Appendix 1. Median Daily Micronutrient Intakes From Dietary Supplements Alone Among Users of Dietary Supplements Containing the Specified Nutrient, by Pregnancy and Lactation Status in the United States, NHANES 1999–2014

	Pregnant women (n=1,314)			Lactating women (n=297)			Non-pregnant and non-lactating women (n=8,096)			
	n*	Median	RDA	n	Median	RDA	n	Median	RDA	UL
Thiamin (mg)	743	1.8	1.4	162	1.8	1.4	2,065	1.5	1.1	ND
Riboflavin (mg)	743	1.7	1.4	162	1.7	1.6	2,066	1.7	1.1	ND
Niacin (mg)	742	19.8	18	163	19.5	17	2,122	17.5	14	35
Vitamin B6 (mg)	772	2.6	1.9	166	2.6	2.0	2,219	2.0	1.3	100
Folic acid (µg)‡	786	786	360	167	782	300	2,196	399	240	1000
Vitamin B12 (µg)	746	7.7	2.6	163	7.8	2.8	2,249	6.0	2.4	ND
Vitamin C (mg)	775	99.2	85	167	99.0	120	2,419	59.7	75	2000
Vitamin D (µg)	763	9.8	15	170	9.8	15	2,273	10.0	15	100
Choline (mg)	49	9.8	450§	18	8.3	550§	361	8.8	425§	3500
Calcium (mg)	756	197	1,000	168	193	1,000	2,475	197	1000	2500
Iodine (µg)	219	141	220	46	108	290	1,214	119	150	1100
Iron (mg)	777	27.5	27	166	26.9	9	1,920	17.4	18	45
Magnesium (mg)	297	47.0	350/360‖	67	42.1	310/320‖	1,834	49.8	310/320‖	350
Phosphorous (mg)	65	99.8	700	16	72.0	700	864	70.1	700	4000
Selenium (µg)	108	20.0	60	34	19.1	70	1,424	20.0	55	400
Zinc (mg)	709	20.8	11	160	23.2	12	2,023	12.0	8	40

NHANES, National Health and Nutrition Examination Survey; ND, Not Determined; RDA, Recommended Dietary Allowances; UL, Tolerable Upper Intake Level.

* Unweighted sample size of those who consumed dietary supplements containing a specific nutrient.

† Nutrient intake from dietary supplements could not be calculated if information on the number of servings consumed or the number of days taken was missing.

‡ In µg folic acid. The RDAs that were presented as µg of dietary folate equivalents were converted to µg of folic acid based on the equation set by the National Academies of Sciences, Engineering, and Medicine, 1 µg of dietary folate equivalents = 0.6 µg of folic acid with meals. The UL only applies to folic acid consumed via fortified food or dietary supplements.

§ Denotes the Adequate Intakes; unless otherwise noted the RDA is presented.

‖ Magnesium requirement differs based on age; 350 mg for 19-30y and 360 mg for 31-50y.

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Appendix 2. Percentages of Women (20-44y) Using Specified Types Of Dietary Supplements Over Time, by Pregnancy and Lactation Status in the United States, NHANES 1999–2014

	1999-2002 (n=2,382)	2003-2006 (n=2,340)	2007-2010 (n=2,556)	2011-2014 (n=2,429)	*P*-for linear trend
Any supplement use					
Pregnant	79.6 ± 3.0	79.3 ± 3.0	76.7 ± 4.0	71.9 ± 3.2	0.072
Lactating	81.9 ± 5.7	56.4 ± 6.3	68.0 ± 6.4	74.4 ± 6.0	0.677
NPNL	47.2 ± 1.7	46.7 ± 1.6	40.5 ± 1.7	45.1 ± 1.6	0.096
Multi-vitamin-mineral use					
Pregnant	74.6 ± 3.8	76.9 ± 3.2	70.8 ± 4.9	66.5 ± 4.6	0.110
Lactating	76.9 ± 6.0	55.2 ± 6.4	54.8 ± 7.4	68.9 ± 6.5	0.391
NPNL	32.3 ± 1.3	33.1 ± 1.3	28.5 ± 1.4	30.2 ± 1.6	0.099
Single- or multi-vitamin use					
Pregnant	8.5 ± 2.1	10.0 ± 3.0	11.6 ± 2.7	16.3 ± 4.5	0.107
Lactating	ES[2]	ES[2]	ES[2]	ES[2]	—
NPNL	15.4 ± 1.1	13.7 ± 1.2	12.7 ± 1.0	18.3 ± 0.9	0.085
Single- or multi-mineral use					
Pregnant	10.4 ± 2.0	13.4 ± 2.8	ES[2]	8.8 ± 2.3	0.449
Lactating	ES[2]	ES[2]	ES[2]	15.4 ± 4.6	—
NPNL	9.2 ± 0.9	9.0 ± 1.0	6.4 ± 0.7	6.7 ± 0.7	0.009
Botanical use					
Pregnant	ES[2]	ES[2]	ES[2]	ES[2]	—
Lactating	ES[2]	0 ± 0	ES[2]	ES[2]	—
NPNL	7.2 ± 0.7	5.4 ± 0.6	3.9 ± 0.5	6.2 ± 0.6	0.011
Prenatal supplement use					
Pregnant	66.4 ± 2.4	65.7 ± 3.5	61.3 ± 5.3	62.1 ± 4.8	0.309
Lactating	68.6 ± 5.9	51.0 ± 6.5	41.7 ± 7.9	53.8 ± 7.0	0.069
NPNL	2.6 ± 0.5	3.5 ± 0.5	3.6 ± 0.5	4.1 ± 0.6	0.060
Folic acid-containing					
Pregnant	74.8 ± 3.6	76.9 ± 3.7	71.9 ± 5.1	67.0 ± 4.5	0.125
Lactating	76.9 ± 6.0	55.2 ± 6.4	57.9 ± 6.8	68.9 ± 6.5	0.453
NPNL	34.5 ± 1.5	34.2 ± 1.5	29.8 ± 1.4	31.5 ± 1.5	0.052
Iodine-containing					
Pregnant	24.1 ± 3.3	21.2 ± 2.9	15.2 ± 4.2	18.3 ± 3.2	0.114
Lactating	22.6 ± 4.5	11.8 ± 3.9	17.9 ± 6.3	17.7 ± 4.7	0.689
NPNL	23.4 ± 1.2	19.5 ± 1.1	15.7 ± 1.4	14.6 ± 0.9	<0.001
Iron-containing					
Pregnant	75.0 ± 3.5	73.9 ± 3.7	72.8 ± 4.6	65.3 ± 4.4	0.089
Lactating	77.8 ± 6.0	56.4 ± 6.3	56.3 ± 6.6	67.9 ± 6.2	0.275
NPNL	31.9 ± 1.4	30.3 ± 1.4	26.0 ± 1.4	25.2 ± 1.3	<0.001

NHANES, National Health and Nutrition Examination Survey; NPNL, non-pregnant and non-lactating.
All estimates are percentage ± SE.
Estimate suppressed because relative standard error is greater than 30%.

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Appendix 3. Comparison of Sociodemographic Characteristics Between Younger (20-34y) and Older (35-44y) Pregnant Women in the United States, NHANES 1999–2014

Characteristic	Pregnant, 20-34y (n=1,159)	Pregnant, 35-44y (n=155)	*P*[*]
Race and ethnicity			0.07
Non-Hispanic white	52.3 (2.7)	61.4 (5.5)	
Non-Hispanic black	17.7 (1.9)	9.4 (2.6)	
Hispanic	20.5 (1.8)	16.7 (3.5)	
Education			<0.0001
Less than high school	21.2 (1.8)	8.9 (1.9)	
High school graduate	20.2 (1.9)	9.2 (2.6)	
More than high school	58.7 (2.3)	82.0 (3.1)	
Family income			0.0003
PIR≤130%	29.2 (2.1)	16.2 (3.5)	
PIR 131-350%	36.5 (2.4)	21.8 (4.7)	
PIR>350%	34.3 (2.8)	62.1 (5.8)	
Marital status			<0.0001
Married or living with partner	76.0 (2.2)	91.4 (2.4)	
Once married	2.8 (0.5)	ES[‡]	
Never married	21.2 (2.1)	ES[‡]	

NHANES, National Health and Nutrition Examination Survey; PIR, family income-to-poverty ratio.
All estimates are percentages ± SEs.
[*] P-values were obtained from Satterthwaite-adjusted Wald Chi-square test.
[†] Race and ethnicity does not sum to 100% because the "other" race category is not presented.
[‡] Estimate suppressed because of relative standard error is greater than 30%.

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