

Table S1. Places from which the women bought or obtained food supplements reported by pregnant women in four European countries.

	Finland	Italy	Poland	United Kingdom	
Place of purchase, n (%)	<i>n</i> =536	<i>n</i> =467	<i>n</i> =553	<i>n</i> =112	<i>P</i> -value ^a
Doctor, midwife, health visitor	14 (2.6)	13 (2.8)	23 (4.2)	19 (17.0)	<0.001
Pharmacy, without prescription	492 (91.8)	336 (72.0)	527 (95.3)	49 (43.8)	<0.001
Pharmacy, with prescription	16 (3.0)	161 (34.5)	117 (21.2)	6 (5.4)	<0.001
Supermarket / grocery store	123 (23.0)	15 (3.2)	8 (1.5)	49 (43.8)	<0.001
Health/herbal store	84 (15.7)	13 (2.8)	5 (0.9)	14 (12.5)	<0.001
Domestic online store	40 (7.5)	27 (5.8)	46 (8.3)	15 (13.4)	0.288
International online store	18 (3.4)	12 (2.6)	6 (1.1)	3 (2.7)	0.558
Network marketing (direct selling)	10 (1.9)	4 (0.9)	2 (0.4)	1 (0.9)	0.582
Other ^b	4 (0.7)	7 (1.5)	15 (2.7)	4 (3.6)	0.252

^a Comparison among the countries, Chi-square test with Bonferroni correction.^b Gym or health spa, work, family, nutritionist, online pharmacy.

Table S2. Perceived recommendations for food supplement use before and during pregnancy and during breastfeeding as reported by pregnant women in four European countries.

	Finland	Italy	Poland	United Kingdom	
Statement, n (%)	n=536	n=540	n=585	n=121	<i>P-value</i> ^a
Multivitamin					
Recommended before pregnancy	226 (42.2)	139 (25.3)	339 (57.7)	67 (55.4)	<0.001
Recommended during pregnancy	374 (69.8)	394 (71.6)	488 (83.0)	90 (74.4)	<0.001
Recommended during breastfeeding	256 (47.8)	166 (30.2)	364 (61.9)	57 (47.1)	<0.001
Not recommended	62 (11.6)	26 (4.7)	28 (4.8)	7 (5.8)	<0.001
Vitamin A					
Recommended before pregnancy	4 (0.8)	51 (9.3)	44 (7.5)	4 (3.9)	<0.001
Recommended during pregnancy	2 (0.4)	106 (19.3)	60 (10.2)	5 (4.1)	<0.001
Recommended during breastfeeding	3 (0.6)	49 (8.9)	35 (6.0)	3 (2.5)	<0.001
Not recommended	447 (83.4)	132 (24.0)	220 (37.4)	75 (62.0)	<0.001
Folic acid					
Recommended before pregnancy	455 (85.0)	472 (85.8)	544 (92.5)	88 (72.7)	<0.001
Recommended during pregnancy	441 (82.3)	429 (78.0)	504 (85.7)	82 (67.8)	<0.001
Recommended during breastfeeding	55 (10.3)	64 (11.6)	117 (19.9)	8 (6.6)	<0.001
Not recommended	16 (3.0)	1 (0.2)	5 (0.9)	2 (1.7)	0.003
Vitamin D					
Recommended before pregnancy	253 (47.2)	94 (17.1)	274 (46.6)	48 (39.7)	<0.001
Recommended during pregnancy	328 (61.2)	175 (31.8)	325 (55.3)	73 (60.3)	<0.001
Recommended during breastfeeding	255 (47.6)	119 (21.6)	250 (42.5)	50 (41.3)	<0.001
Not recommended	47 (8.8)	58 (10.6)	46 (7.8)	3 (2.5)	0.180
Vitamin C					
Recommended before pregnancy	50 (9.3)	108 (19.6)	143 (24.3)	18 (14.9)	<0.001
Recommended during pregnancy	56 (10.5)	163 (29.6)	132 (22.5)	25 (20.7)	<0.001
Recommended during breastfeeding	40 (7.5)	102 (18.6)	85 (14.5)	14 (11.6)	<0.001
Not recommended	207 (38.6)	74 (13.5)	139 (23.6)	29 (24.0)	<0.001
Iodine					
Recommended before pregnancy	12 (2.2)	33 (6.1)	134 (23.0)	3 (2.5)	<0.001
Recommended during pregnancy	24 (4.5)	76 (14.1)	253 (43.3)	5 (4.1)	<0.001
Recommended during breastfeeding	10 (1.9)	33 (6.1)	96 (16.4)	3 (2.5)	<0.001

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Not recommended	239 (44.6)	116 (21.5)	76 (13.0)	33 (27.3)	<0.001
Calcium					
Recommended before pregnancy	69 (12.9)	72 (13.4)	123 (21.1)	15 (12.4)	0.002
Recommended during pregnancy	184 (34.3)	176 (32.7)	195 (33.4)	31 (25.6)	1.000
Recommended during breastfeeding	126 (23.5)	155 (28.8)	157 (26.9)	23 (19.0)	0.396
Not recommended	133 (24.8)	71 (13.2)	90 (15.4)	25 (20.7)	<0.001
Iron					
Recommended before pregnancy	26 (4.9)	85 (15.8)	131 (22.4)	22 (18.2)	<0.001
Recommended during pregnancy	347 (64.7)	343 (63.6)	340 (58.2)	51 (42.2)	<0.001
Recommended during breastfeeding	62 (11.6)	123 (22.8)	144 (24.7)	23 (19.0)	<0.001
Not recommended	90 (16.8)	37 (6.9)	59 (10.1)	19 (15.7)	<0.001
Vitamin B12					
Recommended before pregnancy	49 (9.1)	98 (17.8)	164 (27.9)	20 (16.5)	<0.001
Recommended during pregnancy	75 (14.0)	226 (41.1)	224 (38.1)	24 (19.8)	<0.001
Recommended during breastfeeding	35 (6.5)	93 (16.9)	110 (18.7)	12 (9.9)	<0.001
Not recommended	172 (32.1)	63 (11.5)	72 (12.2)	24 (19.8)	<0.001
Vitamin B (other than B12 and folic acid)					
Recommended before pregnancy	27 (5.0)	103 (18.7)	140 (23.8)	12 (9.9)	<0.001
Recommended during pregnancy	39 (7.3)	204 (37.1)	179 (30.4)	16 (13.2)	<0.001
Recommended during breastfeeding	16 (3.0)	87 (15.8)	89 (15.1)	8 (6.6)	<0.001
Not recommended	185 (34.5)	57 (10.4)	79 (13.4)	26 (21.5)	<0.001
Vitamin E					
Recommended before pregnancy	12 (2.2)	52 (9.5)	82 (14.0)	5 (4.1)	<0.001
Recommended during pregnancy	10 (1.9)	100 (18.2)	80 (13.6)	5 (4.1)	<0.001
Recommended during breastfeeding	9 (1.7)	60 (10.9)	51 (8.7)	3 (2.5)	<0.001
Not recommended	215 (40.1)	85 (15.5)	118 (20.1)	31 (25.6)	<0.001
Zinc					
Recommended before pregnancy	14 (2.6)	35 (6.5)	70 (12.0)	5 (4.1)	<0.001
Recommended during pregnancy	14 (2.6)	73 (13.5)	85 (14.6)	6 (5.0)	<0.001
Recommended during breastfeeding	11 (2.1)	31 (5.8)	47 (8.1)	3 (2.5)	<0.001
Not recommended	201 (37.5)	100 (18.6)	119 (20.4)	29 (24.0)	<0.001
Selenium					
Recommended before pregnancy	9 (1.7)	26 (4.8)	59 (10.1)	2 (1.7)	<0.001
Recommended during pregnancy	10 (1.9)	62 (11.5)	86 (14.7)	3 (2.5)	<0.001

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Recommended during breastfeeding	8 (1.5)	26 (4.8)	45 (7.7)	2 (1.7)	<0.001
Not recommended	208 (38.8)	115 (21.3)	126 (21.6)	29 (24.0)	<0.001
Chromium					
Recommended before pregnancy	2 (0.4)	16 (3.0)	44 (7.5)	2 (1.7)	<0.001
Recommended during pregnancy	2 (0.4)	45 (8.4)	50 (8.6)	1 (0.8)	<0.001
Recommended during breastfeeding	2 (0.4)	18 (3.3)	28 (4.8)	2 (1.7)	<0.001
Not recommended	212 (39.6)	126 (23.4)	147 (25.2)	32 (26.5)	<0.001
Magnesium					
Recommended before pregnancy	25 (4.7)	99 (18.4)	190 (32.5)	5 (4.1)	<0.001
Recommended during pregnancy	89 (16.6)	263 (48.8)	323 (55.3)	13 (10.7)	<0.001
Recommended during breastfeeding	27 (5.0)	97 (18.0)	151 (25.9)	6 (5.0)	<0.001
Not recommended	167 (31.2)	45 (8.4)	65 (11.1)	25 (20.7)	<0.001
Manganese					
Recommended before pregnancy	2 (0.4)	28 (5.2)	43 (7.4)	1 (0.8)	<0.001
Recommended during pregnancy	2 (0.4)	66 (12.2)	50 (8.6)	2 (1.7)	<0.001
Recommended during breastfeeding	2 (0.4)	28 (5.2)	27 (4.6)	1 (0.8)	<0.001
Not recommended	210 (39.2)	91 (16.9)	130 (22.3)	31 (25.6)	<0.001

^a Comparison between the countries, Chi-square test with Bonferroni correction.

Table S3. Non-pregnancy related health conditions of the pregnant women participating in the study.

	All	Finland	Italy	Poland	United Kingdom	
Health conditions, n (%)	n=1762	n=536	n=539	n=569	n=118	P-value ^a
Diabetes ^b	17 (1.0)	7 (1.3)	5 (0.9)	5 (0.9)	0 (0.0)	1.000
Heart disease/ high blood pressure/ high cholesterol	38 (2.2)	18 (3.4)	6 (1.1)	13 (2.3)	1 (0.8)	0.354
Thyroid disease	274 (15.6)	52 (9.7)	70 (13.0)	142 (25.0)	10 (8.5)	<0.001
Intestinal health conditions ^c	221 (12.5)	81 (15.1)	73 (13.5)	43 (7.6)	24 (20.3)	<0.001
Allergy/ asthma	340 (19.3)	170 (31.7)	67 (12.4)	86 (15.1)	17 (14.4)	<0.001
Rheumatism/ arthritis	29 (1.6)	5 (0.9)	12 (2.2)	9 (1.6)	3 (2.5)	1.000
Migraine/ frequent headaches	273 (15.5)	119 (22.2)	52 (9.6)	90 (15.8)	12 (10.2)	<0.001
Chronic anxiety/ depression	107 (6.1)	49 (9.1)	27 (5.0)	16 (2.8)	15 (12.7)	<0.001

^a Comparison between the countries, Chi-square test with Bonferroni correction.

^b Type 1 or type 2 diabetes.

^c Health conditions including celiac disease, inflammatory bowel disease, irritable bowel syndrome and/or food intolerance.

Table S4. Frequency of food supplement use during pregnancy as reported by pregnant women in four European countries.

Finland	Food supplement users		Frequency of using food supplements, <i>n</i> (%) of users				
	Total <i>n</i>	<i>n</i> (%) of participants	7 days a week	5 - 6 days a week	3 - 4 days a week	1 - 2 days a week	Less than once a week
Prenatal multivitamin	529	432 (81.7)	356 (82.4)	41 (9.5)	23 (5.3)	0 (0.0)	12 (2.8)
Other multivitamin	524	160 (30.5)	108 (67.5)	10 (6.3)	14 (8.8)	8 (5.0)	20 (12.5)
Vitamin A	528	7 (1.3)	1 (14.3)	0 (0.0)	0 (0.0)	0 (0.0)	6 (85.7)
Folic acid	527	146 (27.7)	110 (75.3)	11 (7.5)	7 (4.8)	5 (3.4)	13 (8.9)
Vitamin B12	528	58 (11.0)	29 (50.0)	7 (12.1)	5 (8.6)	4 (6.9)	13 (22.4)
Other vitamin B's	526	39 (7.4)	23 (59.0)	1 (2.6)	4 (10.3)	0 (0.0)	11 (28.2)
Vitamin C	528	73 (13.8)	31 (42.5)	4 (5.5)	7 (9.6)	4 (5.5)	27 (37.0)
Vitamin D	529	202 (38.2)	130 (64.4)	17 (8.4)	18 (8.9)	10 (5.0)	27 (13.4)
Vitamin E	528	12 (2.3)	5 (41.7)	0 (0.0)	0 (0.0)	0 (0.0)	7 (58.3)
Iodine	529	14 (2.6)	3 (21.4)	1 (7.1)	0 (0.0)	1 (7.1)	9 (64.3)
Calcium	529	130 (24.6)	74 (56.9)	14 (10.8)	15 (11.5)	12 (9.2)	15 (11.5)
Iron	526	208 (39.5)	122 (58.7)	21 (10.1)	33 (15.9)	10 (4.8)	22 (10.6)
Zinc	528	51 (9.7)	18 (35.3)	2 (3.9)	5 (9.8)	5 (9.8)	21 (41.2)
Selenium	529	8 (1.5)	1 (12.5)	1 (12.5)	0 (0.0)	0 (0.0)	6 (75.0)
Magnesium	528	159 (30.1)	62 (39.0)	22 (13.8)	24 (15.1)	23 (14.5)	28 (17.6)
Manganese	528	5 (0.9)	0 (0.0)	1 (20.0)	0 (0.0)	0 (0.0)	4 (80.0)
Chromium	529	6 (1.1)	1 (16.7)	0 (0.0)	0 (0.0)	0 (0.0)	5 (83.3)

Italy	Food supplement users		Frequency of using food supplements, <i>n</i> (%) of users				
	Total <i>n</i>	<i>n</i> (%) of participants	7 days a week	5 - 6 days a week	3 - 4 days a week	1 - 2 days a week	Less than once a week
Prenatal multivitamin	469	354 (75.5)	333 (94.1)	7 (2.0)	9 (2.5)	2 (0.6)	3 (0.8)
Other multivitamin	461	164 (35.6)	144 (87.8)	2 (1.2)	10 (6.1)	2 (1.2)	6 (3.7)
Vitamin A	460	40 (8.7)	25 (62.5)	1 (2.5)	4 (10.0)	3 (7.5)	7 (17.5)
Folic acid	464	232 (50.0)	214 (92.2)	3 (1.3)	6 (2.6)	4 (1.7)	5 (2.2)
Vitamin B12	459	60 (13.1)	43 (71.7)	1 (1.7)	5 (8.3)	4 (6.7)	7 (11.7)
Other vitamin B's	461	70 (15.2)	50 (71.4)	1 (1.4)	6 (8.6)	5 (7.1)	8 (11.4)
Vitamin C	458	57 (12.4)	34 (59.6)	3 (5.3)	7 (12.3)	5 (8.8)	8 (14.0)
Vitamin D	458	67 (14.6)	39 (58.2)	0 (0.0)	4 (6.0)	15 (22.4)	9 (13.4)
Vitamin E	456	31 (6.8)	19 (61.3)	0 (0.0)	1 (3.2)	4 (12.9)	7 (22.6)
Iodine	458	27 (5.9)	19 (70.4)	0 (0.0)	0 (0.0)	1 (3.7)	7 (25.9)
Calcium	457	33 (7.2)	21 (63.6)	1 (3.0)	3 (9.1)	2 (6.1)	6 (18.2)
Iron	461	148 (32.1)	130 (87.8)	5 (3.4)	4 (2.7)	5 (3.4)	4 (2.7)
Zinc	457	25 (5.5)	16 (64.0)	0 (0.0)	1 (4.0)	1 (4.0)	7 (28.0)
Selenium	459	22 (4.8)	14 (63.6)	0 (0.0)	0 (0.0)	1 (4.5)	7 (31.8)
Magnesium	459	127 (27.7)	82 (64.6)	4 (3.1)	19 (15.0)	11 (8.7)	11 (8.7)
Manganese	456	18 (3.9)	9 (50.0)	1 (5.6)	1 (5.6)	1 (5.6)	6 (33.3)
Chromium	459	15 (3.3)	7 (46.7)	0 (0.0)	1 (6.7)	1 (6.7)	6 (40.0)

Poland	Food supplement users		Frequency of using food supplements, <i>n</i> (%) of users				
	Total n	<i>n</i> (%) of participants	7 days a week	5 - 6 days a week	3 - 4 days a week	1 - 2 days a week	Less than once a week
Prenatal multivitamin	555	504 (90.8)	474 (94.0)	12 (2.4)	12 (2.4)	2 (0.4)	4 (0.8)
Other multivitamin	551	200 (36.3)	177 (88.5)	9 (4.5)	7 (3.5)	3 (1.5)	4 (2.0)
Vitamin A	551	26 (4.7)	21 (80.8)	0 (0.0)	1 (3.8)	2 (7.7)	2 (7.7)
Folic acid	550	179 (32.5)	166 (92.7)	2 (1.1)	7 (3.9)	2 (1.1)	2 (1.1)
Vitamin B12	549	66 (12.0)	54 (81.8)	3 (4.5)	3 (4.5)	2 (3.0)	4 (6.1)
Other vitamin B's	550	39 (7.1)	23 (59.0)	1 (2.6)	4 (10.3)	0 (0.0)	11 (28.2)
Vitamin C	550	90 (16.4)	49 (54.4)	5 (5.6)	10 (11.1)	11 (12.2)	15 (16.7)
Vitamin D	550	111 (20.2)	90 (81.1)	2 (1.8)	11 (9.9)	4 (3.6)	4 (3.6)
Vitamin E	550	21 (3.8)	16 (76.2)	1 (4.8)	1 (4.8)	0 (0.0)	3 (14.3)
Iodine	550	66 (12.0)	61 (92.4)	3 (4.5)	1 (1.5)	0 (0.0)	1 (1.5)
Calcium	551	49 (8.9)	25 (51.0)	2 (4.1)	4 (8.2)	10 (20.4)	8 (16.3)
Iron	551	147 (26.7)	124 (84.4)	4 (2.7)	8 (5.4)	5 (3.4)	6 (4.1)
Zinc	551	18 (3.3)	13 (72.2)	0 (0.0)	1 (5.6)	2 (11.1)	2 (11.1)
Selenium	551	22 (4.0)	15 (68.2)	1 (4.5)	1 (4.5)	1 (4.5)	4 (18.2)
Magnesium	551	270 (49.0)	215 (79.6)	9 (3.3)	16 (5.9)	10 (3.7)	20 (7.4)
Manganese	550	13 (23.6)	11 (84.6)	0 (0.0)	0 (0.0)	0 (0.0)	2 (15.4)
Chromium	552	11 (2.0)	9 (81.8)	0 (0.0)	1 (9.1)	0 (0.0)	1 (9.1)

United Kingdom	Food supplement users		Frequency of using food supplements, <i>n</i> (%) of users				
	Total n	<i>n</i> (%) of participants	7 days a week	5 - 6 days a week	3 - 4 days a week	1 - 2 days a week	Less than once a week
Prenatal multivitamin	112	97 (86.6)	76 (78.4)	10 (10.3)	4 (4.1)	6 (6.2)	1 (1.0)
Other multivitamin	111	28 (25.2)	21 (75.0)	2 (7.1)	2 (7.1)	0 (0.0)	3 (10.7)
Vitamin A	110	1 (0.9)	0 (0.0)	1 (100.0)	0 (0.0)	0 (0.0)	0 (0.0)
Folic acid	111	10 (9.0)	7 (70.0)	1 (10.0)	1 (10.0)	0 (0.0)	1 (10.0)
Vitamin B12	111	9 (8.1)	6 (66.7)	0 (0.0)	1 (11.1)	1 (11.1)	1 (11.1)
Other vitamin B's	111	7 (6.3)	4 (57.1)	1 (14.3)	0 (0.0)	1 (14.3)	1 (14.3)
Vitamin C	111	6 (5.4)	3 (50.0)	2 (33.3)	1 (16.7)	0 (0.0)	0 (0.0)
Vitamin D	111	20 (18.0)	11 (55.0)	2 (10.0)	3 (15.0)	3 (15.0)	0 (0.0)
Vitamin E	111	2 (1.8)	1 (50.0)	0 (0.0)	1 (50.0)	0 (0.0)	0 (0.0)
Iodine	111	2 (1.8)	1 (50.0)	0 (0.0)	0 (0.0)	0 (0.0)	1 (50.0)
Calcium	112	7 (6.3)	4 (57.1)	2 (28.6)	1 (14.3)	0 (0.0)	0 (0.0)
Iron	112	21 (18.8)	12 (57.1)	4 (19.0)	1 (4.8)	4 (19.0)	0 (0.0)
Zinc	110	2 (1.8)	1 (50.0)	1 (50.0)	0 (0.0)	0 (0.0)	0 (0.0)
Selenium	111	2 (1.8)	1 (50.0)	0 (0.0)	1 (50.0)	0 (0.0)	0 (0.0)
Magnesium	111	2 (1.8)	2 (100.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Manganese	112	10 (8.9)	4 (40.0)	1 (10.0)	1 (10.0)	1 (10.0)	0 (0.0)
Chromium	111	1 (0.9)	0 (0.0)	1 (100.0)	0 (0.0)	0 (0.0)	0 (0.0)

Table S5. Daily intakes of nutrients from food supplements with no recommended intake levels during pregnancy.

	Finland	Italy	Poland	United Kingdom	
Nutrient	<i>n</i> =470	<i>n</i> =360	<i>n</i> =439	<i>n</i> =97	<i>P</i> -value
Betacarotene, µg/d					
User, n (%)	3 (0.6)	99 (27.5)	76 (17.3)	1 (1.0)	<0.001 ^a
Dose, median (IQR)	1200	3000 (1800 – 3000)	3000 (1929 – 3000)	80.1	0.100 ^b
Dose, range	400 - 2400	200 - 6000	180 - 6000	-	
Vitamin B1 (thiamin), mg/d					
User, n (%)	394 (83.8)	271 (75.3)	124 (28.3)	77 (79.4)	<0.001 ^a
Dose, median (IQR)	5.0 (2.6 – 5.0)	1.1 (1.1 – 1.4)	1.5 (1.3 – 1.5)	3.0 (1.4 – 3.0)	<0.001 ^b
Dose, range	0.37 – 55.0	0.5 – 26.2	0.4 – 9.0	1.1 – 8.0	
Vitamin B2 (riboflavin), mg/d					
User, n (%)	393 (83.6)	274 (76.1)	116 (26.4)	77 (79.4)	<0.001 ^a
Dose, median (IQR)	5.0 (2.8 – 5.0)	1.5 (1.4 – 1.7)	1.6 (1.6 – 1.6)	2.0 (1.4 – 2.0)	<0.001 ^b
Dose, range	0.5 – 55.0	0.6 – 15.0	0.7 – 20.0	0.9 – 8.0	
Vitamin B3 (niacin), mg/d					
User, n (%)	390 (83.0)	269 (74.7)	119 (27.1)	65 (67.0)	<0.001 ^a
Dose, median (IQR)	20.0 (17.0 – 20.0)	16.0 (16.0 – 22.0)	18.0 (16.0 – 20.0)	20.0 (20.0 – 20.0)	<0.001 ^b
Dose, range	4.5 – 65.0	6.9 – 51.0	7.5 – 120.0	2.1 – 32.0	
Vitamin B5 (pantothenic acid), mg/d					
User, n (%)	390 (83.0)	268 (74.4)	120 (27.3)	76 (78.4)	<0.001 ^a
Dose, median (IQR)	5.0 (5.0 – 5.8)	6.0 (6.0 – 6.0)	10.0 (6.0 – 10.0)	6.0 (6.0 – 6.0)	<0.001 ^b

Dose, range	1.8 – 55.0	2.6 – 25.0	3.0 – 150.0	2.6 – 20.0	
Vitamin B7 (biotin), µg/d					
User, n (%)	343 (73.0)	263 (73.1)	105 (23.9)	76 (78.4)	<0.001 ^a
Dose, median (IQR)	30.0 (30.0 – 30.0)	50.0 (35 – 60.0)	100.0 (60.0 – 100.0)	150.0 (50.0 – 150.0)	<0.001 ^b
Dose, range	5.0 – 10000	15.0 – 525.0	3.0 – 500.0	12.0 – 225.0	
Vitamin B12 (cobalamin), µg/d					
User, n (%)	402 (85.5)	278 (77.2)	266 (60.6)	82 (84.5)	<0.001 ^a
Dose, median (IQR)	3.0 (3.0 – 3.0)	2.5 (2.5 – 2.6)	3.5 (2.6 – 4.0)	6.0 (2.6 – 6.0)	<0.001 ^b
Dose, range	0.3 – 1013.5	0.4 – 285.7	0.5 – 504.0	1.5 – 500.0	
Vitamin C, mg/d					
User, n (%)	397 (84.5)	192 (53.3)	148 (33.7)	84 (86.6)	<0.001 ^a
Dose, median (IQR)	120.0 (102.9 – 120.0)	100.0 (80.0 – 100.0)	120.0 (80.0 – 180.0)	70.0 (70.0 – 80.0)	<0.001 ^b
Dose, range	7.5 – 1082.0	10.0 – 2000.0	20.0 – 1110.0	30.0 – 200.0	
Vitamin K, µg/d					
User, n (%)	66 (14.0)	17 (4.7)	6 (1.4)	73 (75.3)	<0.001 ^a
Dose, median (IQR)	90.0 (75.0 – 90.0)	35.0 (35.0 – 44.0)	100.0 (55.0 – 150.0)	70.0 (70.0 – 70.0)	<0.001 ^b
Dose, range	25.0 – 90.0	21.4 – 140.0	40.0 – 300.0	20.0 – 150.0	
Iron, mg/d					
User, n (%)	406 (86.4)	293 (81.4)	349 (79.5)	79 (81.4)	0.270 ^a
Dose, median (IQR)	20.0 (20.0 – 70.0)	30.0 (27.0 – 41.1)	30.0 (27.0 – 60.0)	17.0 (17.0 – 17.0)	<0.001 ^b
Dose, range	2.7 – 220.0	2.1 – 210.0	7.5 – 260.0	7.3 – 158.0	
Manganese, mg/d					
User, n (%)	85 (18.1)	146 (40.6)	89 (20.3)	4 (4.1)	<0.001 ^a

Dose, median (IQR)	1.8 (1.7 – 1.8)	2.0 (2.0 – 2.0)	1.0 (1.0 – 1.0)	0.6 (0.3 – 0.9)	<0.001 ^b
Dose, range	0.4 – 2.5	0.5 – 10.0	0.4 – 5.0	0.3 – 1.0	
Chromium, µg/d					
User, n (%)	82 (17.4)	80 (22.2)	2 (0.5)	18 (18.6)	<0.001 ^a
Dose, median (IQR)	25.0 (25.0 – 25.4)	40.0 (40.0 – 40.0)	85.0	40.0 (40.0 – 40.0)	<0.001 ^b
Dose, range	12.5 – 50.0	10.0 – 60.0	50.0 – 120.0	4.5 – 150.0	
Copper, mg/d					
User, n (%)	261 (55.5)	207 (57.5)	96 (21.9)	75 (77.3)	<0.001 ^a
Dose, median (IQR)	1.0 (1.0 – 1.0)	1.2 (0.5 – 1.2)	1.0 (1.0 – 1.0)	1.0 (1.0 – 1.0)	<0.001 ^b
Dose, range	0.3 – 1.5	0.1 – 2.6	0.4 – 1.0	0.4 – 2.5	

^a Comparison between the countries, Chi-square test with Bonferroni correction.

^b Comparison between the countries, Kruskal-Wallis test with Bonferroni correction.