbohydrates and fats, the two major sources of energy, had as expected the highest degree of separation.