

Supplemental Table 1. Average Women’s Multivitamin and Mineral (MVM) Supplement Developed from the Dietary Supplement

Label Database

Common nutrients in MVM supplement intended for women 19-50y	Average amount of nutrient in Women’s MVM supplements	DRI Reference: Females 19-30y (2000 kcal) 30-50y (1800 kcal)	Percent of DRI attained from Women’s MVM Composite	DRI Reference: Lactation 19-30y (2400 kcal), 31-50y (2200 kcal) 0-12 months postpartum	Percent of DRI attained from Women’s MVM Composite
Vitamin B ₁₂ (mcg)	26.64	2.4	1110.00	2.8	951.43
Vitamin B ₆ (mcg)	3.73	1.3	286.92	2	186.50
Vitamin C (mg)	92.1	75	122.80	120	76.75
Calcium (mg)	277.09	1000	27.71	1000	27.71