

## **Supplementary Tables**

**Supplementary table 1. Association of tertiles of serum isoflavones with the presence of coronary calcium score  $\geq 10$  in Japanese men, including heavy alcohol drinkers (n=303)**

	Serum isoflavones tertiles					<i>P</i> for trend
	Tertile 1	Tertile 2		Tertile 3		
		OR	95% CI	OR	95% CI	
<b>Crude</b>	1.00	1.58	0.69, 3.58	0.81	0.32, 2.05	0.13
<b>Model I</b>	1.00	1.78	0.72, 4.39	0.75	0.27, 2.09	0.07
<b>Model II</b>	1.00	1.92	0.76, 4.97	0.77	0.27, 2.22	0.07
<b>Model III</b>	1.00	1.96	0.77, 4.97	0.78	0.27, 2.26	0.07

OR, odds ratio; CI, confidence interval

Model I: adjusted for age, pack-years of smoking, body-mass index, low-density lipoprotein-cholesterol, hypertension, and diabetes

Model II: model I + further adjusted for alcohol consumption, C-reactive protein, and lipid medication

Model III: model II+ further adjusted for serum levels of omega-3 fatty acids and meat consumption

**Supplementary table 2. Association of equol producer status (>83 nM) with the presence of coronary calcium score  $\geq 10$  in Japanese men, including heavy alcohol drinkers (n=303)**

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	<b>Equol producers vs equol non-producers</b>	
	<b>Odds Ratio</b>	<b>95% CI</b>
<b>Crude</b>	0.62	0.21, 1.83
<b>Model I</b>	0.54	0.17, 1.72
<b>Model II</b>	0.53	0.16, 1.68
<b>Model III</b>	0.41	0.08, 2.06
<b>Model IV</b>	0.38	0.07, 1.94

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CI, confidence interval

Model I: adjusted for age, pack-years of smoking, body-mass index, low-density lipoprotein-cholesterol, hypertension, and diabetes

Model II: model I + further adjusted for alcohol consumption, C-reactive protein, and lipid medication

Model III: model II+ further adjusted for serum levels of omega-3 fatty acids and meat consumption

Model IV: model III+ further adjusted for serum levels of isoflavones

**Supplementary table 3. Multivariable-adjusted odds ratio (95% CI) for the presence of coronary calcium score  $\geq 10$  by equol producing status ( $\geq 40$  nM and  $\geq 20$  nM) in men in Japan (n=272)\***

	Equol producers vs equol non-producers			
	$\geq 40$ nM		$\geq 20$ nM	
	Odds Ratio	95% CI	Odds Ratio	95% CI
<b>Crude</b>	0.77	0.28, 2.14	1.09	0.48, 2.47
<b>Model I</b>	0.62	0.21, 1.87	1.22	0.50, 3.00
<b>Model II</b>	0.57	0.19, 1.75	1.17	0.47, 2.90
<b>Model III</b>	0.57	0.19, 1.77	1.18	0.47, 2.96
<b>Model IV</b>	0.49	0.15, 1.58	1.08	0.42, 2.77

CI, confidence interval

\*After excluding participants with heavy alcohol drinking ( $\geq 69$  g/day)

Model I: adjusted for age, pack-years of smoking, body-mass index, low-density lipoprotein-cholesterol, hypertension, and diabetes

Model II: model I + further adjusted for alcohol consumption, C-reactive protein, and lipid medication

Model III: model II+ further adjusted for serum levels of omega-3 fatty acids and meat consumption

Model IV: model III+ further adjusted for serum levels of isoflavones

CI, confidence interval