

Supplementary file

Table S1

a) Checklist for Documentation of Google Trends research.

Section/Topic	Checklist item
Search Variables	
Access Date	17 December 2019
Time Period	From January 2004 to 30 November 2019
Query Category	Health
Region	Worldwide
Countries with Low Search Volume	Excluded
Search Input	
Non-adjusted	All n = 200 topics. The list is presented in section b).
Adjusted	Topics: "Lutein" + separately all remain topics
Rationale for Search Strategy	
For Search Input	The searched topics are related to essential ingredients of dietary supplements. Because Google Trends enables to compare only five inputs at once we compared relative search volume of all topics with topic „Lutein“ (adjusted data). Therefore, we were able to compare all topics in further analysis.
For Setting Chosen	We chose the only „Health“ category to obtain only searches related to health informations. This was crucial to diminish significance of topics that may be associated with industry e.g. „Potassium“. We excluded countries with low search volume which may be sensitive for outliers

b) The list of n = 200 topics related to dietary supplements and their categories. Alphabetical order.

No	Topic	Category
1	4-Aminobenzoic acid	Chemical
2	5-Hydroxytryptophan	Chemical
3	Acai berry	Botanical
4	Acetylcarnitine	Chemical
5	Acetylcysteine	Amino Acid
6	Alanine	Amino Acid
7	Alfalfa	Botanical
8	Aloe vera	Botanical
9	Alpha-galactosidase	Enzyme
10	alpha-Linolenic acid	Fat and fatty acid
11	Amylase	Enzyme
12	Arginine	Amino Acid
13	Artichoke	Botanical
14	Ashwagandha	Botanical
15	Astaxanthin	Chemical
16	Barbados Cherry	Botanical
17	Bearberry	Botanical
18	Beetroot	Botanical
19	Bell pepper	Botanical
20	beta-Carotene	Botanical
21	Betaine	Chemical
22	Bilberry	Botanical
23	Biotin	Vitamin
24	Bitter orange	Botanical
25	Black cohosh	Botanical
26	Black pepper	Botanical
27	Blackberry	Botanical

28	Blackcurrant	Botanical
29	Blueberry	Botanical
30	Boron	Mineral
31	Branched-chain amino acid	Amino Acid
32	Broccoli	Botanical
33	Bromelain	Enzyme
34	Brussels sprout	Botanical
35	Burdock	Botanical
36	Caffeine	Chemical
37	Calcium	Mineral
38	Carnitine	Amino Acid
39	Cayenne pepper	Botanical
40	Centella asiatica	Botanical
41	Chlorella	Botanical
42	Chlorophyll	Botanical
43	Chromium	Mineral
44	Choline	Vitamin
45	Chondroitin sulfate	Chemical
46	Cinnamon	Botanical
47	Citrulline	Amino Acid
48	Cobalamin	Vitamin
49	Common Nettle	Botanical
50	Coneflower	Botanical
51	Conjugated linoleic acid	Fat and fatty acid
52	Copper	Mineral
53	Cordyceps	Botanical
54	Cranberry	Botanical
55	Creatine	Chemical
56	Curly kale	Botanical

57	Cysteine	Amino Acid
58	Dandelion	Botanical
59	Dietary fiber	Fiber
60	Dimethylethanolamine	Chemical
61	Dipeptidyl peptidase-4	Enzyme
62	Docosahexaenoic acid	Fat and fatty acid
63	Eicosapentaenoic acid	Fat and fatty acid
64	Female ginseng	Botanical
65	Fennel	Botanical
66	Fenugreek	Botanical
67	Field horsetail	Botanical
68	Fish oil	Fat and fatty acid
69	Five-flavor berry	Botanical
70	Flavonoid	Chemical
71	Flax seed	Botanical
72	Folate	Vitamin
73	Fructooligosaccharide	Botanical
74	gamma-Aminobutyric acid	Chemical
75	gamma-Linolenic acid	Fat and fatty acid
76	Garcinia cambogia	Botanical
77	Garlic	Botanical
78	Ginger	Botanical
79	Glucosamine	Chemical
80	Glutamic acid	Amino Acid
81	Glutamine	Amino Acid
82	Glutathione	Chemical
83	Glycine	Amino Acid
84	Goji	Botanical
85	Goldenseal	Botanical

86	Grape seed extract	Botanical
87	Green coffee	Botanical
88	Green tea	Botanical
89	Guarana	Botanical
90	Hawthorn	Botanical
91	Hen-of-the-wood	Botanical
92	Hesperidin	Botanical
93	Histidine	Amino Acid
94	Holy Basil	Botanical
95	Hops	Botanical
96	Hyaluronic acid	Chemical
97	Indian frankincense	Botanical
98	Indian gooseberry	Botanical
99	Inositol	Vitamin
100	Iodine	Mineral
101	Iron	Mineral
102	Isoleucine	Amino Acid
103	Kelp	Botanical
104	Lactase	Enzyme
105	Lecithin	Fat and fatty acid
106	Lemon balm	Botanical
107	Leucine	Amino Acid
108	Lingzhi mushroom	Botanical
109	Linoleic acid	Fat and fatty acid
110	Linseed oil	Fat and fatty acid
111	Lipase	Enzyme
112	Lipoic acid	Chemical
113	Liquorice	Botanical
114	Lutein	Vitamin

115	Lycopene	Botanical
116	Lysine	Amino Acid
117	Maca	Botanical
118	Magnesium	Mineral
119	Maidenhair tree	Botanical
120	Manganese	Mineral
121	Mangosteen	Botanical
122	Marsh mallow	Botanical
123	Melatonin	Chemical
124	Methionine	Amino Acid
125	Methylsulfonylmethane	Chemical
126	Milk thistle	Botanical
127	Milkvetch	Botanical
128	Molybdenum	Mineral
129	Monounsaturated fat	Fat and fatty acid
130	Niacin	Vitamin
131	Nickel	Mineral
132	Oat	Botanical
133	Oleic acid	Fat and fatty acid
134	Olive	Botanical
135	Omega-3 fatty acids	Fat and fatty acid
136	Omega-6 fatty acid	Fat and fatty acid
137	Omega-9 fatty acid	Fat and fatty acid
138	Oregano	Botanical
139	Pantothenic acid	Vitamin
140	Papain	Botanical
141	Papaya	Botanical
142	Parsley	Botanical
143	Passion fruit	Botanical

144	Pectin	Fiber
145	Peppermint	Botanical
146	Phenylalanine	Amino Acid
147	Phosphatidylcholine	Fat and fatty acid
148	Phosphatidylserine	Fat and fatty acid
149	Phosphorus	Mineral
150	Polyunsaturated fat	Fat and fatty acid
151	Pomegranate	Botanical
152	Potassium	Mineral
153	Prebiotic	Bacterial
154	Probiotic	Bacterial
155	Proline	Amino Acid
156	Protease	Enzyme
157	Protein	Protein
158	Quercetin	Botanical
159	Raspberry	Botanical
160	Red Clover	Botanical
161	Red raspberry	Botanical
162	Resveratrol	Chemical
163	Rhodiola rosea	Botanical
164	Riboflavin	Vitamin
165	Rose hip	Botanical
166	Rosemary	Botanical
167	Rutin	Botanical
168	Saturated fat	Fat and fatty acid
169	Saw palmetto extract	Botanical
170	Selenium	Mineral
171	Siberian Ginseng	Botanical
172	Silicon	Mineral

173	Slippery elm	Botanical
174	Spirulina	Botanical
175	β-Alanine	Amino Acid
176	Stevia	Botanical
177	Sucrase	Enzyme
178	Synbiotics	Bacterial
179	Taurine	Amino Acid
180	Theanine	Amino Acid
181	Thiamine	Vitamin
182	Threonine	Amino Acid
183	Tryptophan	Amino Acid
184	Turmeric	Botanical
185	Tyrosine	Amino Acid
186	Valerian	Botanical
187	Valine	Amino Acid
188	Vanadium	Mineral
189	Velvet bean	Botanical
190	Vitamin A	Vitamin
191	Vitamin B-6	Vitamin
192	Vitamin C	Vitamin
193	Vitamin D	Vitamin
194	Vitamin E	Vitamin
195	Vitamin K	Vitamin
196	Vitamin K2	Vitamin
197	Whey protein	Protein
198	Yohimbe	Botanical
199	Zeaxanthin	Chemical
200	Zinc	Mineral

Table S2

Use of data generated by Google Trends.

	Interest over time	Region
		Interest by region
Non-adjusted data	Time series analysis: yearly trends, seasonal variation (Table 3, Figures 2-3; Supplementary Table 5)	-
		Compared breakdown by region
Adjusted data	Proportion of mean RSV to topic „Lutein“ (Table 1, 2; Supplementary Table 3)	List of the most common topics in a specific country (Figure 1, Supplementary Table 4)

RSV – Relative Search Volume

Table S3

Popularity of of dietary supplement-related topics in proprtion to “Lutein” (adjusted data; Relative Search Volume [RSV] over time).

No	Topic	Proportion of RSV to Lutein
1	Magnesium	23.72
2	Protein	15.22
3	Iron	15.12
4	Calcium	13.74
5	Vitamin D	12.22
6	Potassium	9.71
7	Cobalamin	9.36
8	Caffeine	8.06
9	Vitamin C	7.38
10	Omega-3 fatty acids	6.80
11	Creatine	6.77
12	Folate	6.67
13	Zinc	6.36
14	Aloe vera	6.11
15	Ginger	5.91
16	Dietary fiber	5.67
17	Garlic	5.63
18	Iodine	4.89
19	Whey protein	4.05
20	Vitamin E	3.86
21	Fish oil	3.79
22	Turmeric	3.71
23	Probiotic	3.70
24	Vitamin A	3.36
25	Glucosamine	3.33
26	Maidenhair tree	3.26
27	Green tea	3.23
28	Carnitine	3.18
29	Copper	3.15
30	Maca	2.85
31	Vitamin B-6	2.80
32	Vitamin K	2.78
33	Methylsulfonylmethane	2.76
34	Melatonin	2.70
35	Olive	2.60
36	Branched-chain amino acid	2.56
37	Niacin	2.55
38	Arginine	2.52
39	Cinnamon	2.31
40	Spirulina	2.17
41	Oat	2.03
42	Acetylcysteine	1.98
43	Valerian	1.97
44	Biotin	1.89
45	Thiamine	1.71
46	Glutathione	1.70
47	Fenugreek	1.69

48	Milk thistle	1.66
49	Glutamine	1.63
50	Phosphorus	1.59
51	Conjugated linoleic acid	1.56
52	Hyaluronic acid	1.51
53	Lecithin	1.48
54	Linseed oil	1.47
55	Coneflower	1.43
56	Selenium	1.39
57	Lysine	1.37
58	Papaya	1.35
59	Flax seed	1.34
60	Saturated fat	1.33
61	Parsley	1.28
62	Fennel	1.27
63	Cranberry	1.26
64	Chromium	1.24
65	Rosemary	1.23
66	5-Hydroxytryptophan	1.23
67	Liquorice	1.22
68	Pomegranate	1.22
69	Blueberry	1.18
70	Tryptophan	1.18
71	gamma-Aminobutyric acid	1.13
72	Amylase	1.12
73	Beetroot	1.12
74	Common Nettle	1.09
75	Raspberry	1.08
76	Riboflavin	1.05
77	Oregano	1.01
78	Silicon	1.01
79	Lutein	1.00
80	Lemon balm	0.96
81	Phenylalanine	0.95
82	Artichoke	0.95
83	Lipoic acid	0.93
84	Lipase	0.90
85	Garcinia cambogia	0.87
86	Goji	0.86
87	Peppermint	0.84
88	Chondroitin sulfate	0.82
89	Lingzhi mushroom	0.81
90	Mangosteen	0.81
91	Docosahexaenoic acid	0.80
92	Tyrosine	0.79
93	Rhodiola rosea	0.79
94	Dandelion	0.77
95	Protease	0.74
96	Choline	0.73
97	Flavonoid	0.73
98	Taurine	0.73
99	Ashwagandha	0.70

100	Hawthorn	0.69
101	Nickel	0.69
102	Cayenne pepper	0.68
103	Black pepper	0.66
104	Pantothenic acid	0.65
105	Inositol	0.65
106	Saw palmetto extract	0.65
107	Bell pepper	0.61
108	Centella asiatica	0.58
109	Stevia	0.55
110	Black cohosh	0.54
111	Omega-6 fatty acid	0.54
112	Chlorophyll	0.54
113	Passion fruit	0.54
114	beta-Carotene	0.52
115	Glycine	0.50
116	Manganese	0.48
117	Bromelain	0.48
118	Chlorella	0.47
119	Rose hip	0.45
120	Curly kale	0.45
121	Lactase	0.45
122	Field horsetail	0.43
123	Cysteine	0.42
124	Theanine	0.41
125	Guarana	0.41
126	Female ginseng	0.40
127	Milkvetch	0.40
128	Lycopene	0.39
129	Glutamic acid	0.39
130	Eicosapentaenoic acid	0.38
131	Resveratrol	0.38
132	Cordyceps	0.38
133	Boron	0.38
134	Grape seed extract	0.37
135	Linoleic acid	0.37
136	Quercetin	0.37
137	Astaxanthin	0.37
138	Phosphatidylcholine	0.37
139	Goldenseal	0.35
140	Alfalfa	0.34
141	Pectin	0.34
142	Acai berry	0.33
143	Citrulline	0.32
144	Acetylcarnitine	0.32
145	Burdock	0.32
146	Methionine	0.32
147	Polyunsaturated fat	0.31
148	Kelp	0.31
149	Blackberry	0.30
150	Holy Basil	0.30
151	Prebiotic	0.30

152	Siberian Ginseng	0.30
153	Monounsaturated fat	0.29
154	Phosphatidylserine	0.29
155	Bilberry	0.28
156	Leucine	0.28
157	Vitamin K2	0.27
158	Oleic acid	0.27
159	Five-flavor berry	0.27
160	Red Clover	0.26
161	β-Alanine	0.26
162	Blackcurrant	0.26
163	Red raspberry	0.25
164	Betaine	0.24
165	Indian gooseberry	0.22
166	Rutin	0.21
167	4-Aminobenzoic acid	0.21
168	Molybdenum	0.21
169	Velvet bean	0.21
170	Broccoli	0.20
171	Papain	0.19
172	Slippery elm	0.19
173	Alanine	0.18
174	alpha-Linolenic acid	0.18
175	Brussels sprout	0.18
176	Histidine	0.17
177	Bearberry	0.17
178	Bitter orange	0.16
179	Barbados Cherry	0.15
180	Proline	0.14
181	Marsh mallow	0.14
182	Hen-of-the-wood	0.13
183	Valine	0.13
184	Hesperidin	0.12
185	Dimethylethanolamine	0.11
186	Hops	0.11
187	Dipeptidyl peptidase-4	0.11
188	Zeaxanthin	0.10
189	Green coffee	0.10
190	Omega-9 fatty acid	0.10
191	Vanadium	0.09
192	Indian frankincense	0.09
193	Isoleucine	0.09
194	Fructooligosaccharide	0.09
195	gamma-Linolenic acid	0.08
196	Yohimbe	0.08
197	Threonine	0.06
198	Sucrase	0.03
199	Synbiotics	0.03
200	Alpha-galactosidase	0.02

Table S4

The ten most common dietary supplements-related topics in a specific country.

Relative search volume estimated by using adjusted data showing the breakdown by region (Lutein + another dietary supplements-related topic).

Country	The most common topic
Afghanistan	Bitter orange (100), Lutein (50)
Albania	Boron (100), Iodine (100), Selenium (100), Silicon (100), Lutein (50)
Angola	Passion fruit (100), Yohimbe (100), Lutein (50)
Argentina	Magnesium (100), Calcium (99), Cobalamin (99), Ginger (99), Iron (99), Maca (99), Potassium (99), Creatine (98), Vitamin D (98), Aloe vera (97)
Armenia	Burdock (100), Dandelion (100), Glycine (100), Hawthorn (100), Hops (100), Liponic acid (100), Molybdenum (100), Taurine (100), Vitamin B-6 (100), Lutein (50)
Australia	Protein (99), Iron (98), Magnesium (98), Vitamin D (97), Caffeine (96), Calcium (96), Cobalamin (95), Vitamin C (95), Fish oil (93), Potassium (93)
Austria	Magnesium (99), Vitamin D (97), Cobalamin (95), Iron (94), Calcium (93), Folate (92), Omega-3 fatty acids (92), Potassium (92), Zinc (92), Vitamin C (91)
Bahrain	Fennel (100), Fenugreek (100), Olive (100), Parsley (100), Pomegranate (100), Lutein (50)
Barbados	Cayenne pepper (100), Lutein (50)
Belarus	Magnesium (94), Vitamin B-6 (91), Calcium (88), Vitamin D (88), Folate (87), Iron (87), Glycine (85), Ginger (84), Omega-3 fatty acids (84), Vitamin E (84)
Belgium	Magnesium (100), Vitamin D (99), Cobalamin (98), Iron (98), Folate (97), Calcium (96), Omega-3 fatty acids (96), Potassium (96), Aloe vera (95), Creatine (95)
Bhutan	Cordyceps (100), Lutein (50)
Bosnia & Herzegovina	Amylase (100), Artichoke (100), Astaxanthin (100), beta-Carotene (100), Black pepper (100), Carnitine (100), Chromium (100), Cinnamon (100), Common Nettle (100), Cranberry (100)
Brazil	Magnesium (99), Whey protein (97), Ginger (96), Vitamin D (96), Branched-chain amino acid (95), Calcium (95), Creatine (95), Copper (94), Iron (94), Oat (94)
Brunei	Alfalfa (100), Mangosteen (100), Lutein (50)
Bulgaria	Magnesium (97), Carnitine (91), Vitamin D (91), Aloe vera (90), Cobalamin (88), Creatine (88), Probiotic (88), Selenium (87), Omega-3 fatty acids (86), Calcium (85)
Cambodia	Mangosteen (100), Lutein (50)
Cameroon	Glutathione (100), Parsley (100), Lutein (50)
Canada	Protein (98), Magnesium (97), Iron (96), Caffeine (95), Calcium (95), Cobalamin (95), Vitamin D (95), Omega-3 fatty acids (92), Potassium (92), Vitamin C (91)
Chile	Magnesium (100), Calcium (99), Ginger (99), Iron (99), Omega-3 fatty acids (99), Potassium (99), Spirulina (99), Vitamin D (99), Aloe vera (98), Cobalamin (98)
China	Calcium (98), Iron (93), Zinc (93), Vitamin C (92), Potassium (91), Iodine (90), Maidenhair tree (90), Vitamin E (90), Ginger (89), Spirulina (89)
Colombia	Magnesium (99), Aloe vera (98), Calcium (98), Ginger (98), Potassium (98), Iron (97), Methylsulfonylmethane (97), Thiamine (97), Vitamin C (97), Cobalamin (96)
Côte d'Ivoire	Glutathione (100), Lutein (50)
Croatia	Iron (99), Magnesium (99), Ginger (97), Garlic (96), Maca (96), Olive (96), Potassium (96), Probiotic (96), Vitamin C (96), Vitamin D (96)
Cuba	Chondroitin sulfate (100), Lutein (50)
Czechia	Magnesium (96), Iron (91), Calcium (89), Vitamin C (89), Garlic (88), Ginger (88), Vitamin D (88), Milk thistle (87), Potassium (87), Branched-chain amino acid (85)
Denmark	Magnesium (99), Vitamin D (99), Cobalamin (97), Ginger (97), Calcium (96), Fish oil (96), Iron (96), Potassium (96), Aloe vera (95), Creatine (95)

Egypt	Calcium (99), Ginger (99), Iron (99), Vitamin D (99), Cinnamon (98), Cobalamin (98), Fenugreek (98), Garlic (98), Magnesium (98), Olive (98)
Finland	Magnesium (100), Iron (99), Vitamin D (99), Calcium (98), Cobalamin (98), Melatonin (98), Zinc (98), Methylsulfonylmethane (97), Omega-3 fatty acids (97), Potassium (97)
France	Iron (99), Magnesium (99), Vitamin D (98), Aloe vera (97), Copper (97), Ginger (97), Potassium (97), Calcium (96), Folate (96), Probiotic (96)
Germany	Magnesium (99), Vitamin D (97), Cobalamin (96), Iron (94), Calcium (92), Potassium (92), Folate (91), Zinc (91), Omega-3 fatty acids (90), Maidenhair tree (87)
Ghana	Aloe vera (100), Beetroot (100), Bell pepper (100), Black pepper (100), Cayenne pepper (100), Centella asiatica (100), Cinnamon (100), Cordyceps (100), Dandelion (100), Female ginseng (100)
Greece	Magnesium (99), Aloe vera (98), Iron (98), Vitamin D (98), Cobalamin (96), Omega-3 fatty acids (96), Protein (96), Calcium (95), Creatine (95), Folate (95)
Honduras	Aloe vera (100), Bitter orange (100), Conjugated linoleic acid (100), Field horsetail (100), Flax seed (100), Hesperidin (100), Isoleucine (100), Lecithin (100), Oregano (100), Papaya (100)
Hong Kong	Calcium (91), Vitamin C (87), Potassium (85), Probiotic (83), Protein (83), Iron (82), Glucosamine (80), Folate (79), Vitamin D (79), Ginger (78)
Hungary	Magnesium (99), Vitamin D (92), Calcium (91), Vitamin B-6 (91), Iron (90), Aloe vera (87), Garlic (87), Potassium (87), Omega-3 fatty acids (86), Creatine (85)
Iceland	Astaxanthin (100), Lutein (50)
India	Protein (100), Calcium (98), Magnesium (98), Vitamin D (98), Aloe vera (97), Cobalamin (97), Iron (97), Whey protein (97), Folate (96), Potassium (96)
Indonesia	Garlic (99), Ginger (99), Magnesium (99), Papaya (99), Aloe vera (97), Calcium (97), Mangosteen (97), Green tea (96), Olive (96), Vitamin C (96)
Iran	Calcium (100), Fennel (100), Garlic (100), Iron (100), Vitamin D (100), Zinc (100), Cinnamon (99), Creatine (99), Flax seed (99), Folate (99)
Ireland	Protein (98), Magnesium (97), Iron (96), Vitamin D (96), Cobalamin (95), Calcium (94), Caffeine (92), Aloe vera (91), Creatine (91), Vitamin C (91)
Israel	Iron (99), Cobalamin (98), Magnesium (98), Vitamin D (98), Calcium (97), Omega-3 fatty acids (97), Folate (96), Potassium (96), Probiotic (95), Garlic (94)
Italy	Magnesium (99), Aloe vera (95), Iron (95), Vitamin D (95), Ginger (94), Potassium (94), Cobalamin (92), Folate (92), Omega-3 fatty acids (91), Acetylcysteine (90)
Japan	Iron (90), Folate (86), Zinc (86), Potassium (84), Calcium (82), Vitamin C (82), Caffeine (77), Dietary fiber (77), Garlic (77), Magnesium (77)
Kazakhstan	Magnesium (95), Calcium (94), Vitamin B-6 (93), Aloe vera (92), Folate (91), Vitamin D (91), Ginger (90), Vitamin E (90), Iron (89), Acetylcysteine (87)
Kenya	Aloe vera (100), Ashwagandha (100), Beetroot (100), Bell pepper (100), beta-Carotene (100), Black pepper (100), Calcium (100), Cayenne pepper (100), Chlorophyll (100), Cinnamon (100)
Kosovo	Iodine (100), Maca (100), Selenium (100), Silicon (100), Lutein (50)
Libya	Cinnamon (100), Fennel (100), Fenugreek (100), Ginger (100), Olive (100), Parsley (100), Pomegranate (100), Rosemary (100), Vitamin D (100), Lutein (50)
Lithuania	Magnesium (99), Iron (96), Vitamin D (95), Potassium (94), Calcium (93), Vitamin C (91), Creatine (90), Garlic (90), Folate (89), Ginger (89)
Malaysia	Vitamin C (95), Protein (93), Calcium (91), Garlic (91), Aloe vera (89), Magnesium (89), Fish oil (87), Folate (87), Iron (87), Ginger (85)
Mauritius	Holy Basil (100), Lutein (50)
Mexico	Magnesium (99), Calcium (98), Aloe vera (97), Iron (97), Potassium (97), Carnitine (96), Garlic (96), Ginger (96), Folate (95), Omega-3 fatty acids (95)
Montenegro	Goji (100), Hops (100), Marsh mallow (100), Red raspberry (100), Selenium (100), Silicon (100), Lutein (50)

Mozambique	Yohimbe (100), Lutein (50)
Myanmar (Burma)	Mangosteen (100), Velvet bean (100), Lutein (50)
Nepal	Ashwagandha (100), Cordyceps (100), Holy Basil (100), Indian gooseberry (100), Lutein (50)
Netherlands	Cobalamin (99), Magnesium (99), Vitamin D (99), Melatonin (97), Calcium (96), Folate (96), Potassium (96), Vitamin C (96), Creatine (95), Iron (95)
New Zealand	Protein (99), Iron (97), Magnesium (97), Vitamin C (96), Caffeine (95), Calcium (95), Cobalamin (95), Vitamin D (95), Potassium (93), Zinc (92)
Nicaragua	Bitter orange (100), Field horsetail (100), Flax seed (100), Glutamic acid (100), Hesperidin (100), Lecithin (100), Papaya (100), Phosphorus (100), Lutein (50)
North Macedonia	Barbados Cherry (100), beta-Carotene (100), Common Nettle (100), Iodine (100), Maca (100), Marsh mallow (100), Oregano (100), Selenium (100), Silicon (100), Spirulina (100)
Norway	Vitamin D (99), Cobalamin (98), Iron (98), Magnesium (98), Calcium (97), Creatine (97), Ginger (97), Omega-3 fatty acids (97), Caffeine (96), Folate (96)
Pakistan	Protein (99), Vitamin D (99), Calcium (98), Magnesium (98), Iron (97), Aloe vera (96), Folate (96), Cobalamin (95), Potassium (95), Vitamin C (95)
Palestine	Cinnamon (100), Fennel (100), Fenugreek (100), Hawthorn (100), Olive (100), Parsley (100), Pomegranate (100), Rosemary (100), Lutein (50)
Paraguay	Amylase (100), Barbados Cherry (100), Betaine (100), Bitter orange (100), Citrulline (100), Conjugated linoleic acid (100), Copper (100), Creatine (100), Field horsetail (100), Garlic (100)
Peru	Magnesium (99), Calcium (98), Iron (98), Aloe vera (97), Maca (97), Methylsulfonylmethane (97), Potassium (97), Vitamin C (97), Cobalamin (96), Folate (95)
Philippines	Glutathione (97), Protein (97), Vitamin C (97), Calcium (95), Iodine (95), Iron (95), Magnesium (95), Potassium (94), Vitamin E (94), Turmeric (93)
Poland	Magnesium (84), Iron (72), Vitamin D (72), Calcium (67), Creatine (67), Potassium (67), Cobalamin (59), Garlic (58), Vitamin B-6 (53), Dietary fiber (51)
Portugal	Magnesium (100), Ginger (98), Oat (98), Iron (97), Vitamin D (97), Calcium (96), Cobalamin (96), Potassium (96), Cinnamon (94), Creatine (94)
Réunion	Barbados Cherry (100), Betaine (100), Lutein (50)
Romania	Magnesium (98), Calcium (94), Iron (91), Vitamin C (90), Omega-3 fatty acids (89), Vitamin D (88), Vitamin B-6 (87), Copper (85), Folate (84), Aloe vera (82)
Russia	Magnesium (94), Vitamin B-6 (93), Calcium (91), Carnitine (91), Vitamin D (91), Iron (90), Folate (89), Vitamin E (89), Glycine (88), Ginger (87)
Saudi Arabia	Vitamin D (100), Fenugreek (99), Ginger (99), Iron (99), Calcium (98), Cinnamon (98), Garlic (98), Magnesium (98), Olive (98), Pomegranate (98)
Senegal	Glutathione (100), Lutein (50)
Serbia	Magnesium (99), Iron (98), Selenium (98), Ginger (97), Iodine (97), Garlic (96), Probiotic (96), Vitamin C (96), Vitamin D (96), Zinc (96)
Singapore	Protein (94), Calcium (89), Vitamin C (88), Iron (86), Magnesium (85), Potassium (84), Caffeine (83), Vitamin D (83), Fish oil (82), Omega-3 fatty acids (82)
Slovakia	Magnesium (98), Iron (93), Calcium (92), Vitamin C (91), Creatine (90), Vitamin D (90), Probiotic (89), Aloe vera (88), Vitamin B-6 (87), Zinc (87)
South Africa	Aloe vera (99), Iron (99), Magnesium (99), Protein (99), Calcium (98), Folate (98), Ginger (98), Vitamin C (98), Vitamin D (98), Caffeine (97)
South Korea	Calcium (87), Vitamin C (87), Omega-3 fatty acids (85), Vitamin D (84), Magnesium (82), Potassium (77), Five-flavor berry (75), Iron (75), Zinc (75), Caffeine (73)
Spain	Magnesium (99), Iron (98), Calcium (97), Cobalamin (97), Potassium (97), Vitamin D (97), Maca (96), Ginger (95), Omega-3 fatty acids (95), Vitamin C (95)
Sri Lanka	4-Aminobenzoic acid (100), alpha-Linolenic acid (100), Amylase (100), Ashwagandha (100), Centella asiatica (100), Fenugreek (100), Fish oil (100), Glutathione (100), Histidine

	(100), Indian gooseberry (100)
Sudan	Cinnamon (100), Fennel (100), Fenugreek (100), Garlic (100), Ginger (100), Olive (100), Parsley (100), Pomegranate (100), Lutein (50)
Sweden	Magnesium (99), Vitamin D (98), Cobalamin (97), Omega-3 fatty acids (97), Iron (96), Calcium (95), Creatine (95), Folate (95), Potassium (95), Vitamin C (95)
Switzerland	Magnesium (99), Cobalamin (97), Vitamin D (97), Iron (96), Calcium (93), Omega-3 fatty acids (93), Potassium (93), Folate (92), Ginger (91), Zinc (91)
Syria	Bitter orange (100), Cinnamon (100), Common Nettle (100), Fennel (100), Fenugreek (100), Flax seed (100), Garlic (100), Ginger (100), Hawthorn (100), Lemon balm (100)
Taiwan	Calcium (62), Probiotic (58), Lutein (50), Fish oil (46), Vitamin C (45), Iron (42), Potassium (39), Turmeric (39), Vitamin D (33), Folate (32)
Tanzania	Nickel (100), Lutein (50)
Thailand	Glutathione (98), Vitamin C (98), Aloe vera (95), Turmeric (94), Calcium (93), Iron (93), Ginger (89), Vitamin D (88), Magnesium (85), Garlic (84)
Tunisia	Aloe vera (100), Artichoke (100), Barbados Cherry (100), Bearberry (100), Burdock (100), Carnitine (100), Cinnamon (100), Conjugated linoleic acid (100), Fennel (100), Fenugreek (100)
Turkey	Magnesium (100), Cobalamin (99), Garlic (99), Ginger (99), Iron (99), Vitamin D (99), Cinnamon (98), Parsley (98), Calcium (97), Fish oil (97)
Turkmenistan	Glycine (100), Lutein (50)
Uganda	Beetroot (100), Lutein (50)
Ukraine	Magnesium (93), Calcium (90), Vitamin B-6 (90), Vitamin E (85), Vitamin D (84), Ginger (83), Acetylcysteine (82), Iodine (82), Creatine (81), Folate (81)
United Arab Emirates	Protein (98), Vitamin D (98), Iron (97), Magnesium (97), Calcium (96), Ginger (96), Vitamin C (95), Cobalamin (94), Fenugreek (94), Garlic (94)
United Kingdom	Protein (99), Vitamin D (98), Cobalamin (97), Iron (97), Caffeine (96), Calcium (96), Magnesium (96), Aloe vera (94), Creatine (93), Folate (93)
United States	Protein (99), Magnesium (98), Caffeine (97), Vitamin D (97), Calcium (96), Iron (96), Cobalamin (95), Potassium (95), Dietary fiber (94), Probiotic (92)
Venezuela	Magnesium (99), Potassium (99), Aloe vera (98), Calcium (97), Folate (96), Carnitine (95), Cobalamin (95), Creatine (95), Iron (95), Methylsulfonylmethane (95)
Vietnam	Calcium (100), Iron (100), Garlic (99), Zinc (99), Cinnamon (98), Copper (98), Ginger (98), Magnesium (98), Turmeric (98), Vitamin E (97)
Yemen	Fennel (100), Fenugreek (100), Garlic (100), Olive (100), Pomegranate (100), Lutein (50)
Zimbabwe	Cayenne pepper (100), Lutein (50)

Table S5

Time series analysis of n = 200 topics related to dietary supplements.

Topic	Seasonal Mann-Kendall test	Slope [RSV/year]	TBATS (seasonality present, period [month])	Month with the highest seasonal component [RSV]	Month with the lowest seasonal component [RSV]	Seasonal component amplitude [RSV]
4-Aminobenzoic acid	tau = -0.84; ***	-3.37; ***	YES, 12	April (7.06)	December (-10.15)	17.21
5-Hydroxytryptophan	tau = -0.28; ***	-0.90; ***	YES, 12	August (3.99)	December (-7.19)	11.18
Acai berry	tau = 0.01; 0.803	-	YES, 12	January (4.56)	June (-2.78)	7.34
Acetylcarnitine	tau = 0.07; 0.196	-	YES, 12	March (4.01)	December (-7.81)	11.83
Acetylcysteine	tau = 0.93; ***	3.45; ***	YES, 12	January (8.94)	August (-8.54)	17.48
Alanine	tau = -0.49; ***	-1.36; ***	YES, 12	April (7.76)	August (-10.65)	18.41
Alfalfa	tau = 0.46; ***	1.57; ***	YES, 12	April (7.13)	December (-8.44)	15.57
Aloe vera	tau = 0.75; ***	3.48; ***	YES, 12	July (4.58)	December (-8.81)	13.39
Alpha-galactosidase	tau = -0.21; ***	-0.81; ***	NO, -	-	-	-
alpha-Linolenic acid	tau = -0.76; ***	-2.54; ***	YES, 12	March (5.18)	August (-5.49)	10.67
Amylase	tau = 0.06; 0.286	-	YES, 12	November (9.46)	July (-15.76)	25.23
Arginine	tau = 0.18; **	0.27; **	YES, 12	February (5.31)	December (-7.91)	13.21
Artichoke	tau = 0.44; ***	2.11; ***	YES, 12	April (14.49)	December (-13.09)	27.58
Ashwagandha	tau = 0.82; ***	4.25; ***	YES, 12	March (1.54)	December (-2.78)	4.32
Astaxanthin	tau = 0.70; ***	4.41; ***	YES, 12	June (4.06)	December (-7.63)	11.69
Barbados Cherry	tau = 0.73; ***	2.40; ***	YES, 12	February (9.94)	July (-8.49)	18.42
Bearberry	tau = -0.37; ***	-0.97; ***	YES, 12	August (4.00)	December (-4.27)	8.27
Beetroot	tau = 0.94; ***	5.42; ***	YES, 12	January (4.52)	December (-7.38)	11.91
Bell pepper	tau = 0.95; ***	4.69; ***	YES, 12	August (6.24)	December (-16.16)	22.40
beta-Carotene	tau = -0.82; ***	-2.36; ***	YES, 12	May (7.95)	December (-7.69)	15.65
Betaine	tau = 0.42; ***	1.49; ***	NO, -	-	-	-
Bilberry	tau = -0.21; ***	-0.98; ***	YES, 12	July (8.16)	December (-7.36)	15.53
Biotin	tau = 0.27; ***	0.94; ***	YES, 12	February (1.98)	December (-5.52)	7.50
Bitter orange	tau = 0.35; ***	0.77; ***	YES, 12	January (7.00)	September (-6.48)	13.48
Black cohosh	tau = -0.75; ***	-2.59; ***	YES, 12	August (5.86)	December (-10.92)	16.78
Black pepper	tau = 0.95; ***	3.09; ***	YES, 12	May (1.86)	June (-2.75)	4.61
Blackberry	tau = 0.89; ***	4.26; ***	YES, 12	August (14.84)	December (-10.93)	25.76

Blackcurrant	tau = 0.68; ***	1.59; ***	YES, 12	July (12.25)	December (-7.12)	19.36
Blueberry	tau = 0.79; ***	2.32; ***	YES, 12	July (24.11)	December (-16.49)	40.59
Boron	tau = 0.63; ***	2.32; ***	YES, 12	July (4.31)	December (-6.49)	10.80
Branched-chain amino acid	tau = 0.86; ***	5.45; ***	YES, 12	March (3.65)	December (-9.51)	13.16
Broccoli	tau = 0.84; ***	3.38; ***	YES, 12	January (12.22)	December (-9.96)	22.19
Bromelain	tau = 0.13; 0.016	0.21; 0.234	YES, 12	February (5.87)	December (-7.72)	13.59
Brussels sprout	tau = 0.92; ***	3.81; ***	YES, 12	January (16.59)	August (-12.19)	28.78
Burdock	tau = 0.64; ***	1.97; ***	YES, 12	May (11.19)	December (-6.84)	18.03
Caffeine	tau = 0.48; ***	1.21; ***	YES, 12	October (4.93)	December (-6.40)	11.33
Calcium	tau = 0.16; **	0.41; **	YES, 12	April (4.91)	December (-10.41)	15.32
Carnitine	tau = -0.08; 0.159	-	YES, 12	April (8.82)	December (-17.64)	26.46
Cayenne pepper	tau = 0.40; ***	1.78; ***	YES, 12	January (13.26)	December (-7.95)	21.21
Centella asiatica	tau = 0.50; ***	0.88; ***	YES, 12	August (5.28)	December (-9.29)	14.57
Chlorella	tau = 0.16; **	-0.19; 0.265	YES, 12	March (4.15)	December (-9.23)	13.38
Chlorophyll	tau = 0.69; ***	3.07; ***	YES, 12	March (5.31)	December (-6.91)	12.22
Choline	tau = -0.30; ***	-1.20; ***	YES, 12	April (2.19)	December (-4.40)	6.59
Chondroitin sulfate	tau = -0.02; 0.772	-	YES, 12	March (3.16)	December (-7.07)	10.23
Chromium	tau = -0.59; ***	-0.40; **	YES, 12	April (6.57)	December (-2.93)	9.49
Cinnamon	tau = 0.90; ***	5.42; ***	YES, 12	January (6.59)	June (-5.98)	12.56
Citrulline	tau = 0.80; ***	4.55; ***	YES, 12	July (4.31)	December (-6.52)	10.83
Cobalamin	tau = 0.94; ***	3.12; ***	YES, 12	March (2.77)	December (-7.21)	9.98
Common Nettle	tau = 0.65; ***	1.34; ***	YES, 12	May (19.97)	December (-17.02)	36.99
Coneflower	tau = -0.12; 0.03	-0.57; **	YES, 12	October (13.01)	June (-11.57)	24.59
Conjugated linoleic acid	tau = -0.44; ***	-1.57; ***	YES, 12	May (6.00)	December (-14.66)	20.66
Copper	tau = 0.86; ***	2.92; ***	YES, 12	October (4.12)	December (-6.49)	10.61
Cordyceps	tau = 0.59; ***	1.66; ***	NO, -	-	-	-
Cranberry	tau = 0.91; ***	3.11; ***	YES, 12	November (9.89)	June (-7.72)	17.61
Creatine	tau = -0.64; ***	-1.57; ***	YES, 12	February (5.72)	December (-11.08)	16.80
Curly kale	tau = 0.63; ***	4.58; ***	YES, 12	January (9.53)	December (-5.97)	15.49
Cysteine	tau = -0.51; ***	-1.87; ***	YES, 12	October (4.99)	December (-4.12)	9.11
Dandelion	tau = 0.70; ***	2.22; ***	YES, 12	May (25.02)	December (-12.15)	37.17
Dietary fiber	tau = 0.55; ***	1.14; ***	YES, 12	March (7.98)	December (-15.17)	23.15
Dimethylethanolamine	tau = -0.71; ***	-2.45; ***	YES, 12	February (2.81)	December (-6.09)	8.89
Dipeptidyl peptidase-4	tau = 0.49; ***	0.89; ***	NO, -	-	-	-

Docosahexaenoic acid	tau = 0.79; ***	2.74; ***	YES, 12	October (3.31)	December (-7.24)	10.55
Eicosapentaenoic acid	tau = 0.13; 0.017	0.21; 0.208	YES, 12	February (4.79)	December (-8.43)	13.22
Female ginseng	tau = -0.84; ***	-3.70; ***	NO, -	-	-	-
Fennel	tau = 0.96; ***	4.87; ***	YES, 12	January (4.54)	June (-4.25)	8.79
Fenugreek	tau = 0.89; ***	4.81; ***	YES, 12	February (2.71)	December (-3.33)	6.04
Field horsetail	tau = 0.70; ***	2.23; ***	YES, 12	May (14.76)	December (-17.49)	32.26
Fish oil	tau = 0.54; ***	1.01; ***	YES, 12	January (8.27)	December (-7.41)	15.68
Five-flavor berry	tau = -0.36; ***	-0.69; ***	YES, 12	April (5.08)	December (-6.42)	11.50
Flavonoid	tau = -0.88; ***	-3.05; ***	YES, 12	March (3.86)	December (-3.71)	7.57
Flax seed	tau = 0.24; ***	0.50; **	YES, 12	February (7.51)	December (-14.29)	21.80
Folate	tau = 0.55; ***	1.95; ***	YES, 12	March (2.56)	December (-9.16)	11.72
Fructooligosaccharide	tau = -0.05; 0.385	-	YES, 12	March (5.50)	December (-9.51)	15.01
gamma-Aminobutyric acid	tau = -0.14; 0.012	-0.67; ***	YES, 12	April (5.38)	December (-6.56)	11.95
gamma-Linolenic acid	tau = -0.63; ***	-2.13; ***	NO, -	-	-	-
Garcinia cambogia	tau = 0.31; ***	2.38; ***	YES, 12	April (3.53)	December (-4.22)	7.74
Garlic	tau = 0.90; ***	5.07; ***	YES, 12	April (2.99)	June (-3.20)	6.19
Ginger	tau = 0.89; ***	4.93; ***	YES, 12	January (9.38)	June (-5.86)	15.23
Glucosamine	tau = -0.46; ***	-2.24; ***	YES, 12	April (2.19)	December (-7.39)	9.58
Glutamic acid	tau = -0.69; ***	-1.57; ***	YES, 12	May (4.99)	August (-6.27)	11.26
Glutamine	tau = 0.61; ***	2.08; ***	YES, 12	April (4.52)	December (-12.07)	16.59
Glutathione	tau = 0.72; ***	2.88; ***	YES, 12	June (3.75)	December (-6.67)	10.43
Glycine	tau = 0.83; ***	3.32; ***	YES, 12	March (5.61)	July (-7.93)	13.53
Goji	tau = 0.41; ***	1.73; ***	YES, 12	March (6.00)	December (-5.25)	11.26
Goldenseal	tau = -0.84; ***	-2.28; ***	YES, 12	October (2.66)	June (-4.11)	6.76
Grape seed extract	tau = -0.81; ***	-2.39; ***	YES, 12	May (2.63)-	November (-3.36)	5.99
Green coffee	tau = 0.54; ***	1.02; ***	NO, -	-	-	-
Green tea	tau = 0.70; ***	2.54; ***	YES, 12	January (10.20)	December (-9.11)	19.31
Guarana	tau = -0.71; ***	-1.69; ***	YES, 12	April (6.03)	December (-12.44)	18.47
Hawthorn	tau = 0.37; ***	0.67; ***	YES, 12	October (7.78)	July (-6.41)	14.19
Hen-of-the-wood	tau = 0.32; ***	0.60; **	YES, 12	October (23.29)	December (-6.48)	29.77
Hesperidin	tau = 0.69; ***	3.11; ***	YES, 12	July (2.09)	December (-3.46)	5.54
Histidine	tau = -0.58; ***	-1.49; ***	YES, 12	October (10.20)	July (-12.41)	22.61
Holy Basil	tau = 0.77; ***	3.88; ***	YES, 12	September (5.46)	May (-5.46)	10.92
Hops	tau = 0.31; ***	0.48; **	YES, 12	September (13.28)	December (-12.55)	25.84

Hyaluronic acid	tau = 0.72; ***	2.74; ***	YES, 12	March (4.44)	December (-5.58)	10.02
Indian frankincense	tau = 0.65; ***	1.99; ***	NO, -	-	-	-
Indian gooseberry	tau = 0.89; ***	4.25; ***	YES, 12	November (5.64)	May (-6.28)	11.92
Inositol	tau = 0.06; 0.242	-	NO, -	-	-	-
Iodine	tau = 0.53; ***	0.39; ***	YES, 12	March (5.93)	December (-3.92)	9.84
Iron	tau = 0.93; ***	2.45; ***	YES, 12	March (3.83)	December (-9.04)	12.88
Isoleucine	tau = -0.07; 0.205	-	YES, 12	October (6.96)	December (-8.64)	15.60
Kelp	tau = -0.55; ***	-0.84; ***	YES, 12	March (6.15)	December (-7.61)	13.76
Lactase	tau = 0.48; ***	1.42; ***	YES, 12	October (7.85)	July (-8.27)	16.12
Lecithin	tau = -0.88; ***	-2.18; ***	YES, 12	January (3.15)	December (-6.00)	9.16
Lemon balm	tau = 0.93; ***	3.66; ***	YES, 12	May (12.19)	December (-10.68)	22.87
Leucine	tau = 0.36; ***	0.57; ***	YES, 12	October (4.00)	July (-6.37)	10.38
Lingzhi mushroom	tau = 0.39; ***	0.91; ***	YES, 12	February (2.34)	December (-4.14)	6.48
Linoleic acid	tau = -0.85; ***	-3.01; ***	YES, 12	April (7.10)	December (-7.77)	14.86
Linseed oil	tau = -0.48; ***	-1.64; ***	YES, 12	January (7.77)	December (-8.02)	15.79
Lipase	tau = 0.10; 0.067	-	YES, 12	April (6.69)	August (-9.78)	16.47
Lipoic acid	tau = 0.00; 0.989	-	YES, 12	February (5.02)	December (-2.13)	7.15
Liquorice	tau = 0.78; ***	2.82; ***	YES, 12	January (4.64)	August (-3.03)	7.67
Lutein	tau = -0.04; 0.486	-	YES, 12	March (3.99)	December (-5.97)	9.96
Lycopene	tau = -0.53; ***	-1.81; ***	YES, 12	August (3.19)	December (-4.04)	7.23
Lysine	tau = 0.28; ***	0.36; ***	YES, 12	February (3.72)	July (-3.09)	6.81
Maca	tau = 0.73; ***	3.12; ***	YES, 12	February (2.65)	December (-8.17)	10.83
Magnesium	tau = 0.94; ***	4.60; ***	YES, 12	March (2.56)	December (-5.22)	7.78
Maidenhair tree	tau = -0.54; ***	-1.99; ***	YES, 12	November (8.33)	December (-4.62)	12.95
Manganese	tau = -0.45; ***	-1.34; ***	YES, 12	March (5.58)	December (-8.03)	13.61
Mangosteen	tau = -0.26; ***	-1.31; ***	YES, 12	July (6.45)	December (-8.63)	15.09
Marsh mallow	tau = 0.85; ***	4.43; ***	YES, 12	January (12.26)	July (-11.88)	24.14
Melatonin	tau = 0.82; ***	2.97; ***	YES, 12	January (5.96)	December (-4.47)	10.44
Methionine	tau = -0.68; ***	-1.63; ***	YES, 12	March (4.22)	December (-6.41)	10.64
Methylsulfonylmethane	tau = -0.63; ***	-3.60; ***	YES, 12	February (1.89)	December (-4.96)	6.85
Milk thistle	tau = 0.68; ***	2.04; ***	YES, 12	January (6.79)	December (-6.34)	13.13
Milkvetch	tau = -0.62; ***	-2.04; ***	YES, 12	November (4.06)	July (-4.75)	8.82
Molybdenum	tau = -0.75; ***	-2.40; ***	YES, 12	April (4.68)	July (-5.84)	10.51
Monounsaturated fat	tau = -0.27; ***	-0.33; **	YES, 12	February (5.65)	December (-8.00)	13.65

Niacin	tau = -0.61; ***	-1.14; ***	YES, 12	April (4.71)	December (-7.20)	11.91
Nickel	tau = 0.10; 0.058	-	YES, 12	May (7.19)	December (-6.81)	13.99
Oat	tau = 0.94; ***	4.94; ***	YES, 12	February (3.31)	December (-9.56)	12.87
Oleic acid	tau = -0.75; ***	-2.31; ***	YES, 12	May (7.31)	August (-10.51)	17.83
Olive	tau = 0.9; ***	4.50; ***	YES, 12	February (4.46)	December (-3.34)	7.80
Omega-3 fatty acids	tau = 0.36; ***	1.12; ***	YES, 12	March (6.30)	December (-10.50)	16.79
Omega-6 fatty acid	tau = -0.63; ***	-1.33; ***	YES, 12	March (8.49)	December (-13.77)	22.26
Omega-9 fatty acid	tau = -0.55; ***	-1.37; ***	YES, 12	April (3.42)	December (-7.90)	11.32
Oregano	tau = 0.82; ***	3.75; ***	YES, 12	January (6.70)	August (-4.06)	10.76
Pantothenic acid	tau = -0.50; ***	-1.23; ***	YES, 12	April (5.95)	December (-8.76)	14.71
Papain	tau = -0.57; ***	-2.34; ***	YES, 12	March (3.68)	December (-6.43)	10.12
Papaya	tau = 0.84; ***	5.21; ***	YES, 12	March (3.37)	December (-7.41)	10.77
Parsley	tau = 0.89; ***	5.40; ***	YES, 12	March (5.70)	December (-7.12)	12.82
Passion fruit	tau = 0.51; ***	2.96; ***	NO, -	-	-	-
Pectin	tau = 0.30; ***	0.40; 0.011	YES, 12	May (3.69)	December (-4.66)	8.36
Peppermint	tau = 0.83; ***	4.29; ***	YES, 12	January (2.95)	August (-2.13)	5.08
Phenylalanine	tau = -0.87; ***	-3.33; ***	YES, 12	May (4.04)	December (-9.62)	13.66
Phosphatidylcholine	tau = -0.85; ***	-3.11; ***	YES, 12	April (5.75)	December (-7.97)	13.72
Phosphatidylserine	tau = -0.80; ***	-2.15; ***	YES, 12	September (1.56)	December (-4.56)	6.12
Phosphorus	tau = -0.26; ***	-0.81; ***	YES, 12	October (6.91)	December (-8.72)	15.62
Polyunsaturated fat	tau = -0.5; ***	-1.21; ***	YES, 12	October (10.69)	July (-12.13)	22.81
Pomegranate	tau = 0.89; ***	3.27; ***	YES, 12	November (25.38)	June (-12.43)	37.80
Potassium	tau = 0.69; ***	1.45; ***	YES, 12	March (5.47)	December (-10.44)	15.90
Prebiotic	tau = 0.77; ***	2.74; ***	YES, 12	May (4.37)	December (-6.70)	11.07
Probiotic	tau = 0.98; ***	5.07; ***	YES, 12	January (3.87)	December (-4.59)	8.46
Proline	tau = -0.48; ***	-1.36; ***	YES, 12	October (5.68)	July (-6.74)	12.42
Protease	tau = -0.94; ***	-3.44; ***	YES, 12	November (4.98)	August (-7.92)	12.90
Protein	tau = 0.68; ***	1.78; ***	YES, 12	April (6.77)	December (-14.23)	21.00
Quercetin	tau = -0.28; ***	-0.89; ***	YES, 12	April (8.89)	December (-7.19)	16.09
Raspberry	tau = 0.42; ***	1.40; ***	YES, 12	February (4.50)	December (-6.35)	10.85
Red Clover	tau = -0.59; ***	-1.04; ***	YES, 12	May (3.82)	December (-7.86)	11.68
Red raspberry	tau = 0.86; ***	3.75; ***	YES, 12	July (17.83)	December (-9.73)	27.56
Resveratrol	tau = 0.20; ***	0.70; ***	NO, -	-	-	-
Rhodiola rosea	tau = 0.40; ***	0.86; ***	YES, 12	February (4.20)	December (-10.91)	15.11

Riboflavin	tau = -0.04; 0.477	-	YES, 12	November (7.71)	December (-9.46)	17.17
Rose hip	tau = 0.76; ***	2.79; ***	YES, 12	October (11.96)	June (-10.68)	22.64
Rosemary	tau = 0.90; ***	4.12; ***	YES, 12	May (5.62)	December (-5.76)	11.38
Rutin	tau = -0.42; ***	-1.48; ***	NO, -	-	-	-
Saturated fat	tau = 0.48; ***	0.94; ***	YES, 12	October (11.00)	July (-16.06)	27.07
Saw palmetto extract	tau = -0.76; ***	-2.63; ***	YES, 12	February (3.19)	May (-2.27)	5.46
Selenium	tau = 0.42; ***	1.02; ***	YES, 12	March (4.70)	December (-8.62)	13.32
Siberian Ginseng	tau = -0.89; ***	-2.43; ***	YES, 12	October (5.10)	December (-4.46)	9.56
Silicon	tau = 0.05; 0.392	-	YES, 12	April (3.71)	December (-6.61)	10.32
Slippery elm	tau = 0.27; ***	0.39; **	YES, 12	January (5.78)	December (-4.28)	10.05
Spirulina	tau = 0.61; ***	2.54; ***	YES, 12	March (4.49)	December (-10.37)	14.86
β-Alanine	tau = 0.73; ***	4.05; ***	YES, 12	January (5.83)	December (-6.45)	12.28
Stevia	tau = 0.52; ***	2.90; ***	YES, 12	May (4.85)	December (-13.73)	18.59
Sucrase	tau = -0.37; ***	-1.53; ***	YES, 12	October (13.79)	August (-16.60)	30.39
Synbiotics	tau = 0.12; 0.024	0.92; ***	YES, 12	February (5.16)	July (-3.32)	8.47
Taurine	tau = 0.13; 0.02	0.16; 0.157	YES, 12	April (4.66)	December (-10.44)	15.09
Theanine	tau = 0.82; ***	3.55; ***	YES, 12	September (2.34)	December (-6.48)	8.82
Thiamine	tau = 0.85; ***	2.44; ***	YES, 12	April (3.77)	December (-8.17)	11.94
Threonine	tau = -0.29; ***	-1.40; ***	YES, 12	October (7.90)	December (-9.06)	16.96
Tryptophan	tau = -0.33; ***	-0.58; ***	YES, 12	November (29.91)	July (-5.80)	35.71
Turmeric	tau = 0.89; ***	5.12; ***	YES, 12	January (4.68)	June (-2.20)	6.89
Tyrosine	tau = -0.57; ***	-1.32; ***	YES, 12	May (5.71)	December (-8.33)	14.04
Valerian	tau = 0.64; ***	0.88; ***	YES, 12	July (2.92)	December (-2.67)	5.60
Valine	tau = -0.17; **	-0.26; 0.065	YES, 12	October (7.62)	July (-10.17)	17.79
Vanadium	tau = -0.64; ***	-1.92; ***	YES, 12	October (2.24)	December (-2.78)	5.02
Velvet bean	tau = 0.65; ***	2.43; ***	YES, 12	March (2.66)	December (-4.44)	7.09
Vitamin A	tau = -0.17; **	-0.45; ***	YES, 12	November (8.63)	July (-11.64)	20.26
Vitamin B-6	tau = 0.9; ***	3.01; ***	YES, 12	March (3.88)	December (-7.24)	11.13
Vitamin C	tau = 0.68; ***	2.43; ***	YES, 12	October (4.92)	July (-7.57)	12.49
Vitamin D	tau = 0.97; ***	4.86; ***	YES, 12	February (6.68)	July (-6.34)	13.01
Vitamin E	tau = 0.45; ***	0.49; ***	YES, 12	November (4.93)	July (-3.05)	7.98
Vitamin K	tau = 0.68; ***	1.37; ***	YES, 12	April (5.22)	December (-9.10)	14.33
Vitamin K2	tau = 0.92; ***	6.11; ***	YES, 12	February (4.00)	August (-2.52)	6.51
Whey protein	tau = 0.76; ***	4.44; ***	YES, 12	January (4.82)	December (-13.81)	18.63

Yohimbe	tau = -0.85; ***	-3.43; ***	NO, -	-	-	-
Zeaxanthin	tau = 0.2; ***	0.42; 0.024	YES, 12	September (3.74)	December (-7.08)	10.82
Zinc	tau = 0.67; ***	2.39; ***	YES, 12	February (3.17)	December (-4.38)	7.56

Dataset