

Table S1. Relative contribution of dietary supplements to total usual nutrient intakes and the estimated percent (%) of usual intakes (foods alone and total) below the Estimated Average Requirement or above the Adequate Intake for other nutrients among adults (≥19y) in the U.S., 2011-2014<sup>1</sup>.

	All Adults		Men			Women		
	Total Usual Intakes		Total Usual Intakes		Usual Intake from Foods	Total Usual Intakes		Usual Intake from Foods
	% Contribution from DS	%<EAR/>AI (SE)	% Contribution from DS	%<EAR/>AI (SE)	%<EAR/>AI (SE)	% Contribution from DS	%<EAR/>AI (SE)	%<EAR/>AI (SE)
Copper (mg)	18.4%	5.3 (0.4)	11.8%	2.2 (0.4)	2.5 (0.4)	21.4%	8.5 (0.7)	10.3 (0.7)
Phosphorous (mg)	0.5%	1.0 (0.1)	0.4%	1.0 (0.2)	1.0 (0.2)	0.5%	0.0 (0.1)	0.0 (0.0)
Selenium(μg)	13.5%	0.1 (0.0)	11.8%	0.0 (0.0)	0.0 (0.0)	15.7%	0.8 (0.2)	1.0 (0.2)
Niacin (mg)	26.7%	1.3 (0.2)	22.2%	0.2 (0.1)	0.2 (0.1)	32.2%	1.5 (0.2)	1.9 (0.3)
Riboflavin (mg)	51.1%	3.1 (0.3)	46.8%	1.9 (0.3)	2.2 (0.3)	57.1%	2.3 (0.3)	2.8 (0.4)
Thiamin (mg)	75.4%	5.7 (0.5)	71.6%	2.1 (0.4)	2.6 (0.5)	77.8%	7.0 (0.9)	9.3 (1.1)
Vitamin A (μg RAE) <sup>2</sup>	--	45.0 (1.7)	--	--	48.0 (2.3)	--	--	41.0 (1.3)
Vitamin B12 (μg)	92.8%	3.0 (0.4)	88.7%	1.0 (0.3)	1.1 (0.4)	95.4%	5.0 (0.6)	6.7 (0.8)
Vitamin E (mg ATE) <sup>3</sup>	--	79.6 (1.0)	--	--	70.5 (1.4)	--	--	88.2 (1.1)
Vitamin K (μg) <sup>4</sup>	7.0%	55.1 (1.3)	5.2%	45.9 (1.7)	41.6 (1.7)	8.5%	63.0 (1.8)	59.0 (2.0)

<sup>1</sup> The analytic sample includes individuals ≥19 years old that were not pregnant or lactating with complete information for the day 1 and 2, 24-hour dietary recalls.

<sup>2</sup> As retinol activity equivalents (RAEs). 1 RAE = 1 mg retinol, 12 mg b-carotene, 24 mg a-carotene, or 24 mg b-cryptoxanthin. Usual intakes < EAR are from food sources only.

<sup>3</sup> As a-tocopherol equivalents (ATEs). a-Tocopherol includes RRR-a-tocopherol, the only form of a-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of a-tocopherol (RRR-, RSR-, RRS-, and RSS-a-tocopherol) that occur in fortified foods and supplements. Usual intakes < EAR are from food sources only.

<sup>4</sup> Indicates % > AI rather than % < EAR. This occurs when sufficient scientific evidence is not available to establish an EAR.

**Table S2.** Proportion of the population falling below the Estimated Average Requirement or above the Adequate Intake from total usual nutrient intakes of other nutrients, by food security status among adults (≥ 19 y) in the U.S., 2011-2014<sup>1,2</sup>

	Food Security Status, % < EAR / > AI (SE)	
	Food Insecure	Food Secure
<i>Men</i>		
Copper (mg)	5.3 (1.2) <sup>a</sup>	1.6 (0.4) <sup>b</sup>
Phosphorous (mg)	1.0 (0.3) <sup>a</sup>	0.0 (0.0) <sup>b</sup>
Selenium (μg)	0.3 (0.2) <sup>a</sup>	0.0 (0.0) <sup>b</sup>
Niacin (mg)	0.8 (0.4) <sup>a</sup>	0.1 (0.0) <sup>b</sup>
Riboflavin (mg)	4.7 (1.2) <sup>a</sup>	1.4 (0.3) <sup>b</sup>
Thiamin (mg)	4.6 (1.4)	1.7 (0.4)
Vitamin A (μg RAE) <sup>3</sup>	60.0 (2.5) <sup>a</sup>	35.0 (2.0) <sup>b</sup>
Vitamin B12 (μg)	3.5 (1.3) <sup>a</sup>	1.0 (0.2) <sup>b</sup>
Vitamin E (mg ATE) <sup>4</sup>	78.1 (2.9) <sup>a</sup>	58.6 (1.5) <sup>b</sup>
Vitamin K (μg) <sup>5</sup>	18.5 (3.5) <sup>a</sup>	49.6 (1.9) <sup>b</sup>
<i>Women</i>		
Copper (mg)	14.9 (1.9) <sup>a</sup>	7.1 (0.7) <sup>b</sup>
Phosphorous (mg)	2.0 (0.8)	1.0 (0.2)
Selenium (μg)	1.5 (0.6)	0.7 (0.2)
Niacin (mg)	3.7 (1.0) <sup>a</sup>	1.2 (0.2) <sup>b</sup>
Riboflavin (mg)	4.2 (1.1) <sup>a</sup>	1.9 (0.3) <sup>b</sup>
Thiamin (mg)	9.4 (2.8)	6.4 (0.9)
Vitamin A (μg RAE) <sup>3</sup>	43.0 (3.2) <sup>a</sup>	28.0 (1.4) <sup>b</sup>
Vitamin B12 (μg)	9.0 (1.5) <sup>a</sup>	4.0 (0.6) <sup>b</sup>
Vitamin E (mg ATE) <sup>4</sup>	88.8 (1.8) <sup>a</sup>	74.6 (1.3) <sup>b</sup>
Vitamin K (μg) <sup>5</sup>	44.7 (2.7) <sup>a</sup>	66.3 (1.9) <sup>b</sup>

Abbreviations: Estimated Average Requirement; AI, Adequate Intake; SE, standard error.

<sup>1</sup>The analytic sample includes individuals ≥19 years old that were not pregnant/lactating with complete information for the day 1 and 2, 24-hour dietary recalls.

<sup>2</sup>Different superscript letters denote a significant difference between food security categories at a *p*-value < 0.005.

<sup>3</sup>As retinol activity equivalents (RAEs). 1 RAE = 1 mg retinol, 12 mg β-carotene, 24 mg α-carotene, or 24 mg β-cryptoxanthin. Usual intakes < EAR are from food sources only.

<sup>4</sup>As α-tocopherol equivalents (ATEs). α-Tocopherol includes RRR-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of α-tocopherol (RRR-, RSR-, RRS-, and RSS-α-tocopherol) that occur in fortified foods and supplements. Usual intakes < EAR are from food sources only.

<sup>5</sup>Indicates %> AI rather than %< EAR. This occurs when sufficient scientific evidence is not available to establish an EAR