

SUPP-Table 2: Vitamin C intake from food and supplement sources by supplement user subgroups and the prevalence of meeting/exceeding of dietary reference values using UK-weighted NDNS data from the rolling programme years 1-4⁽²⁶⁾.

Sex	Age (y)	Supplement status	N base	Food Vitamin C (mg/d) Median (IQR)	< EAR 25 mg (%)	>1000 mg/d (%)*	TNI Vitamin C (mg/d) Median (IQR)	< EAR 25 mg (%)	>1000 mg/d (%)*
Men	19-64	ALL	1126	71 (41, 109)	10.6	0	74 (44, 116)	9.5	0.4
		NSU	925	69 (41, 105)	10.7	0	69 (41, 105)	10.7	0
		SU	201	82 (42, 133)	9.9	0	123 (75, 194)	3.9	2.5
		SU-C	91	83 (42, 148)	8.4	0	83 (42, 148)	8.4	0
		SU+C	110	77 (42, 117)	11.7	0	173 (105, 278)	0	4.6
	65+	ALL	317	75 (43, 114)	9.3	0	79 (44, 120)	9.3	0.1
		NSU	211	65 (39, 104)	12.8	0	65 (39, 104)	12.8	0
		SU	106	88 (55, 119)	2.9	0	115 (69, 157)	2.3	0.6
		SU-C	73	87 (54, 116)	3.4	0	87 (54, 116)	3.4	0
		SU+C	33	107 (55, 130)	0	0	174 (130, 263)	0	1.8
Women	19-64	ALL	1571	68 (42, 104)	8.3	0	77 (44, 120)	7.6	1.1
		NSU	1148	62 (40, 99)	9.5	0	62 (40, 99)	9.5	0
		SU	423	83 (49, 118)	5.0	0	129 (82, 206)	2.6	4.1
		SU-C	207	86 (51, 128)	5.5	0	86 (51, 128)	5.5	0
		SU+C	216	76 (46, 117)	4.6	0	181 (124, 365)	0	7.8
	65+	ALL	436	78 (47, 115)	3.9	0	84 (50, 125)	3.8	0.8
		NSU	251	69 (43, 106)	6.4	0	69 (43, 106)	6.4	0
		SU	185	82 (51, 122)	1.0	0	102 (66, 150)	0.7	1.7
		SU-C	118	81 (51, 119)	1.1	0	81 (51, 119)	1.1	0
		SU+C	67	84 (50, 125)	0.9	0	154 (110, 282)	0	4.4

TNI, total nutrient intake (food + supplement); NSU, non-supplement users; SU, supplement users; SU+C, supplement user consumes a vitamin C containing supplement; SU-C, supplement user consumes a supplement without vitamin C; EAR, estimated average requirement; NDNS, national diet and nutrition survey; IQR, interquartile range.

* No SUL or GL are set by the EVM, but intakes >1000 mg have been associated with GI-problems in certain populations⁽³⁶⁾. This cutoff value was taken as an illustration of high intakes.

The inclusion of an additional stratification among the SU (SU-C and SU+C, rather than the combined group of SU) might have made the median, IQR and prevalence estimates unstable.

SUPP - Table 5: EPA/DHA intake from food and supplement sources by supplement user subgroups and the prevalence of meeting/exceeding the EAR using baseline 7dDD data (>= 3 completed days) from the EPIC-Norfolk study (1993-1998) – re-analysed data by age/sex groups as used in Lentjes *et al.* 2015 and 2017 ^(59,106).

Sex	Age (y)	Supplement status	N	Median (IQR) Food EPA+DHA (g/d)	DRVs using food sources		Median (IQR) TNI EPA+DHA (g/d)	DRVs using TNI		Meeting 0.25 (g/d)**		
					<EAR 0.45 g/d	>5 g/d*		<EAR 0.45 g/d	>5 g/d*	Food	TNI	
					%	N						
							%	N			%	%
Men	39-64	ALL	6675	0.13 (0.07, 0.35)	80	0	0.16 (0.08, 0.41)	77	1	67	63	
		NSU	4712	0.12 (0.06, 0.32)	82	0	0.12 (0.06, 0.32)	82	0	69	69	
		SU	1963	0.16 (0.07, 0.42)	77	0	0.27 (0.14, 0.64)	66	1	63	48	
		SU-EPA/DHA	683	0.16 (0.07, 0.41)	78	0	0.16 (0.07, 0.41)	78	0	62	62	
		SU+EPA/DHA	1280	0.15 (0.07, 0.43)	77	0	0.31 (0.18, 0.81)	59	1	63	40	
	65+	ALL	3545	0.16 (0.07, 0.40)	78	0	0.21 (0.09, 0.50)	73	0	62	56	
		NSU	2260	0.15 (0.07, 0.38)	80	0	0.15 (0.07, 0.38)	80	0	65	65	
		SU	1285	0.18 (0.08, 0.45)	75	0	0.32 (0.16, 0.77)	60	0	58	41	
		SU-EPA/DHA	352	0.20 (0.07, 0.46)	75	0	0.20 (0.07, 0.46)	75	0	57	57	
		SU+EPA/DHA	933	0.18 (0.08, 0.45)	75	0	0.38 (0.19, 0.92)	55	0	59	35	
Women	39-64	ALL	8776	0.11 (0.05, 0.30)	84	0	0.15 (0.07, 0.36)	80	0	71	66	
		NSU	4822	0.10 (0.05, 0.27)	86	0	0.10 (0.05, 0.27)	86	0	73	73	
		SU	3954	0.12 (0.06, 0.35)	82	0	0.20 (0.10, 0.48)	73	0	68	57	
		SU-EPA/DHA	1767	0.11 (0.05, 0.32)	83	0	0.11 (0.05, 0.32)	83	0	70	70	
		SU+EPA/DHA	2187	0.12 (0.06, 0.36)	81	0	0.27 (0.16, 0.62)	66	0	66	47	
	65+	ALL	3960	0.14 (0.06, 0.36)	82	0	0.19 (0.08, 0.42)	77	1	65	59	
		NSU	2192	0.13 (0.06, 0.34)	83	0	0.13 (0.06, 0.34)	83	0	67	67	
		SU	1768	0.15 (0.07, 0.37)	81	0	0.25 (0.14, 0.56)	69	1	64	50	
		SU-EPA/DHA	575	0.16 (0.06, 0.37)	81	0	0.16 (0.06, 0.37)	81	0	62	62	
		SU+EPA/DHA	1193	0.15 (0.07, 0.37)	81	0	0.31 (0.17, 0.71)	63	1	64	44	

TNI, total nutrient intake (food + supplement); EPA, eicosapentaenoic acid; DHA, docosahexaenoic acid; NSU, non-supplement users; SU, supplement users; SU+EPA/DHA, supplement user consumes a EPA/DHA containing supplement (mostly cod liver oil and fish oil supplements); SU-EPA/DHA, supplement user consumes a supplement without EPA/DHA; DRV, daily reference value; EAR, estimated average requirement; IQR, interquartile range.

* Amounts > 5 g/d have been associated with adverse events, but EFSA has not set a TUL for EPA+DHA ⁽¹¹¹⁾.

** Amounts of >0.25 g/d have been associated with anti-arrhythmic effects ⁽¹⁰⁵⁾.