

Supplementary Table e-1. Diets, supplements, and medication information.

	Visit 1			Visit 2		
	CSF 5- MTHF ≥ 40 nmol/L	CSF 5-MTHF < 40 nmol/L	Total	CSF 5- MTHF ≥ 40 nmol/L	CSF 5-MTHF < 40 nmol/L	Total
n	62	5	67	24	7	31
Special diets^a, n(%)						
Gluten-Free	1 (2)	1 (20)	2 (3)	1 (4)	0 (0)	1 (3)
Casein-Free	3 (5)	0 (0)	3 (4)	1 (4)	0 (0)	1 (3)
Gluten and Casein-Free	17 (27)	2 (40)	19 (28)	1 (4)	6 (86)	7 (23)
Severely Limited/ Preference	2 (3)	0 (0)	2 (3)	0 (0)	0 (0)	0 (0)
Miscellaneous Restrictions	9 (15)	1 (20)	10 (15)	1 (4)	3 (43)	4 (13)
None	36 (58)	2 (40)	38 (57)	21 (88)	1 (14)	22 (71)
Supplements^b, n(%)						
Vitamins	24 (39)	3 (60)	27 (40)	12 (50)	4 (57)	16 (52)
Minerals	9 (15)	2 (40)	11 (16)	1 (4)	2 (29)	3 (10)
Omega-3	14 (23)	4 (80)	18 (27)	2 (8)	2 (29)	4 (13)
Probiotic	7 (11)	0 (0)	7 (10)	1 (4)	1 (14)	2 (6)
Amino Acid	4 (6)	0 (0)	4 (6)	1 (4)	1 (14)	2 (6)
Folic Acid (B9) Cyanocobalamine (B12)	2 (3)	0 (0)	2 (3)	1 (4)	0 (0)	1 (3)
None	5 (8)	1 (20)	6 (9)	1 (4)	0 (0)	1 (3)
None	31 (50)	0 (0)	31 (46)	10 (42)	3 (43)	13 (42)

	Visit 1			Visit 2		
	CSF 5- MTHF ≥ 40 nmol/L	CSF 5-MTHF < 40 nmol/L	Total	CSF 5- MTHF ≥ 40 nmol/L	CSF 5-MTHF < 40 nmol/L	Total
Medications^c, n(%)						
Antihistamine	7 (11)	1 (20)	8 (12)	1 (4)	1 (14)	2 (6)
Anticonvulsant	4 (6)	0 (0)	4 (6)	4 (17)	2 (29)	6 (25)
Antipsychotic (dopaminergic)	2 (3)	0 (0)	2 (3)	3 (13)	0 (0)	3 (10)
SSRI	2 (3)	0 (0)	2 (3)	1 (4)	0 (0)	1 (3)
Stimulant	3 (5)	0 (0)	3 (4)	6 (25)	1 (14)	7 (23)
Steroid	4 (6)	1 (20)	5 (7)	3 (13)	0 (0)	3 (10)
Bronchodilator	3 (5)	1 (20)	4 (6)	1 (4)	0 (0)	1 (3)
Hormone	12 (19)	1 (20)	13 (19)	5 (21)	3 (43)	8 (26)
Chelating Agent	3 (5)	1 (20)	4 (6)	0 (0)	0 (0)	0 (0)
Antifungal	4 (6)	1 (20)	5 (7)	1 (4)	0 (0)	1 (3)
Other	14 (23)	1 (20)	15 (22)	9 (38)	2 (29)	11 (35)
None	32 (52)	1 (20)	32 (48)	6 (25)	2 (29)	8 (26)
Number of Medications, M±SD	1.24±1.89	1.60±1.14	1.27±1.84	1.83±1.74	1.57±1.27	1.77±1.63
Range	(0, 8)	(0, 3)	(0, 8)	(0, 5)	(0, 3)	(0, 5)

^aDiets are not mutually exclusive, with the exception of Gluten Free and Casein Free (children with both restrictions are listed only in the Gluten & Casein Free category). Miscellaneous restrictions include soy, egg, and corn.

^bVitamins included choline, fluoride, multivitamin, phosphalinem vitamin C, vitamin D, vitamin B complex. Minerals included calcium, magnesium, and zinc. “Other” included niacin (B6), cholesterol, CoQ10, enzymes, garlic tablet, milk thistle. Supplement categories are not mutually exclusive.

^cHormones included melatonin and growth hormone. Other category included a wide range of medications that did not belong to the classifications above or where the category had only one member; list available upon request. Medication categories are not mutually exclusive.