Supplemental Table 1. Dietary intakes of selected mineral among users and non-users of dietary supplements by the Dietary Reference Intake age groups and gender among U.S. adults, 2003-2006.

		Usual Intake - Calcium (mg)						Usual Intake - Iron (mg)					
		Users			Non-Users			Users			Non-Users		
	Age (y)	N	Mean	± SE	N	Mean	± SE	N	Mean	± SE	N	Mean	± SE
M	19+	1782	1058	± 22	2777	1005	± 21	807	19.8	± 0.5	3752	18.5	± 0.2
	19-30	285	1136	± 59	812	1090	± 36	158	21.7	± 0.8	939	19.8	± 0.5
	31-50	556	1132	± 30	883	1033	± 35	285	20.2	± 0.6	1154	19.1	± 0.3
	51-70	534	981	± 29	681	897	± 24	205	18.4	± 0.9	1010	17.2	± 0.4
	71+	407	924	± 31	401	887	± 28	159	17.1	± 0.7	649	16.3	± 0.3
F	19+	2109	843	± 16	2192	727	± 12*	1102	14.1	± 0.3	3199	13.0	± 0.2*
	19-30	274	933	± 39	639	717	± 26*	215	14.9	± 0.8	698	12.9	± 0.4
	31-50	597	864	± 25	753	760	± 17*	379	14.4	± 0.4	971	13.2	± 0.4
	51-70	746	804	± 20	505	698	± 27*	309	13.5	± 0.4	942	13.0	± 0.4
	71+	492	802	± 23	295	680	± 26*	199	13.4	± 0.6	588	12.6	± 0.4

		Usual Intake - Magnesium (mg)						Usual Intake - Zinc (mg)					
		Users			Non-Users			Users			Non-Users		
	Age (y)	N	Mean	± SE	N	Mean	± SE	N	Mean	± SE	N	Mean	± SE
M	19+	1459	350	± 5	1592	268	± 5*	1369	15.0	± 0.2	3190	14.5	± 0.2
	19-30	228	358	± 13	212	254	± 13*	209	16.6	± 0.3	888	15.0	± 0.4*
	31-50	441	373	± 9	446	284	± 8*	403	15.8	± 0.2	1036	15.3	± 0.3
	51-70	458	339	± 10	567	269	± 7*	427	14.4	± 0.3	788	13.4	± 0.3

	71+	332	296	±	8	367	243	±	7*	330	12.2	±	0.3	478	12.3 ± 0.4
F	19+	1459	350	±	5	3100	327	±	5*	1545	10.6	±	0.2	2756	9.5 ± 0.2*
	19-30	228	358	±	13	869	328	±	10	218	10.8	±	0.4	695	9.5 ± 0.3
	31-50	441	373	±	9	998	351	±	7	417	11.2	±	0.3	933	9.9 ± 0.2*
	51-70	458	339	±	10	757	306	±	8	541	10.5	±	0.2	710	9.3 ± 0.3*
	71+	332	296	±	8	476	269	±	6	369	9.6	±	0.3	418	8.6 ± 0.3

		Usual Intake - Phosphorus (mg)								**Usual Intake - Copper (mg)**							
		Users				**Non-Users**				**Users**				**Non-Users**			
	Age (y)	**N**	**Mean**	**±**	**SE**	**N**	**Mean**	**±**	**SE**	**N**	**Mean**	**±**	**SE**	**N**	**Mean**	**±**	**SE**
M	19+	959	1596	±	27	3600	1564	±	19	1302	1.6	±	0.0	3257	1.5	±	0.0
	19-30	137	1712	±	74	960	1626	±	34	203	1.6	±	0.1	894	1.4	±	0.0*
	31-50	273	1739	±	32	1166	1651	±	30	382	1.7	±	0.0	1057	1.6	±	0.0
	51-70	306	1496	±	47	909	1458	±	24	409	1.5	±	0.1	806	1.4	±	0.0
	71+	243	1301	±	34	565	1298	±	30	308	1.3	±	0.0	500	1.3	±	0.0
F	19+	984	1176	±	21	3317	1096	±	13*	1281	1.2	±	0.0	3020	1.1	±	0.0*
	19-30	99	1281	±	59	814	1100	±	24	149	1.2	±	0.0	764	1.0	±	0.0
	31-50	231	1273	±	42	1119	1128	±	17*	319	1.3	±	0.0	1031	1.1	±	0.0*
	51-70	374	1139	±	23	877	1079	±	26	471	1.2	±	0.0	780	1.1	±	0.0*
	71+	280	1046	±	24	507	1002	±	18	342	1.1	±	0.0	445	1.0	±	0.0

		Usual Intake - Potassium (mg)								Usual Intake - Selenium (mcg)							
		Users				Non-Users				Users				Non-Users			
		N	Mean	±	SE	N	Mean	±	SE	N	Mean	±	SE	N	Mean	±	SE
M	19+	1178	3247	±	60	3381	3047	±	30*	1275	132.7	±	1.9	3284	129.0	±	1.8
	19-30	178	3098	±	107	919	2894	±	45	188	150.9	±	4.4	909	133.5	±	2.9*
	31-50	351	3373	±	77	1088	3228	±	50	374	144.4	±	3.2	1065	137.5	±	2.4
	51-70	378	3305	±	100	837	3014	±	53	410	123.0	±	3.0	805	118.7	±	2.9
	71+	271	2889	±	76	537	2830	±	62	303	101.2	±	3.5	505	103.5	±	2.3
F	19+	1093	2530	±	43	3208	2245	±	25*	1218	95.2	±	1.6	3083	88.3	±	1.2*
	19-30	103	2352	±	153	810	2054	±	45	135	99.4	±	4.6	778	89.0	±	1.8
	31-50	260	2555	±	86	1090	2325	±	28	298	97.7	±	2.9	1052	91.0	±	1.5
	51-70	430	2618	±	59	821	2281	±	47*	463	96.8	±	2.3	788	87.5	±	2.7
	71+	300	2374	±	70	487	2264	±	41	322	84.1	±	1.9	465	78.4	±	1.6

* Significantly different at a Bonferroni-adjusted p-value ≤ 0.003.

Supplemental Table 2 The prevalence (SE) of inadequate intakes as assessed using the Estimated Average Requirement (EAR) among adults (> 19 y) in the U.S., 2003-2006[1,2]

	Calcium								*Iron*							
		User			Non-User					User			Non-User			
	Age (y)	N	%	(SE)	N	%	(SE)		Age (y)	N	%	(SE)	N	%	(SE)	
M	**All 19+**	**1782**	**30**	**(2)**	**2777**	**36**	**(2)**	**M**	**All 19+**	**807**	**-**		**3752**	**-**		
	19-30	285	20	(5)	812	26	(3)		19-30	158	0	(0)	939	0	(0)	
	31-50	556	21	(3)	883	31	(3)		31-50	285	0	(0)	1154	0	(0)	
	51-70	534	34	(3)	681	45	(3)		51-70	205	0	(0)	1010	0	(0)	
	71+	407	64	(4)	401	67	(3)		71+	159	0	(0)	649	0.2	(0.1)	
F	**All 19+**	**2109**	**61**	**(2)**	**2192**	**71**	**(2)***	**F**	**All 19+**	**1102**	**13**	(1)	**3199**	**16**	(1)*	
	19-30	274	39	(5)	639	67	(4)*		19-30	215	11	(2)	698	18	(1)*	
	31-50	597	47	(3)	753	61	(3)*		31-50	379	12	(1)	971	16	(1)	
	51-70	746	77	(2)	505	88	(2)*		51-70	309	16	(2)	942	16	(1)	
	71+	492	77	(3)	295	89	(2)*		71+	199	15	(2)	588	17	(1)	

	Magnesium								*Zinc*							
		User			Non-User					User			Non-User			
	Age (y)	N	%	(SE)	N	%	(SE)		Age (y)	N	%	(SE)	N	%	(SE)	
M	**All 19+**	**1459**	**53**	**(2)**	**3100**	**63**	**(2)***	**M**	**All 19+**	**1369**	**9**	**(1)**	**3190**	**10**	**(1)**	
	19-30	228	46	(4)	869	62	(3)*		19-30	209	4	(1)	888	8	(2)	
	31-50	441	48	(3)	998	57	(2)		31-50	403	6	(2)	1036	6	(1)	
	51-70	458	57	(4)	757	71	(3)		51-70	427	10	(2)	788	15	(2)	
	71+	332	74	(3)	476	80	(2)		71+	330	24	(3)	478	22	(3)	
F	**All 19+**	**1592**	**52**	**(2)**	**2709**	**69**	**(2)***	**F**	**All 19+**	**1545**	**10**	**(1)**	**2756**	**17**	**(1)***	
	19-30	212	55	(4)	701	74	(3)*		19-30	218	9	(2)	695	17	(3)	
	31-50	446	49	(3)	904	64	(2)*		31-50	417	7	(2)	933	13	(2)	
	51-70	567	53	(3)	684	70	(4)*		51-70	541	11	(2)	710	19	(4)	

	71+	367	62	(3)	420	75	(2)*		71+	369	17	(3)	418	26	(4)

			Phosphorus							*Copper*						
			User			Non-User					User			Non-User		
	Age (y)	N	%	(SE)	N	%	(SE)		Cu	Age (y)	N	%	(SE)	N	%	(SE)
M	**All 19+**	**959**	**-**	**-**	**3600**	**-**	**-**		**M**	**All 19+**	**1302**	**0.3**	**(0.1)**	**3257**	**1.4**	**(0.3)***
	19-30	137	0	(0)	960	0	(0)			19-30	203	0	(0)	894	2	(1)
	31-50	273	0	(0)	1166	0	(0)			31-50	382	0	(0)	1057	1	(0)
	51-70	306	0	(0)	909	0	(0)			51-70	409	0	(0)	806	2	(1)
	71+	243	0	(0)	565	1	(0)			71+	308	1	(1)	500	3	(1)
F	**All 19+**	**984**	**2**	**(0.5)**	**3317**	**4**	**(1)***		**F**	**All 19+**	**1281**	**5**	**(1)**	**3020**	**10**	**(1)***
	19-30	99	1	(1)	814	4	(1)			19-30	149	6	(2)	764	12	(2)
	31-50	231	1	(0)	1119	3	(1)			31-50	319	3	(1)	1031	8	(1)*
	51-70	374	2	(1)	877	4	(1)			51-70	471	4	(1)	780	10	(2)
	71+	280	4	(1)	507	7	(1)			71+	342	9	(2)	445	15	(2)

			Selenium				
			User			Non-User	
	Age (y)	N	%	(SE)	N	%	(SE)
M	**All 19+**	**1275**	**-**	**-**	**3284**	**0.1**	(0)
	19-30	188	0	(0)	909	0	(0)
	31-50	374	0	(0)	1065	0	(0)
	51-70	410	0	(0)	805	0.1	(0.1)
	71+	303	0	(0)	505	0.5	(0.2)
F	**All 19+**	**1218**	**1.2**	**(0.5)**	**3083**	**2.4**	**(0.6)***
	19-30	135	0.7	(0.4)	778	2.0	(0.6)
	31-50	298	0.8	(0.5)	1052	1.6	(0.5)
	51-70	463	0.9	(0.4)	788	2.4	(0.9)
	71+	322	3.1	(1.3)	465	5.2	(1.2)