

Supplementary table 1: CAM use among CaPSURE participants and percent change in use between those diagnosed in 2006-2010 and 2011-2016.*

CAM	Prevalence of use overall (n = 7,989)	Use within 24 months of diagnosis (n = 7,696)				% change between 2006-2010 and 2011-2016
		1996-2000 (n = 2,284)	2001-2005 (n = 4,138)	2006-2010 (n = 619)	2011-2016 (n = 655)	
Overall CAM**	56%	24%	36%	46%	54%	+18%
Ingested CAM†	50%	18%	30%	38%	47%	+25%
Soy	5%	0.5%	1%	3%	3%	-0.2%
Lutein	5%	0%	1%	2%	2%	+10%
Any vitamins or minerals	50%	17%	30%	39%	47%	+19%
Multivitamins	40%	15%	25%	29%	30%	+3%
Vitamin D	21%	0%	2%	12%	24%	+108%
Calcium	19%	4%	9%	11%	13%	+12%
Vitamin C	17%	0.4%	5%	13%	12%	-10%
Vitamin B (complex or other than Vitamin B9)	16%	0.6%	4%	10%	13%	+30%
Potassium	9%	1%	3%	5%	4%	-27%
Zinc	8%	3%	5%	4%	4%	-13%
Folic acid (Vitamin B9)	8%	0.2%	3%	5%	4%	-6%
Vitamin A	6%	0%	1%	3%	2%	-28%
CAM for prostate health‡	33%	8%	16%	26%	28%	+9%
Omega-3 fatty acids	24%	0.6%	6%	21%	25%	+18%
Vitamin E	15%	1%	5%	10%	5%	-48%
Selenium	8%	4%	7%	4%	2%	-65%
Saw palmetto	6%	4%	6%	5%	4%	-12%
Lycopene	4%	0.4%	2%	4%	2%	-51%
Prostate health combination products	3%	0.6%	2%	2%	4%	+67%
Supplements with antioxidant properties§	32%	8%	17%	23%	23%	-0.8%
Coenzyme Q	8%	2%	3%	5%	7%	+36%
Beta-carotene	3%	0.1%	0.8%	3%	1%	-61%
Any dietary modification	25%	7%	12%	15%	17%	+11%

Low fat/ cholesterol	17%	5%	9%	9%	8%	-11%
Low salt	14%	3%	6%	6%	7%	+16%
Low sugar	12%	0.7%	3%	6%	8%	+38%
High fiber	11%	0.4%	2%	7%	6%	-3%
Low calorie	9%	0.3%	2%	4%	4%	-2%
Low dairy	7%	0.1%	1%	5%	5%	-2%
Low meat	5%	0.5%	1%	5%	3%	-26%
High protein	4%	0.4%	2%	2%	2%	+10%
Other dietary modification	4%	0.7%	1%	2%	3%	+7%
Any herbs	24%	13%	16%	16%	16%	+1%
Green tea	11%	4%	7%	7%	7%	-1%
Garlic	7%	3%	5%	3%	2%	-11%
Other herbs	7%	4%	3%	3%	4%	+24%
Ginkgo	4%	2%	2%	2%	2%	+37%
Echinacea	3%	2%	2%	1%	1%	+6%
Ginger	3%	0.7%	0.9%	1%	1%	-6%
Ginseng	2%	2%	1%	1%	1%	+42%
Glucosamine and chondroitin	17%	5%	11%	10%	11%	+3%
Massage/body work	7%	2%	3%	3%	6%	+67%
Asian traditional medicine [†]	5%	2%	2%	1%	3%	+148%
Acupuncture	4%	1%	1%	0.8%	3%	+259%
Homeopathic medicine	2%	0.9%	1%	0.7%	1%	+65
Amino acids	2%	0.5%	1%	1%	1%	-6%

*Only items with $\geq 2\%$ overall use were included. Italicized percentages indicate that CAM was not specifically assessed on a questionnaire and instead used open-ended questions for some patients in that group. Larger categories are not italicized if at least one item within that category was assessed.

**Other items in not listed include algae, ambrotose, aromatherapy, bilberry, boron, chelation, Chinese herbs, Chinese medicine, chromium, dandelion root tea, erectile dysfunction products, enzymes, essiac tea, eucalyptus, golden seal, grape seed, iron, isoflavins, Korean herbs, magnesium, magnets, marijuana, meditation, mushrooms, shark products, St. John's Wort, una de gato, and valerian root.

[†]Includes all CAM except acupuncture, aromatherapy, dietary modifications, magnets, massage, meditation, and multivitamins.

^{*}Includes prostate health combination products, selenium, vitamin E, saw palmetto, lycopene, and omega-3 fatty acids. Representative of those products that patients with PCa may be most aware of, either due to specific studies proving their benefit or due to marketing.

[§]includes vitamin A, C, and E; selenium; beta-carotene; coenzyme q10; isoflavones; grape seed extract; green tea; and other or unspecified antioxidants.

^{||}Includes Chinese herbs, Korean herbs, homeopathic herbs, other herbs, aloe, ambrotose, bilberry, dandelion root tea, essiac tea, echinacea, eucalyptus, green tea, garlic, ginger, ginkgo, ginseng, goldenseal, saw palmetto, St. John's Wort, una de gato, valerian root, prostate health combination products.

[¶]Includes shark products, Chinese medicine, Chinese herbs, Korean herbs, and acupuncture.