

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014

T h i a m i n																		
Gender and age (years)	Percent reporting supplement thiamin ⁸ % (SE)		Sample Size	All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –		
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)			mg	(SE)	mg	(SE)	mg	(SE)	mg
Males and females:																		
2 - 5.....	9	(1.9)	664	1.25	(0.031)	0.11	(0.029)	1.36	(0.047)		--	--	--			1.24	(0.032)	
6 - 11.....	5	(1.0)	1039	1.60	(0.036)	0.13*	(0.067)	1.74	(0.089)		--	--	--			1.59	(0.035)	
12 - 19.....	7	(0.9)	1271	1.68	(0.043)	0.75*	(0.267)	2.43	(0.258)	68	2.46	(0.412)	11.00*	(3.653)	13.46	(3.801)	1.62	(0.055)
Males:																		
20 - 39.....	13	(1.7)	846	1.96	(0.042)	1.95	(0.576)	3.91	(0.565)	92	2.17	(0.129)	14.50	(3.141)	16.67	(3.169)	1.93	(0.048)
40 - 59.....	25	(2.8)	791	1.86	(0.037)	3.55	(0.796)	5.41	(0.784)	159	1.98	(0.075)	14.10	(3.191)	16.08	(3.200)	1.82	(0.038)
60 and over.....	36	(1.7)	723	1.76	(0.057)	12.99*	(7.407)	14.74*	(7.428)	206	1.74	(0.077)	36.02*	(19.633)	37.76*	(19.684)	1.77	(0.072)
20 and over...	23	(1.6)	2360	1.87	(0.025)	5.29*	(1.957)	7.16	(1.964)	457	1.93	(0.041)	22.61*	(7.390)	24.54*	(7.392)	1.85	(0.031)
Females:																		
20 - 39.....	16	(1.9)	791	1.41	(0.034)	0.89	(0.233)	2.30	(0.224)	110	1.38	(0.058)	5.66	(1.189)	7.03	(1.187)	1.42	(0.043)
40 - 59.....	23	(1.7)	899	1.38	(0.041)	3.05	(0.711)	4.44	(0.719)	172	1.42	(0.136)	13.33	(2.894)	14.75	(2.940)	1.37	(0.037)
60 and over.....	37	(2.3)	780	1.32	(0.028)	10.21*	(3.964)	11.53*	(3.951)	252	1.46	(0.053)	27.27*	(10.621)	28.73*	(10.602)	1.25	(0.026)
20 and over...	25	(1.4)	2470	1.38	(0.020)	4.40	(1.133)	5.78	(1.127)	534	1.43	(0.048)	17.81	(4.764)	19.23	(4.745)	1.36	(0.023)
All Individuals:																		
2 and over...	20	(0.9)	7804	1.61	(0.018)	3.75	(0.842)	5.36	(0.850)	1168	1.70	(0.039)	18.97	(3.958)	20.66	(3.975)	1.59	(0.021)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

R i b o f l a v i n															
Gender and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
Males and females:															
2 - 5.....	9	(1.9)	664	1.71 (0.047)	0.13 (0.032)	1.84 (0.062)		--	--	--	1.72 (0.049)				
6 - 11.....	5	(1.0)	1039	1.99 (0.037)	0.17* (0.099)	2.16 (0.115)		--	--	--	1.99 (0.040)				
12 - 19.....	7	(0.9)	1271	2.13 (0.071)	0.60* (0.193)	2.73 (0.201)	68	3.59 (0.770)	8.82* (2.831)	12.41 (3.251)	2.02 (0.076)				
Males:															
20 - 39.....	13	(1.7)	846	2.70 (0.098)	1.46 (0.386)	4.16 (0.401)	92	3.11 (0.201)	10.87 (2.134)	13.97 (2.139)	2.63 (0.108)				
40 - 59.....	25	(2.8)	791	2.54 (0.041)	2.77 (0.622)	5.31 (0.623)	161	2.84 (0.116)	10.94 (2.071)	13.79 (2.097)	2.43 (0.057)				
60 and over.....	36	(1.7)	723	2.32 (0.053)	2.60 (0.664)	4.92 (0.686)	204	2.35 (0.078)	7.29 (1.666)	9.64 (1.710)	2.30 (0.078)				
20 and over...	23	(1.5)	2360	2.54 (0.040)	2.23 (0.357)	4.77 (0.369)	457	2.72 (0.059)	9.53 (1.246)	12.25 (1.263)	2.49 (0.052)				
Females:															
20 - 39.....	16	(2.1)	791	1.80 (0.044)	0.94 (0.254)	2.73 (0.253)	111	1.93 (0.134)	5.85 (1.309)	7.78 (1.299)	1.77 (0.056)				
40 - 59.....	23	(1.7)	899	1.87 (0.037)	1.96 (0.469)	3.83 (0.480)	172	1.91 (0.100)	8.55 (1.854)	10.47 (1.919)	1.85 (0.036)				
60 and over.....	37	(2.3)	780	1.81 (0.043)	3.54 (0.359)	5.34 (0.363)	252	2.02 (0.076)	9.45 (1.072)	11.47 (1.107)	1.68 (0.039)				
20 and over...	25	(1.5)	2470	1.83 (0.025)	2.08 (0.273)	3.90 (0.280)	535	1.96 (0.045)	8.37 (0.981)	10.33 (1.004)	1.78 (0.030)				
All Individuals:															
2 and over...	20	(0.9)	7804	2.14 (0.029)	1.71 (0.177)	3.85 (0.190)	1168	2.35 (0.068)	8.64 (0.797)	10.99 (0.819)	2.08 (0.032)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

N i a c i n																		
Gender and age (years)	Percent reporting supplement niacin ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	9	(1.9)	664	15.5	(0.39)	1.2	(0.29)	16.7	(0.53)		--	--	--	--	--	15.6	(0.40)	
6 - 11.....	5	(1.0)	1039	21.1	(0.43)	0.9	(0.19)	22.0	(0.50)	61	20.9	(1.35)	16.4	(2.08)	37.3	(2.09)	21.1	(0.45)
12 - 19.....	8	(1.2)	1271	26.1	(0.74)	2.0	(0.41)	28.0	(0.91)	79	39.3	(7.35)	23.9	(3.95)	63.2	(9.46)	24.9	(0.92)
Males:																		
20 - 39.....	15	(1.8)	846	35.9	(1.03)	4.7	(0.87)	40.6	(1.12)	103	39.0	(2.53)	32.2	(4.57)	71.2	(4.81)	35.4	(1.07)
40 - 59.....	26	(2.6)	791	31.1	(0.61)	7.7	(1.00)	38.8	(1.13)	164	32.8	(1.49)	29.7	(2.32)	62.5	(3.32)	30.5	(0.71)
60 and over.....	39	(2.2)	723	26.8	(0.46)	21.8	(4.66)	48.6	(4.52)	220	26.9	(0.99)	55.2	(10.51)	82.1	(10.55)	26.7	(0.69)
20 and over...	25	(1.7)	2360	31.9	(0.41)	10.0	(1.32)	41.9	(1.32)	487	31.9	(0.61)	40.3	(4.63)	72.2	(4.66)	31.9	(0.50)
Females:																		
20 - 39.....	18	(2.0)	791	22.5	(0.61)	3.5	(0.48)	26.0	(0.86)	127	23.8	(1.40)	19.8	(1.53)	43.5	(2.26)	22.2	(0.69)
40 - 59.....	24	(1.8)	899	21.5	(0.37)	9.6	(2.61)	31.1	(2.79)	181	22.1	(0.81)	39.6	(8.77)	61.6	(8.72)	21.3	(0.46)
60 and over.....	40	(2.3)	780	19.6	(0.56)	14.7	(1.03)	34.3	(1.21)	264	20.7	(0.73)	37.0	(3.19)	57.7	(3.25)	18.9	(0.62)
20 and over...	27	(1.5)	2470	21.3	(0.24)	9.1	(0.98)	30.4	(1.02)	572	21.9	(0.31)	34.1	(2.89)	56.0	(2.87)	21.1	(0.31)
All Individuals:																		
2 and over...	21	(1.0)	7804	25.5	(0.23)	7.6	(0.68)	33.0	(0.73)	1249	26.9	(0.63)	35.6	(2.23)	62.4	(2.37)	25.1	(0.28)

See page 23 for footnotes.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

V i t a m i n B 6																		
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷																		
Gender and age	Percent reporting supplement vitamin B6 ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	30	(4.2)	664	1.37	(0.043)	0.33	(0.047)	1.71	(0.054)	173	1.31	(0.077)	1.11	(0.127)	2.42	(0.164)	1.40	(0.038)
6 - 11.....	18	(1.9)	1039	1.72	(0.035)	0.36	(0.100)	2.08	(0.111)	171	1.63	(0.075)	1.98	(0.526)	3.60	(0.540)	1.74	(0.034)
12 - 19.....	12	(1.4)	1271	2.08	(0.068)	0.76	(0.185)	2.83	(0.216)	108	2.97	(0.533)	6.19	(1.701)	9.16	(2.146)	1.95	(0.085)
Males:																		
20 - 39.....	15	(1.9)	846	3.06	(0.141)	1.75	(0.370)	4.81	(0.400)	104	3.42	(0.396)	11.49	(1.912)	14.91	(1.750)	3.00	(0.155)
40 - 59.....	27	(2.7)	791	2.54	(0.059)	3.43	(0.717)	5.97	(0.700)	171	2.78	(0.156)	12.61	(2.233)	15.39	(2.282)	2.45	(0.077)
60 and over.....	38	(2.1)	723	2.23	(0.053)	2.97	(0.591)	5.20	(0.590)	216	2.30	(0.117)	7.78	(1.406)	10.08	(1.439)	2.19	(0.071)
20 and over...	25	(1.7)	2360	2.66	(0.046)	2.67	(0.394)	5.33	(0.394)	491	2.75	(0.075)	10.54	(1.335)	13.28	(1.304)	2.64	(0.058)
Females:																		
20 - 39.....	20	(2.1)	791	1.86	(0.064)	1.11	(0.257)	2.97	(0.267)	139	1.95	(0.103)	5.56	(0.916)	7.51	(0.937)	1.84	(0.081)
40 - 59.....	25	(1.9)	899	1.75	(0.044)	8.03*	(5.412)	9.78*	(5.416)	197	1.86	(0.081)	31.54*(20.526)		33.39*(20.529)		1.71	(0.047)
60 and over.....	42	(2.4)	780	1.64	(0.034)	5.63	(1.085)	7.27	(1.095)	280	1.74	(0.063)	13.34	(2.469)	15.08	(2.457)	1.56	(0.042)
20 and over...	28	(1.5)	2470	1.75	(0.019)	5.07*	(2.093)	6.82*	(2.098)	616	1.83	(0.043)	17.81* (7.223)		19.64* (7.225)		1.73	(0.023)
All Individuals:																		
2 and over...	25	(1.1)	7804	2.11	(0.027)	3.05	(0.826)	5.16	(0.820)	1559	2.20	(0.065)	12.37	(3.261)	14.57	(3.264)	2.08	(0.029)

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F o l i c a c i d																
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷																
Gender and age (years)	Percent reporting supplement folic acid ⁸	Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food
(years)	% (SE)		µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)	µg (SE)
Males and females:																
2 - 5.....	29 (4.3)	664	170 (6.6)	54 (7.3)	224 (6.7)	168	148 (12.2)	186 (13.4)	334 (18.4)	179 (7.1)						
6 - 11.....	18 (2.0)	1039	214 (8.7)	35 (3.9)	249 (9.7)	168	199 (10.9)	198 (12.7)	397 (20.2)	217 (10.5)						
12 - 19.....	12 (1.4)	1271	220 (11.9)	38 (5.2)	258 (11.2)	107	313 (64.6)	319 (17.2)	633 (68.6)	207 (13.0)						
Males:																
20 - 39.....	15 (1.9)	846	224 (10.1)	61 (8.2)	285 (15.7)	106	274 (25.9)	403 (17.6)	677 (31.5)	215 (13.0)						
40 - 59.....	26 (2.6)	791	198 (10.5)	115 (12.3)	313 (9.7)	167	192 (20.6)	443 (17.3)	635 (23.8)	200 (11.8)						
60 and over.....	37 (1.9)	723	196 (10.5)	190 (22.4)	386 (29.6)	205	216 (25.4)	513 (53.9)	728 (63.4)	185 (10.3)						
20 and over...	25 (1.7)	2360	208 (5.3)	113 (9.0)	321 (11.9)	478	220 (11.5)	460 (21.8)	680 (30.4)	203 (6.1)						
Females:																
20 - 39.....	20 (1.9)	791	159 (8.1)	90 (9.1)	249 (12.8)	144	151 (12.1)	440 (21.6)	591 (22.0)	162 (11.1)						
40 - 59.....	26 (2.1)	899	146 (8.3)	111 (9.2)	257 (14.5)	193	146 (16.8)	432 (13.4)	578 (20.6)	146 (8.2)						
60 and over.....	41 (2.3)	780	148 (4.4)	200 (13.2)	349 (14.0)	271	171 (10.1)	493 (13.7)	664 (17.1)	133 (5.0)						
20 and over...	28 (1.4)	2470	151 (3.8)	130 (6.2)	281 (7.8)	608	157 (7.9)	459 (7.6)	616 (10.1)	149 (4.1)						
All Individuals:																
2 and over...	24 (1.1)	7804	186 (4.2)	101 (4.2)	288 (6.2)	1529	192 (7.1)	419 (11.4)	611 (14.2)	184 (4.7)						

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F o l a t e (D F E)																		
Gender and age (years)	Percent reporting supplement folate (DFE) ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	29	(4.3)	664	417	(12.8)	93	(12.3)	509	(13.3)	168	390	(24.0)	315	(22.8)	706	(36.6)	428	(12.9)
6 - 11.....	18	(2.0)	1039	519	(16.4)	60	(6.7)	579	(18.1)	168	495	(19.2)	337	(21.6)	832	(35.7)	524	(19.6)
12 - 19.....	12	(1.4)	1271	547	(20.9)	64	(8.9)	611	(20.1)	107	737	(117.5)	543	(29.2)	1279	(125.4)	521	(24.3)
Males:																		
20 - 39.....	15	(1.9)	846	640	(18.4)	104	(13.9)	744	(26.8)	106	715	(49.7)	684	(30.0)	1400	(58.4)	627	(24.1)
40 - 59.....	26	(2.6)	791	589	(16.4)	196	(20.9)	785	(16.2)	167	607	(32.6)	753	(29.4)	1360	(37.1)	583	(19.1)
60 and over.....	37	(1.9)	723	560	(19.7)	323	(38.0)	883	(53.4)	205	594	(42.4)	872	(91.7)	1466	(109.9)	540	(23.4)
20 and over...	25	(1.7)	2360	602	(10.2)	192	(15.3)	794	(21.6)	478	628	(21.4)	781	(37.1)	1409	(52.8)	593	(11.7)
Females:																		
20 - 39.....	20	(1.9)	791	470	(14.0)	153	(15.5)	622	(20.1)	144	481	(17.9)	748	(36.8)	1228	(31.4)	467	(19.5)
40 - 59.....	26	(2.1)	899	449	(16.0)	188	(15.6)	637	(27.4)	193	489	(33.5)	735	(22.8)	1223	(40.1)	435	(13.7)
60 and over.....	41	(2.3)	780	445	(9.5)	340	(22.4)	785	(24.6)	271	502	(21.2)	838	(23.2)	1340	(30.4)	407	(10.8)
20 and over...	28	(1.4)	2470	455	(7.3)	220	(10.6)	675	(13.6)	608	492	(13.9)	781	(13.0)	1273	(16.8)	440	(8.0)
All Individuals:																		
2 and over...	24	(1.1)	7804	524	(8.1)	172	(7.2)	696	(11.7)	1529	551	(14.6)	712	(19.3)	1263	(26.7)	515	(9.1)

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C h o l i n e																		
<i>All Individuals</i>⁵ <i>Supplement Users</i>⁶ <i>–Non-users</i>⁷<i>–</i>																		
Gender and age	Percent reporting supplement choline ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	11	(2.7)	664	209	(6.7)	1*	(0.3)	210	(6.6)	68	214	(7.9)	10	(2.1)	224	(7.7)	208	(8.0)
6 - 11.....	8	(0.8)	1039	247	(4.6)	1*	(0.3)	248	(4.6)	77	244	(10.6)	10*	(3.3)	253	(10.3)	247	(4.7)
12 - 19.....	6	(1.0)	1271	282	(6.3)	1*	(0.4)	283	(6.1)		--		--		--		271	(7.4)
Males:																		
20 - 39.....	3	(0.6)	846	414	(8.6)	#		415	(8.6)		--		--		--		413	(8.3)
40 - 59.....	4	(0.9)	791	420	(11.2)	1*	(0.6)	421	(11.3)		--		--		--		423	(10.7)
60 and over.....	5	(1.7)	723	357	(7.3)	2*	(0.9)	359	(6.8)		--		--		--		356	(8.6)
20 and over...	4	(0.7)	2360	402	(6.4)	1	(0.3)	403	(6.4)	77	388	(22.9)	31	(7.3)	419	(27.9)	402	(6.3)
Females:																		
20 - 39.....	4	(1.1)	791	280	(5.1)	1*	(0.4)	281	(5.1)		--		--		--		280	(4.9)
40 - 59.....	6	(1.4)	899	280	(5.9)	1*	(0.4)	281	(5.8)		--		--		--		277	(6.2)
60 and over.....	7	(1.2)	780	269	(7.6)	2	(0.4)	271	(7.7)		--		--		--		267	(8.0)
20 and over...	6	(0.8)	2470	277	(3.8)	1	(0.3)	278	(3.8)	115	304	(18.4)	21	(3.4)	325	(19.6)	275	(4.0)
All Individuals:																		
2 and over...	5	(0.5)	7804	318	(3.4)	1	(0.2)	319	(3.4)	379	332	(14.3)	20	(2.4)	352	(14.4)	318	(3.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

V i t a m i n B 1 2															
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷															
Gender and age (years)	Percent reporting vitamin B12 ⁸	Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Sample size	Food	Supplement	Food plus supplement	Food
	% (SE)		µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)
Males and females:															
2 - 5.....	30 (4.3)	664	3.88 (0.119)	1.1 (0.15)	5.0 (0.16)	170	3.70 (0.222)	3.7 (0.33)	7.4 (0.39)	3.95 (0.114)					
6 - 11.....	18 (2.0)	1039	4.73 (0.113)	0.8 (0.08)	5.5 (0.15)	170	4.58 (0.147)	4.3 (0.18)	8.9 (0.24)	4.76 (0.144)					
12 - 19.....	12 (1.4)	1271	5.25 (0.157)	7.9* (4.62)	13.1* (4.69)	106	6.94 (1.294)	65.9* (38.09)	72.8* (38.38)	5.02 (0.206)					
Males:															
20 - 39.....	16 (1.8)	846	7.05 (0.412)	8.5* (2.79)	15.5 (2.76)	106	7.82 (0.396)	54.7* (17.44)	62.5 (17.33)	6.91 (0.451)					
40 - 59.....	28 (2.3)	791	5.57 (0.211)	82.7* (33.63)	88.3* (33.59)	178	6.34 (0.562)	297.8* (118.72)	304.1* (118.70)	5.27 (0.242)					
60 and over.....	39 (2.1)	723	5.03 (0.220)	93.6* (35.03)	98.6* (35.07)	223	5.13 (0.235)	241.9* (86.28)	247.0* (86.34)	4.97 (0.386)					
20 and over...	26 (1.5)	2360	6.00 (0.153)	56.9 (13.98)	62.9 (13.93)	507	6.23 (0.317)	220.7 (52.58)	226.9 (52.50)	5.93 (0.165)					
Females:															
20 - 39.....	21 (2.0)	791	4.08 (0.133)	29.1* (10.85)	33.2* (10.84)	146	4.09 (0.363)	138.5* (48.89)	142.6* (48.97)	4.07 (0.169)					
40 - 59.....	28 (1.9)	899	3.80 (0.122)	93.5 (27.27)	97.3 (27.23)	208	3.53 (0.159)	338.5 (100.76)	342.0 (100.69)	3.90 (0.185)					
60 and over.....	43 (2.3)	780	4.01 (0.171)	97.8 (15.41)	101.8 (15.44)	291	4.09 (0.232)	225.7 (36.43)	229.8 (36.39)	3.95 (0.277)					
20 and over...	30 (1.5)	2470	3.95 (0.106)	73.6 (9.77)	77.6 (9.78)	645	3.89 (0.150)	245.6 (34.56)	249.5 (34.53)	3.98 (0.142)					
All Individuals:															
2 and over...	25 (1.0)	7804	4.93 (0.073)	50.2 (6.41)	55.1 (6.42)	1598	4.98 (0.202)	198.1 (28.75)	203.1 (28.73)	4.91 (0.070)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

V i t a m i n C																		
Gender and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	32	(4.4)	664	78.0	(4.51)	22.9*	(12.08)	100.9	(10.54)	184	75.0	(7.73)	72.1*	(34.41)	147.0	(32.26)	79.4	(4.50)
6 - 11.....	20	(2.3)	1039	74.5	(1.70)	15.3	(3.98)	89.9	(4.99)	184	79.4	(5.01)	75.5	(18.86)	154.9	(19.68)	73.3	(2.32)
12 - 19.....	13	(1.5)	1271	70.0	(3.18)	24.4	(5.08)	94.4	(5.90)	120	99.8	(11.31)	193.7	(34.68)	293.5	(38.33)	65.6	(3.24)
Males:																		
20 - 39.....	17	(2.0)	846	84.6	(4.40)	50.1	(13.84)	134.7	(15.18)	119	81.0	(7.41)	288.9	(56.48)	369.8	(53.80)	85.4	(5.33)
40 - 59.....	29	(2.3)	791	79.2	(3.20)	81.0	(16.13)	160.2	(16.82)	190	105.7	(11.16)	283.6	(58.00)	389.3	(58.99)	68.6	(3.01)
60 and over.....	42	(2.2)	723	86.3	(4.84)	116.0	(21.40)	202.2	(20.09)	245	91.6	(6.08)	274.7	(44.28)	366.3	(44.01)	82.4	(5.63)
20 and over...	28	(1.7)	2360	83.1	(2.33)	77.8	(10.03)	160.9	(11.46)	554	94.4	(3.28)	281.5	(31.12)	375.9	(30.44)	78.7	(3.27)
Females:																		
20 - 39.....	21	(1.9)	791	72.2	(2.90)	27.8	(5.02)	100.0	(5.69)	148	87.5	(10.15)	134.9	(20.63)	222.3	(24.15)	68.2	(3.09)
40 - 59.....	28	(1.7)	899	73.4	(3.78)	67.3	(8.40)	140.6	(8.69)	214	84.5	(8.88)	242.7	(23.72)	327.2	(27.43)	69.1	(4.33)
60 and over.....	46	(2.5)	780	78.3	(3.68)	138.6	(25.81)	216.9	(25.33)	309	87.8	(6.51)	304.1	(56.31)	391.9	(55.37)	70.3	(3.23)
20 and over...	31	(1.4)	2470	74.4	(2.27)	74.8	(9.49)	149.2	(9.91)	671	86.6	(4.86)	245.2	(27.32)	331.8	(27.73)	69.0	(2.77)
All Individuals:																		
2 and over...	27	(1.1)	7804	77.3	(1.27)	62.7	(6.58)	140.0	(7.30)	1713	89.2	(2.34)	235.4	(21.67)	324.6	(22.28)	73.0	(1.71)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

V i t a m i n D																		
Gender and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	31	(4.2)	664	5.9	(0.30)	3.1	(0.43)	9.0	(0.56)	183	5.9	(0.46)	9.9	(0.88)	15.8	(1.15)	5.9	(0.35)
6 - 11.....	19	(2.2)	1039	5.5	(0.17)	2.0	(0.29)	7.4	(0.30)	179	6.0	(0.40)	10.6	(0.52)	16.5	(0.66)	5.3	(0.21)
12 - 19.....	12	(1.4)	1271	4.9	(0.18)	3.0	(0.77)	7.9	(0.79)	110	6.7	(0.73)	24.5	(5.53)	31.2	(5.70)	4.7	(0.21)
Males:																		
20 - 39.....	16	(1.5)	846	5.4	(0.38)	3.7	(0.49)	9.1	(0.76)	111	7.7	(1.40)	23.3	(1.72)	30.9	(2.46)	5.0	(0.30)
40 - 59.....	28	(2.8)	791	5.8	(0.51)	6.1	(0.80)	11.8	(1.04)	186	7.7	(1.53)	22.0	(1.81)	29.7	(2.41)	5.0	(0.34)
60 and over.....	45	(2.1)	723	5.3	(0.31)	16.9	(2.63)	22.2	(2.61)	270	5.4	(0.40)	37.5	(5.04)	42.9	(5.05)	5.2	(0.44)
20 and over...	27	(1.7)	2360	5.5	(0.29)	7.9	(0.75)	13.4	(0.80)	567	6.8	(0.89)	28.6	(2.10)	35.4	(1.93)	5.0	(0.16)
Females:																		
20 - 39.....	21	(1.8)	791	3.9	(0.22)	8.7	(1.53)	12.6	(1.57)	151	4.4	(0.66)	41.3	(7.00)	45.7	(6.83)	3.8	(0.23)
40 - 59.....	34	(2.3)	899	3.9	(0.13)	14.2	(2.27)	18.1	(2.24)	259	4.2	(0.35)	41.3	(7.03)	45.5	(6.96)	3.7	(0.25)
60 and over.....	58	(1.9)	780	4.4	(0.25)	26.2	(2.05)	30.5	(2.03)	394	4.7	(0.34)	45.3	(2.74)	50.0	(2.74)	3.9	(0.32)
20 and over...	37	(1.3)	2470	4.0	(0.13)	15.9	(1.21)	19.9	(1.20)	804	4.4	(0.26)	43.1	(2.90)	47.6	(2.95)	3.8	(0.18)
All Individuals:																		
2 and over...	29	(1.1)	7804	4.9	(0.12)	9.6	(0.62)	14.5	(0.62)	1843	5.5	(0.32)	33.4	(1.74)	39.0	(1.70)	4.6	(0.10)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

V i t a m i n K																		
Gender and age (years)	Percent reporting supplement vitamin K ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	1*	(1.0)	664	49.7	(2.19)	0.4*	(0.28)	50.1	(2.07)		--	--	--			49.7	(2.23)	
6 - 11.....	#		1039	73.4	(5.59)	0.1*	(0.04)	73.5	(5.58)		--	--	--			73.5	(5.61)	
12 - 19.....	5	(0.7)	1271	81.2	(5.63)	1.5	(0.25)	82.8	(5.66)		--	--	--			81.3	(5.56)	
Males:																		
20 - 39.....	11	(1.3)	846	121.5	(8.59)	4.5	(0.67)	126.0	(8.63)	81	145.7	(29.20)	38.9	(3.14)	184.6	(30.47)	118.4	(7.31)
40 - 59.....	23	(2.8)	791	123.4	(8.62)	7.9	(1.03)	131.3	(8.94)	144	166.8	(19.89)	34.9	(2.65)	201.7	(20.98)	110.7	(6.52)
60 and over.....	33	(1.7)	723	116.4	(7.97)	11.4	(1.75)	127.9	(8.02)	180	113.8	(10.04)	34.7	(4.28)	148.5	(11.23)	117.7	(10.29)
20 and over...	21	(1.5)	2360	120.9	(5.31)	7.5	(0.74)	128.4	(5.25)	405	141.6	(9.83)	35.6	(1.62)	177.2	(9.71)	115.5	(5.25)
Females:																		
20 - 39.....	12	(1.6)	791	118.8	(10.99)	5.9	(1.56)	124.6	(11.38)	81	193.8*	(73.08)	47.7	(9.42)	241.5*	(76.04)	108.2	(7.64)
40 - 59.....	18	(1.5)	899	131.5	(9.82)	27.6*	(20.91)	159.1	(24.43)	128	162.4	(20.33)	152.0*	(106.39)	314.4*	(119.91)	124.7	(11.15)
60 and over.....	32	(2.4)	780	119.7	(5.04)	13.2	(1.57)	132.9	(4.79)	216	131.5	(12.40)	41.0	(5.08)	172.5	(12.58)	114.2	(6.69)
20 and over...	20	(1.2)	2470	124.0	(5.24)	16.3*	(7.96)	140.3	(10.05)	425	154.6	(17.83)	80.5*	(37.66)	235.1	(45.87)	116.2	(5.64)
All Individuals:																		
2 and over...	16	(0.9)	7804	110.0	(2.83)	9.2*	(3.22)	119.2	(3.91)	884	145.2	(8.72)	56.9*	(17.94)	202.0	(20.23)	103.3	(3.43)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 *(continued)*

L y c o p e n e																		
Gender and age (years)	Percent reporting supplement lycopene ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		664	3002	(324.7)	1*	(0.9)	3003	(325.0)		--	--	--			3005	(324.6)	
6 - 11.....	#		1039	4082	(269.2)	#		4082	(269.2)		--	--	--			4079	(269.7)	
12 - 19.....	2	(0.5)	1271	4678	(265.1)	9*	(3.2)	4687	(265.3)		--	--	--			4687	(273.1)	
Males:																		
20 - 39.....	8	(1.3)	846	5702	(306.4)	40	(8.0)	5742	(305.1)		--	--	--			5741	(339.3)	
40 - 59.....	17	(2.5)	791	5452	(470.0)	100	(15.2)	5553	(474.1)	109	4138	(767.9)	578	(102.8)	4716	(777.6)	5728	(535.6)
60 and over.....	25	(2.3)	723	6349	(530.1)	149	(38.0)	6498	(525.7)	136	6171	(1028.7)	607	(148.2)	6778	(1026.0)	6407	(719.1)
20 and over...	15	(1.4)	2360	5772	(293.1)	89	(10.5)	5861	(295.3)	297	5151	(399.0)	581	(72.8)	5732	(385.6)	5885	(339.2)
Females:																		
20 - 39.....	1*	(0.5)	791	4335	(294.2)	18*	(6.9)	4353	(293.1)		--	--	--			4338	(299.1)	
40 - 59.....	4	(1.1)	899	4323	(142.6)	22*	(7.2)	4345	(142.2)		--	--	--			4219	(154.0)	
60 and over.....	13	(1.3)	780	4077	(395.4)	53	(6.1)	4130	(394.3)	88	4340	(919.2)	400	(48.6)	4740	(937.2)	4036	(420.6)
20 and over...	6	(0.7)	2470	4256	(174.8)	30	(2.7)	4286	(174.8)	128	4975	(658.9)	516	(46.2)	5490	(657.9)	4212	(188.2)
All Individuals:																		
2 and over...	8	(0.7)	7804	4794	(117.6)	46	(4.4)	4840	(118.3)	444	5076	(328.3)	559	(52.2)	5636	(334.5)	4769	(134.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

L u t e i n + z e a x a n t h i n																		
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:																		
2 - 5.....	#		664	594	(30.2)	2*	(1.7)	596	(29.4)		--	--	--		594	(30.1)		
6 - 11.....	#		1039	914	(119.7)	1*	(0.4)	915	(119.7)		--	--	--		914	(120.0)		
12 - 19.....	2	(0.5)	1271	956	(81.4)	8*	(3.8)	964	(83.5)		--	--	--		950	(83.5)		
Males:																		
20 - 39.....	3	(1.0)	846	1567	(183.8)	44*	(19.1)	1611	(188.4)		--	--	--		1559	(187.7)		
40 - 59.....	12	(1.4)	791	1613	(149.8)	76	(22.4)	1689	(162.5)	75	3318	(789.3)	653	(177.7)	3970	(911.2)	1390	(100.2)
60 and over.....	21	(2.3)	723	1505	(163.4)	221	(49.9)	1725	(174.7)	120	1728	(377.3)	1050	(207.4)	2778	(490.3)	1445	(174.6)
20 and over...	11	(1.0)	2360	1568	(106.7)	100	(16.8)	1668	(108.3)	225	2361	(166.9)	925	(115.3)	3286	(218.0)	1473	(111.8)
Females:																		
20 - 39.....	3	(0.9)	791	1711	(273.4)	27*	(13.7)	1739	(272.0)		--	--	--		1687	(280.0)		
40 - 59.....	7	(1.4)	899	1870	(199.9)	86*	(30.1)	1956	(194.9)		--	--	--		1845	(214.6)		
60 and over.....	23	(1.6)	780	1627	(87.1)	186	(24.4)	1813	(92.1)	147	1556	(224.4)	825	(98.0)	2382	(245.5)	1648	(94.5)
20 and over...	10	(1.0)	2470	1748	(115.6)	95	(12.9)	1844	(108.6)	218	1822	(179.3)	951	(139.6)	2774	(232.1)	1740	(131.2)
All Individuals:																		
2 and over...	8	(0.6)	7804	1464	(57.3)	75	(8.1)	1538	(56.5)	462	2076	(115.3)	925	(79.2)	3002	(141.6)	1410	(65.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

C a l c i u m																		
Gender and age (years)	Percent reporting supplement calcium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ -			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	9	(1.8)	664	931	(33.0)	12	(3.0)	943	(33.5)		--	--	--			931	(35.3)	
6 - 11.....	6	(1.0)	1039	1074	(29.8)	8	(1.8)	1082	(30.7)	73	1070	(58.6)	125	(21.0)	1194	(63.3)	1074	(31.3)
12 - 19.....	9	(1.2)	1271	1021	(23.8)	24	(3.9)	1045	(22.7)	85	1274	(94.5)	279	(28.2)	1553	(80.7)	997	(27.2)
Males:																		
20 - 39.....	17	(2.0)	846	1193	(39.2)	49	(7.3)	1241	(41.8)	117	1495	(80.0)	286	(21.1)	1781	(90.1)	1131	(41.4)
40 - 59.....	28	(2.9)	791	1053	(25.6)	90	(12.0)	1142	(25.8)	180	1178	(54.7)	316	(30.1)	1494	(50.0)	1003	(22.5)
60 and over.....	46	(3.1)	723	977	(28.4)	174	(17.1)	1150	(31.7)	262	1034	(47.8)	378	(17.2)	1412	(48.1)	928	(35.0)
20 and over...	28	(2.1)	2360	1088	(18.4)	95	(8.0)	1182	(22.8)	559	1193	(32.8)	334	(13.9)	1527	(32.9)	1046	(17.1)
Females:																		
20 - 39.....	20	(2.3)	791	876	(21.4)	79	(11.2)	955	(22.7)	139	896	(31.6)	398	(29.5)	1294	(48.8)	871	(28.9)
40 - 59.....	34	(2.4)	899	846	(19.9)	216	(23.9)	1062	(28.5)	252	880	(41.4)	632	(36.7)	1512	(47.4)	828	(23.6)
60 and over.....	53	(2.5)	780	818	(29.5)	358	(24.8)	1175	(44.0)	368	888	(37.3)	680	(25.1)	1568	(46.1)	739	(26.0)
20 and over...	35	(1.6)	2470	847	(12.8)	212	(14.2)	1059	(20.6)	759	886	(16.8)	609	(24.4)	1495	(25.0)	827	(16.5)
All Individuals:																		
2 and over...	26	(1.0)	7804	980	(11.9)	120	(6.3)	1100	(15.7)	1526	1032	(19.0)	465	(12.7)	1497	(24.5)	962	(12.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

P h o s p h o r u s																		
Gender and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	2*	(0.8)	664	1053	(32.3)	1*	(0.6)	1054	(32.3)		--		--		--		1054 (34.5)	
6 - 11.....	1*	(0.5)	1039	1289	(21.2)	1*	(0.5)	1291	(21.5)		--		--		--		1289 (21.8)	
12 - 19.....	3	(0.8)	1271	1356	(23.2)	3*	(1.3)	1359	(22.6)		--		--		--		1348 (26.4)	
Males:																		
20 - 39.....	4	(0.8)	846	1754	(37.5)	2	(0.5)	1755	(37.6)		--		--		--		1747 (38.7)	
40 - 59.....	14	(2.0)	791	1633	(34.5)	6	(0.8)	1639	(34.1)	91	1878	(149.2)	40	(4.8)	1918	(147.1)	1592 (32.3)	
60 and over.....	27	(1.8)	723	1416	(22.1)	15	(2.7)	1431	(23.5)	146	1510	(59.9)	54	(8.7)	1563	(67.2)	1381 (30.5)	
20 and over...	14	(1.1)	2360	1625	(18.6)	6	(0.9)	1632	(18.8)	271	1697	(56.6)	47	(5.1)	1744	(56.3)	1614 (21.0)	
Females:																		
20 - 39.....	4	(1.1)	791	1215	(20.9)	1	(0.3)	1216	(21.0)		--		--		--		1204 (22.4)	
40 - 59.....	11	(1.1)	899	1191	(16.5)	6	(1.3)	1197	(17.0)	77	1228	(74.8)	53	(9.1)	1281	(78.4)	1187 (14.2)	
60 and over.....	24	(2.2)	780	1125	(29.3)	12	(1.6)	1137	(29.7)	171	1225	(59.3)	52	(5.3)	1277	(62.4)	1094 (26.8)	
20 and over...	12	(0.9)	2470	1180	(13.8)	6	(0.6)	1186	(13.9)	282	1251	(44.7)	49	(4.0)	1301	(45.8)	1170 (13.2)	
All Individuals:																		
2 and over...	10	(0.7)	7804	1369	(10.9)	5	(0.4)	1375	(10.9)	612	1482	(36.2)	51	(3.0)	1533	(36.2)	1356 (12.4)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

M a g n e s i u m																
Gender and age (years)	Percent reporting supplement magnesium ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	(SE)
Males and females:																
2 - 5.....	8	(2.6)	664	195	(5.7)	1*	(0.7)	196	(5.5)	--		--		--	194	(5.3)
6 - 11.....	3	(0.9)	1039	233	(5.0)	#		233	(5.1)	--		--		--	233	(5.0)
12 - 19.....	6	(0.9)	1271	254	(4.7)	6	(1.3)	260	(4.6)	--		--		--	244	(6.2)
Males:																
20 - 39.....	13	(1.5)	846	350	(7.3)	13	(2.1)	363	(8.9)	89	401	(23.7)	102	(15.1)	504	(33.7)
40 - 59.....	27	(3.5)	791	356	(8.7)	26	(4.6)	383	(11.0)	162	396	(18.8)	97	(8.8)	493	(22.0)
60 and over.....	37	(1.8)	723	321	(9.3)	40	(6.9)	361	(11.6)	211	330	(14.3)	108	(16.4)	438	(23.9)
20 and over...	24	(1.7)	2360	345	(4.6)	25	(2.8)	370	(5.7)	462	371	(10.6)	102	(9.8)	474	(14.5)
Females:																
20 - 39.....	14	(1.9)	791	261	(4.9)	11	(2.0)	272	(4.6)	95	281	(21.6)	75	(9.6)	357	(25.4)
40 - 59.....	23	(1.6)	899	276	(4.4)	23	(3.0)	299	(5.9)	171	308	(11.1)	101	(14.4)	409	(20.8)
60 and over.....	40	(2.3)	780	260	(7.6)	50	(4.6)	310	(9.7)	268	285	(9.2)	127	(9.6)	412	(15.0)
20 and over...	25	(1.5)	2470	266	(3.8)	27	(2.5)	293	(4.2)	534	293	(6.2)	108	(8.5)	401	(10.5)
All Individuals:																
2 and over...	20	(1.0)	7804	288	(3.0)	20	(1.5)	308	(3.3)	1125	330	(7.5)	102	(6.6)	431	(9.6)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 *(continued)*

I r o n																		
Gender and age (years)	Percent reporting supplement iron ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(0.8)	664	11.4	(0.35)	0.9	(0.22)	12.3	(0.40)		--		--		--		11.4	(0.38)
6 - 11.....	4	(0.8)	1039	14.3	(0.28)	0.6	(0.12)	14.8	(0.33)		--		--		--		14.3	(0.30)
12 - 19.....	5	(0.6)	1271	14.8	(0.29)	1.1	(0.30)	15.9	(0.41)		--		--		--		14.5	(0.32)
Males:																		
20 - 39.....	5	(1.0)	846	17.2	(0.36)	0.7	(0.15)	17.9	(0.44)		--		--		--		17.1	(0.39)
40 - 59.....	12	(1.5)	791	16.5	(0.43)	2.2	(0.46)	18.7	(0.46)	66	17.8	(1.19)	18.8	(3.31)	36.6	(3.75)	16.4	(0.49)
60 and over.....	16	(2.1)	723	16.0	(0.54)	4.4	(0.70)	20.3	(0.82)	97	19.0	(2.56)	27.2	(3.60)	46.2	(3.86)	15.4	(0.55)
20 and over...	10	(1.1)	2360	16.7	(0.22)	2.2	(0.31)	18.8	(0.33)	202	18.6	(0.95)	20.8	(2.20)	39.4	(2.21)	16.4	(0.22)
Females:																		
20 - 39.....	16	(2.0)	791	12.4	(0.26)	3.8	(0.62)	16.3	(0.67)	113	12.9	(0.76)	24.3	(2.74)	37.2	(2.45)	12.4	(0.32)
40 - 59.....	18	(1.6)	899	12.7	(0.43)	3.6	(0.47)	16.3	(0.63)	131	12.2	(0.91)	19.9	(2.21)	32.2	(2.39)	12.8	(0.53)
60 and over.....	24	(2.5)	780	12.2	(0.28)	5.9	(0.90)	18.1	(0.84)	161	12.8	(0.43)	25.0	(2.84)	37.8	(2.87)	12.0	(0.33)
20 and over...	19	(1.1)	2470	12.5	(0.17)	4.3	(0.36)	16.8	(0.41)	405	12.6	(0.34)	22.9	(1.47)	35.6	(1.44)	12.5	(0.19)
All Individuals:																		
2 and over...	12	(0.7)	7804	14.4	(0.15)	2.7	(0.19)	17.1	(0.22)	749	14.8	(0.41)	21.9	(0.90)	36.8	(0.85)	14.3	(0.15)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 *(continued)*

Gender and age (years)	Z i n c																
	All Individuals ⁵								Supplement Users ⁶						Non-users ⁷		
	Percent reporting supplement zinc ⁸	Sample Size	Food	Supplement	Food plus supplement	Sample size	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement	Food plus supplement	Food	Supplement
	% (SE)		mg (SE)	mg (SE)	mg (SE)		mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)
Males and females:																	
2 - 5.....	28 (3.7)	664	8.0 (0.15)	1.0 (0.13)	9.0 (0.18)	163	7.6 (0.22)	3.6 (0.52)	11.2 (0.54)	8.1 (0.16)							
6 - 11.....	16 (2.1)	1039	9.9 (0.23)	0.6 (0.10)	10.5 (0.27)	161	9.8 (0.23)	4.0 (0.41)	13.8 (0.54)	9.9 (0.25)							
12 - 19.....	10 (1.2)	1271	11.2 (0.28)	1.0 (0.18)	12.2 (0.39)	88	17.4 (3.53)	10.1 (1.06)	27.5 (4.21)	10.5 (0.33)							
Males:																	
20 - 39.....	14 (1.7)	846	14.3 (0.29)	1.9 (0.24)	16.2 (0.42)	93	15.7 (0.76)	14.1 (0.54)	29.8 (1.11)	14.1 (0.34)							
40 - 59.....	28 (3.1)	791	12.9 (0.31)	4.8 (0.72)	17.7 (0.64)	168	13.1 (0.63)	17.4 (1.57)	30.5 (1.61)	12.8 (0.28)							
60 and over.....	38 (2.2)	723	11.8 (0.27)	6.8 (0.80)	18.7 (0.92)	213	12.2 (0.64)	18.2 (1.63)	30.4 (1.92)	11.6 (0.35)							
20 and over...	25 (1.8)	2360	13.2 (0.15)	4.2 (0.39)	17.4 (0.40)	474	13.3 (0.39)	17.0 (0.89)	30.3 (1.05)	13.1 (0.13)							
Females:																	
20 - 39.....	17 (2.0)	791	9.5 (0.24)	2.4 (0.32)	11.9 (0.37)	121	9.4 (0.50)	13.8 (0.72)	23.3 (0.62)	9.5 (0.29)							
40 - 59.....	22 (1.7)	899	9.2 (0.18)	3.1 (0.23)	12.3 (0.36)	172	9.1 (0.34)	14.4 (0.93)	23.6 (1.00)	9.2 (0.21)							
60 and over.....	41 (2.6)	780	9.0 (0.27)	7.2 (0.47)	16.1 (0.55)	273	9.5 (0.42)	17.6 (0.72)	27.1 (0.80)	8.5 (0.29)							
20 and over...	26 (1.4)	2470	9.2 (0.12)	4.0 (0.23)	13.3 (0.29)	566	9.4 (0.24)	15.7 (0.52)	25.1 (0.55)	9.2 (0.15)							
All Individuals:																	
2 and over...	23 (1.1)	7804	10.9 (0.10)	3.3 (0.17)	14.2 (0.21)	1452	11.3 (0.31)	14.5 (0.50)	25.8 (0.63)	10.8 (0.12)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 *(continued)*

C o p p e r																		
Gender and age (years)	Percent reporting supplement copper ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	6	(1.2)	664	0.8	(0.02)	0.1	(0.02)	0.9	(0.04)		--	--	--		0.7	(0.02)		
6 - 11.....	4	(0.8)	1039	0.9	(0.03)	0.1	(0.01)	1.0	(0.03)		--	--	--		0.9	(0.02)		
12 - 19.....	6	(0.8)	1271	1.0	(0.02)	0.1	(0.03)	1.1	(0.04)		--	--	--		1.0	(0.03)		
Males:																		
20 - 39.....	13	(1.6)	846	1.4	(0.03)	0.2	(0.03)	1.6	(0.04)	86	1.5	(0.07)	1.6	(0.08)	3.1	(0.13)	1.4	(0.04)
40 - 59.....	25	(3.0)	791	1.4	(0.04)	0.3	(0.05)	1.8	(0.07)	155	1.6	(0.08)	1.3	(0.08)	2.9	(0.14)	1.4	(0.04)
60 and over.....	36	(2.1)	723	1.3	(0.02)	0.4	(0.04)	1.7	(0.05)	201	1.4	(0.09)	1.1	(0.07)	2.5	(0.12)	1.3	(0.05)
20 and over...	23	(1.6)	2360	1.4	(0.02)	0.3	(0.03)	1.7	(0.03)	442	1.5	(0.06)	1.3	(0.05)	2.8	(0.09)	1.4	(0.02)
Females:																		
20 - 39.....	13	(1.7)	791	1.1	(0.02)	0.2	(0.03)	1.3	(0.03)	88	1.1	(0.09)	1.6	(0.10)	2.7	(0.14)	1.1	(0.03)
40 - 59.....	19	(1.7)	899	1.1	(0.03)	0.3	(0.02)	1.4	(0.04)	147	1.2	(0.06)	1.4	(0.10)	2.6	(0.11)	1.1	(0.02)
60 and over.....	38	(2.6)	780	1.1	(0.04)	0.4	(0.04)	1.5	(0.06)	255	1.2	(0.06)	1.2	(0.05)	2.3	(0.08)	1.1	(0.04)
20 and over...	23	(1.4)	2470	1.1	(0.02)	0.3	(0.02)	1.4	(0.03)	490	1.2	(0.04)	1.3	(0.04)	2.5	(0.05)	1.1	(0.02)
All Individuals:																		
2 and over...	18	(1.0)	7804	1.2	(0.01)	0.2	(0.01)	1.4	(0.02)	1069	1.3	(0.04)	1.3	(0.03)	2.7	(0.06)	1.1	(0.01)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

S o d i u m																		
Gender and age (years)	Percent reporting sodium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	11	(2.0)	664	2238	(57.1)	1	(0.2)	2238	(57.1)	62	2260	(99.3)	9	(0.8)	2269	(99.0)	2235	(64.5)
6 - 11.....	5	(1.0)	1039	2991	(53.5)	1	(0.1)	2992	(53.6)	68	2739	(187.1)	11	(1.0)	2750	(187.0)	3005	(56.7)
12 - 19.....	2	(0.6)	1271	3419	(65.2)	1*	(0.2)	3419	(65.2)		--		--		--	3408	(61.0)	
Males:																		
20 - 39.....	4	(0.7)	846	4372	(75.5)	2*	(0.5)	4373	(75.5)		--		--		--	4343	(81.2)	
40 - 59.....	5	(1.3)	791	4167	(94.8)	2*	(1.1)	4169	(94.4)		--		--		--	4171	(98.5)	
60 and over.....	10	(2.5)	723	3580	(75.9)	4	(1.0)	3584	(76.1)		--		--		--	3628	(107.6)	
20 and over...	6	(0.9)	2360	4099	(55.8)	2	(0.6)	4101	(55.8)	106	3936	(207.3)	40	(5.3)	3976	(204.6)	4109	(63.2)
Females:																		
20 - 39.....	3	(1.0)	791	3184	(47.9)	1*	(0.2)	3184	(47.9)		--		--		--	3192	(47.4)	
40 - 59.....	10	(1.2)	899	2962	(44.1)	2	(0.5)	2964	(44.3)		--		--		--	2946	(36.7)	
60 and over.....	10	(1.2)	780	2753	(64.1)	3	(0.8)	2757	(64.1)	69	2968	(162.7)	34	(6.4)	3003	(164.3)	2729	(60.6)
20 and over...	8	(0.7)	2470	2975	(22.7)	2	(0.3)	2977	(22.7)	148	3031	(114.8)	28	(2.8)	3059	(113.9)	2970	(25.9)
All Individuals:																		
2 and over...	6	(0.5)	7804	3411	(28.0)	2	(0.3)	3412	(28.0)	410	3290	(80.3)	29	(3.3)	3319	(79.3)	3419	(29.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

P o t a s s i u m																		
Gender and age (years)	Percent reporting supplement potassium ⁸ % (SE)		All Individuals ⁵							Supplement Users ⁶						Non-users ⁷		
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	1*	(0.9)	664	1908	(70.7)	#		1908	(70.7)		--		--		--	1891	(64.5)	
6 - 11.....	1*	(0.7)	1039	2157	(36.8)	#		2157	(36.8)		--		--		--	2152	(36.1)	
12 - 19.....	2	(0.6)	1271	2276	(44.3)	2	(0.5)	2278	(44.2)		--		--		--	2247	(53.9)	
Males:																		
20 - 39.....	7	(1.2)	846	2997	(51.5)	6	(1.1)	3003	(51.7)		--		--		--	2971	(59.4)	
40 - 59.....	19	(2.4)	791	3111	(60.6)	17	(3.0)	3128	(60.5)	116	3565	(207.1)	89	(10.2)	3654	(207.2)	3003	(51.2)
60 and over.....	28	(2.0)	723	2892	(50.2)	26	(2.7)	2918	(51.8)	159	3061	(78.5)	92	(6.5)	3152	(82.9)	2826	(60.4)
20 and over...	17	(1.3)	2360	3012	(35.4)	15	(1.8)	3027	(36.4)	324	3315	(111.1)	90	(6.2)	3404	(111.7)	2952	(41.2)
Females:																		
20 - 39.....	6	(1.3)	791	2223	(53.1)	4	(0.9)	2227	(52.9)		--		--		--	2200	(56.1)	
40 - 59.....	13	(1.4)	899	2389	(42.3)	10	(1.0)	2399	(42.2)	79	2741	(169.6)	75	(6.1)	2816	(171.7)	2338	(32.9)
60 and over.....	26	(1.8)	780	2310	(58.5)	25	(2.2)	2335	(57.9)	185	2618	(115.3)	96	(8.3)	2714	(114.2)	2202	(51.9)
20 and over...	14	(1.2)	2470	2312	(36.4)	12	(1.0)	2324	(36.2)	306	2652	(105.7)	85	(5.7)	2737	(105.3)	2255	(34.4)
All Individuals:																		
2 and over...	12	(0.8)	7804	2537	(27.5)	11	(0.9)	2547	(27.9)	667	3015	(86.3)	87	(5.6)	3102	(87.1)	2471	(27.1)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food and Beverages³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2013-2014 (continued)

S e l e n i u m																		
Gender and age (years)	Percent reporting selenium ⁸		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷ –			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	#		664	73.0	(2.17)	#		73.0	(2.18)		--	--		--		73.0	(2.18)	
6 - 11.....	#		1039	95.8	(1.78)	#		95.8	(1.78)		--	--		--		95.8	(1.78)	
12 - 19.....	5	(0.8)	1271	110.0	(1.97)	4.1	(0.92)	114.1	(1.95)		--	--		--		107.0	(2.64)	
Males:																		
20 - 39.....	12	(1.5)	846	143.8	(3.45)	12.6	(1.68)	156.4	(3.85)	86	164.9	(6.52)	101.2	(3.47)	266.1	(7.46)	140.7	(3.34)
40 - 59.....	24	(3.0)	791	142.6	(3.36)	20.8	(2.91)	163.4	(4.75)	150	139.2	(7.93)	87.2	(5.34)	226.3	(12.43)	143.7	(4.01)
60 and over.....	35	(2.0)	723	119.2	(1.60)	26.3	(2.38)	145.5	(2.91)	194	113.1	(4.28)	76.0	(3.27)	189.1	(7.05)	122.5	(3.24)
20 and over...	22	(1.6)	2360	137.2	(1.67)	19.0	(1.69)	156.2	(2.34)	430	134.6	(4.62)	85.8	(3.32)	220.4	(7.56)	138.0	(2.37)
Females:																		
20 - 39.....	13	(1.5)	791	100.3	(1.97)	6.5	(1.10)	106.8	(2.11)	86	99.4	(5.76)	51.4	(6.48)	150.9	(8.23)	100.4	(2.06)
40 - 59.....	19	(1.8)	899	99.3	(1.64)	10.6	(1.44)	109.9	(2.46)	140	100.0	(3.52)	56.6	(6.75)	156.5	(7.94)	99.1	(1.72)
60 and over.....	35	(2.5)	780	90.6	(2.32)	20.0	(1.47)	110.6	(2.56)	231	93.7	(3.77)	57.4	(2.35)	151.1	(3.95)	89.0	(2.11)
20 and over...	21	(1.4)	2470	97.1	(1.19)	12.0	(0.84)	109.1	(1.40)	457	96.9	(2.29)	56.0	(2.30)	152.9	(3.15)	97.2	(1.20)
All Individuals:																		
2 and over...	17	(1.0)	7804	112.3	(0.96)	12.1	(0.86)	124.4	(1.12)	937	117.6	(3.08)	71.2	(2.71)	188.8	(5.24)	111.2	(1.23)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2013-2014, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: www.ars.usda.gov/nea/bhnrc/fsrg.

Symbol Legend

* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

Mean: An estimated mean is flagged when the relative standard error is greater than 30 percent.

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 1.98.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 59 for VIF = 1.98.

Footnotes

¹ Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

Niacin: values do not include niacin-equivalents from tryptophan.

Folic acid: the synthetic form of folate used as a fortificant in foods and dietary supplements.

Folate (DFE): μg dietary folate equivalents = μg food folate + $(1.7 \times \mu\text{g folic acid})$.

Vitamin D: 1 μg = 40 International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2013-2014. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 www.ars.usda.gov/nea/bhnrc/fsrg.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_h) of NHANES 2013-2014. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2013-2014/DS1TOT_h.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

⁶ **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

⁷ **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

⁸ The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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