

Supplementary e-Table 12

Supplementary Table 12. Comparison of the median nutrient/vitamin daily recommended amounts with dietary intake from the NHANES and AREDS populations. Quintiles are gender-specific.								
	NHANES ¹		Prevalence Analysis: AREDS baseline ² includes all participants		Progression Analysis: Centrum Non-users		Progression Analysis: Centrum Users	
	Male	Female	Male	Female	Male	Female	Male	Female
Lutein/zeaxanthin, mcg								
Quintile 1	0.09	0.12	0.49	0.56	0.49	0.56	0.49	0.56
2	0.23	0.33	0.69	0.83	0.67	0.82	0.70	0.83
3	0.40	0.50	0.89	1.08	0.86	1.04	0.91	1.10
4	0.68	0.91	1.18	1.46	1.18	1.42	1.19	1.47
5	1.70	2.60	1.83	2.31	1.85	2.30	1.82	2.33
B1, µg								
Quintile 1	0.59	0.59	0.67	0.66	0.67	0.65	1500.68	1500.67
2	0.74	0.74	0.78	0.78	0.77	0.77	1500.79	1500.78
3	0.86	0.88	0.87	0.86	0.87	0.85	1500.88	1500.87
4	1.02	1.04	0.98	0.96	0.96	0.95	1500.99	1500.96
5	1.31	1.35	1.17	1.14	1.13	1.13	1501.19	1501.15
Riboflavin, µg								
Quintile 1	0.66	0.64	0.74	0.74	0.73	0.70	1700.75	1700.75
2	0.83	0.84	0.91	0.92	0.89	0.88	1700.91	1700.93
3	1.00	1.01	1.03	1.07	1.02	1.05	1701.05	1701.07
4	1.21	1.23	1.19	1.23	1.16	1.20	1701.21	1701.24
5	1.58	1.67	1.48	1.56	1.45	1.55	1701.51	1701.57
Niacin, µg								
Quintile 1	7.30	7.36	8.32	8.00	8.40	7.95	20008.26	20008.06
2	9.60	9.77	9.84	9.60	9.88	9.41	20009.82	20009.65
3	11.52	11.61	11.10	10.81	11.10	10.51	20011.09	20010.90
4	13.86	14.45	12.50	12.25	12.52	12.00	20012.49	20012.40
5	18.24	19.33	15.15	15.13	15.02	14.85	20015.25	20015.17
B6, µg								
Quintile 1	0.50	0.53	0.71	0.70	0.71	0.67	2000.72	2000.71
2	0.72	0.75	0.89	0.89	0.88	0.85	2000.90	2000.90
3	0.92	0.97	1.03	1.05	1.00	1.02	2001.04	2001.06
4	1.14	1.26	1.20	1.21	1.19	1.19	2001.20	2001.22
5	1.64	1.82	1.51	1.54	1.44	1.51	2001.55	2001.55
Folate, µg								
Quintile 1	0.07	0.08	0.15	0.16	0.15	0.15	400.16	400.16
2	0.10	0.11	0.20	0.20	0.19	0.20	400.20	400.20
3	0.13	0.14	0.23	0.23	0.23	0.23	400.24	400.24
4	0.17	0.20	0.28	0.27	0.27	0.27	400.28	400.28
5	0.27	0.31	0.36	0.35	0.35	0.35	400.36	400.35
B12, ng								
Quintile 1	0.88	0.68	1.56	1.51	1.49	1.43	6001.58	6001.54
2	1.48	1.29	2.25	2.16	2.18	2.06	6002.28	6002.19
3	2.06	1.84	2.84	2.74	2.80	2.64	6002.86	6002.78
4	2.86	2.61	3.61	3.50	3.58	3.44	6003.63	6003.52
5	4.72	4.54	5.11	5.06	4.98	5.00	6005.21	6005.07

¹ NHANESIII data from 1988-1994 for all nutrients except lutein/zeaxanthin, which is from NHANES 2001-2002, only those age 55 to 80 and Caucasian are included for best approximation of AREDS population.

² AREDS participants with available nutrient data, age range 55 to 80 years.