

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, 2017-March 2020 Prepandemic

T h i a m i n															
Gender and age (years)	Percent reporting supplement thiamin ⁸		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	(1.7)	925	1.23 (0.027)	0.09 (0.019)	1.32 (0.030)		--	--	--				1.25 (0.027)	
6 - 11.....	6	(1.0)	1390	1.55 (0.028)	0.11* (0.046)	1.66 (0.062)		--	--	--				1.55 (0.029)	
12 - 19.....	4	(0.8)	1722	1.59 (0.025)	0.17* (0.058)	1.76 (0.065)		--	--	--				1.59 (0.026)	
Males:															
20 - 39.....	10	(1.5)	1075	1.85 (0.046)	1.69* (0.529)	3.53 (0.531)	85	2.09 (0.183)	16.38 (4.643)	18.47 (4.586)				1.82 (0.046)	
40 - 59.....	20	(2.2)	1205	1.86 (0.051)	2.70 (0.435)	4.55 (0.442)	196	1.85 (0.075)	13.67 (1.910)	15.52 (1.895)				1.86 (0.065)	
60 and over.....	33	(2.2)	1377	1.79 (0.041)	3.55 (0.603)	5.34 (0.587)	373	1.93 (0.078)	10.68 (1.710)	12.61 (1.665)				1.72 (0.054)	
20 and over...	20	(1.1)	3657	1.83 (0.026)	2.56 (0.259)	4.39 (0.252)	654	1.93 (0.069)	12.80 (1.364)	14.73 (1.344)				1.81 (0.028)	
Females:															
20 - 39.....	12	(1.8)	1131	1.36 (0.024)	1.31 (0.305)	2.67 (0.314)	111	1.43 (0.070)	10.55 (1.583)	11.98 (1.600)				1.35 (0.031)	
40 - 59.....	19	(1.4)	1298	1.34 (0.034)	1.91 (0.317)	3.24 (0.321)	227	1.40 (0.069)	9.87 (1.759)	11.27 (1.764)				1.32 (0.036)	
60 and over.....	32	(2.2)	1304	1.26 (0.029)	4.26 (0.774)	5.52 (0.787)	366	1.29 (0.042)	13.34 (2.215)	14.63 (2.233)				1.24 (0.033)	
20 and over...	21	(1.3)	3733	1.32 (0.018)	2.44 (0.294)	3.76 (0.298)	704	1.36 (0.033)	11.66 (1.343)	13.02 (1.353)				1.31 (0.019)	
All Individuals:															
2 and over...	17	(0.8)	11427	1.56 (0.012)	1.93 (0.145)	3.48 (0.145)	1538	1.62 (0.034)	11.44 (0.662)	13.06 (0.665)				1.54 (0.014)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

R i b o f l a v i n															
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷															
Gender and age (years)	Percent reporting supplement riboflavin ⁸	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)
Males and females:															
2 - 5.....	9	(1.7)	925	1.57	(0.037)	0.10	(0.021)	1.67	(0.040)	--		--		--	
6 - 11.....	5	(0.8)	1390	1.82	(0.036)	0.07	(0.012)	1.89	(0.040)	--		--		--	
12 - 19.....	4	(0.9)	1722	1.82	(0.037)	0.59*	(0.380)	2.41	(0.382)	--		--		--	
Males:															
20 - 39.....	10	(1.5)	1075	2.46	(0.072)	1.02*	(0.321)	3.49	(0.335)	83	3.00	(0.270)	10.63	(2.960)	13.63
40 - 59.....	20	(2.2)	1205	2.47	(0.090)	2.19	(0.300)	4.66	(0.322)	193	2.48	(0.091)	11.13	(1.288)	13.62
60 and over.....	33	(2.2)	1377	2.26	(0.046)	2.03	(0.264)	4.29	(0.267)	368	2.46	(0.112)	6.16	(0.708)	8.62
20 and over...	20	(1.1)	3657	2.41	(0.045)	1.71	(0.141)	4.12	(0.164)	644	2.57	(0.093)	8.71	(0.607)	11.28
Females:															
20 - 39.....	12	(1.8)	1131	1.75	(0.043)	1.02	(0.271)	2.76	(0.288)	112	2.19	(0.190)	8.17	(1.853)	10.37
40 - 59.....	20	(1.4)	1298	1.79	(0.053)	1.60	(0.334)	3.39	(0.368)	228	1.90	(0.122)	8.17	(1.602)	10.06
60 and over.....	32	(2.2)	1304	1.68	(0.047)	2.20	(0.259)	3.88	(0.273)	366	1.73	(0.064)	6.81	(0.679)	8.55
20 and over...	21	(1.2)	3733	1.74	(0.037)	1.59	(0.197)	3.33	(0.220)	706	1.88	(0.071)	7.52	(0.847)	9.40
All Individuals:															
2 and over...	17	(0.7)	11427	2.00	(0.027)	1.33	(0.115)	3.33	(0.133)	1529	2.16	(0.046)	7.91	(0.559)	10.07

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

N i a c i n															
Gender and age (years)	Percent reporting supplement niacin 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.....	8	(1.7)	925	15.9 (0.29)	1.0 (0.20)	16.9 (0.33)		--	--	--	16.0 (0.29)				
6 - 11.....	6	(1.1)	1390	20.6 (0.47)	0.7 (0.14)	21.3 (0.50)		--	--	--	20.7 (0.46)				
12 - 19.....	5	(0.9)	1722	24.1 (0.52)	1.0 (0.20)	25.1 (0.49)		--	--	--	24.1 (0.54)				
Males:															
20 - 39.....	11	(1.7)	1075	33.8 (1.02)	3.4 (0.76)	37.1 (1.24)	98	36.6 (2.70)	29.6 (3.75)	66.3 (4.23)	33.4 (1.01)				
40 - 59.....	21	(2.3)	1205	31.4 (0.94)	6.2 (0.78)	37.6 (1.19)	205	31.7 (2.13)	30.1 (1.86)	61.8 (2.65)	31.3 (1.09)				
60 and over.....	35	(2.1)	1377	28.0 (1.36)	15.1 (3.47)	43.1 (4.16)	386	29.9 (2.04)	43.4 (9.75)	73.3 (9.94)	27.0 (1.55)				
20 and over...	21	(1.2)	3657	31.3 (0.59)	7.6 (1.02)	39.0 (1.41)	689	31.8 (1.56)	36.1 (4.61)	67.9 (4.84)	31.2 (0.62)				
Females:															
20 - 39.....	16	(2.0)	1131	22.1 (0.39)	4.5 (1.09)	26.6 (1.38)	141	26.0 (1.79)	28.3 (4.16)	54.3 (5.28)	21.4 (0.25)				
40 - 59.....	23	(1.3)	1298	20.7 (0.52)	5.9 (0.79)	26.7 (0.99)	257	22.1 (1.10)	26.1 (3.66)	48.3 (3.97)	20.3 (0.51)				
60 and over.....	35	(2.4)	1304	19.1 (0.61)	15.0 (2.35)	34.1 (2.49)	401	19.4 (0.87)	42.4 (6.56)	61.8 (6.42)	18.9 (0.69)				
20 and over...	24	(1.2)	3733	20.7 (0.35)	8.2 (0.72)	28.9 (0.88)	799	21.8 (0.74)	34.0 (2.93)	55.8 (3.10)	20.4 (0.29)				
All Individuals:															
2 and over...	19	(0.8)	11427	24.8 (0.29)	6.2 (0.46)	31.0 (0.66)	1691	25.9 (0.75)	33.4 (2.09)	59.2 (2.34)	24.6 (0.31)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (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.....	28	(2.4)	925	1.40	(0.025)	0.33	(0.037)	1.74	(0.037)	226	1.45	(0.066)	1.20	(0.068)	2.65	(0.080)	1.39	(0.039)
6 - 11.....	17	(1.9)	1390	1.64	(0.050)	0.27	(0.032)	1.90	(0.061)	196	1.51	(0.086)	1.63	(0.069)	3.14	(0.123)	1.66	(0.055)
12 - 19.....	9	(1.0)	1722	1.85	(0.059)	0.33	(0.063)	2.18	(0.089)	124	1.76	(0.111)	3.79	(0.703)	5.55	(0.779)	1.86	(0.063)
Males:																		
20 - 39.....	12	(1.4)	1075	2.85	(0.119)	2.00	(0.504)	4.85	(0.509)	111	3.03	(0.216)	16.22	(3.330)	19.25	(3.223)	2.83	(0.133)
40 - 59.....	23	(2.5)	1205	2.49	(0.111)	2.99	(0.527)	5.48	(0.548)	223	2.50	(0.193)	13.24	(2.092)	15.74	(2.135)	2.48	(0.137)
60 and over.....	35	(2.1)	1377	2.48	(0.261)	2.77	(0.328)	5.25	(0.424)	394	2.68	(0.364)	7.84	(0.784)	10.52	(0.824)	2.37	(0.347)
20 and over...	22	(1.1)	3657	2.62	(0.077)	2.56	(0.267)	5.18	(0.290)	728	2.69	(0.201)	11.46	(1.018)	14.15	(1.042)	2.60	(0.084)
Females:																		
20 - 39.....	19	(1.8)	1131	1.82	(0.061)	1.77	(0.396)	3.59	(0.432)	168	2.18	(0.250)	9.49	(2.061)	11.67	(2.160)	1.74	(0.044)
40 - 59.....	24	(1.3)	1298	1.68	(0.057)	2.46	(0.421)	4.14	(0.438)	277	1.88	(0.094)	10.07	(1.668)	11.95	(1.678)	1.62	(0.059)
60 and over.....	38	(2.4)	1304	1.58	(0.047)	4.01	(0.540)	5.59	(0.534)	429	1.68	(0.083)	10.50	(1.147)	12.18	(1.140)	1.52	(0.055)
20 and over...	27	(1.2)	3733	1.70	(0.036)	2.71	(0.266)	4.40	(0.285)	874	1.86	(0.073)	10.12	(0.836)	11.99	(0.856)	1.64	(0.030)
All Individuals:																		
2 and over...	22	(0.7)	11427	2.04	(0.037)	2.07	(0.155)	4.11	(0.165)	2148	2.12	(0.083)	9.29	(0.608)	11.41	(0.617)	2.01	(0.037)

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, 2017-March 2020 Prepandemic (continued)

F o l i c a c i d																		
All Individuals ⁵ Supplement Users ⁶ –Non-users ⁷ –																		
Gender and age	Percent reporting supplement folic acid ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	27	(2.3)	925	145	(5.6)	50	(5.5)	195	(6.7)	218	143	(10.3)	184	(9.3)	327	(11.7)	146	(6.7)
6 - 11.....	16	(1.9)	1390	201	(4.3)	35	(4.4)	236	(6.2)	190	186	(12.9)	221	(8.8)	407	(13.2)	204	(5.0)
12 - 19.....	9	(1.0)	1722	197	(6.1)	30	(4.6)	227	(8.5)	120	185	(27.4)	345	(23.7)	530	(37.4)	198	(5.5)
Males:																		
20 - 39.....	12	(1.3)	1075	201	(9.8)	49	(6.6)	250	(11.1)	107	190	(19.3)	420	(26.6)	610	(34.9)	202	(10.9)
40 - 59.....	23	(2.5)	1205	180	(9.7)	122	(13.1)	302	(15.2)	225	183	(13.8)	533	(21.3)	716	(30.4)	179	(12.3)
60 and over.....	37	(2.1)	1377	179	(8.2)	205	(16.2)	385	(17.4)	410	189	(15.1)	555	(33.6)	744	(32.7)	174	(13.5)
20 and over...	23	(1.2)	3657	187	(4.3)	118	(7.3)	306	(7.1)	742	187	(8.6)	522	(18.6)	709	(19.4)	187	(5.3)
Females:																		
20 - 39.....	18	(1.7)	1131	134	(7.2)	87	(11.0)	221	(12.4)	167	139	(7.8)	483	(51.8)	622	(54.6)	133	(8.8)
40 - 59.....	24	(1.4)	1298	132	(7.1)	132	(9.6)	264	(11.6)	270	147	(12.6)	555	(32.1)	702	(34.3)	128	(8.7)
60 and over.....	37	(2.4)	1304	120	(5.1)	210	(17.4)	330	(16.9)	421	117	(6.9)	561	(24.9)	678	(24.6)	123	(5.9)
20 and over...	26	(1.1)	3733	129	(3.2)	141	(9.0)	270	(8.8)	858	131	(6.0)	541	(19.3)	672	(19.4)	128	(3.0)
All Individuals:																		
2 and over...	22	(0.7)	11427	165	(2.4)	107	(4.4)	272	(4.7)	2128	159	(5.2)	484	(12.3)	643	(12.9)	167	(2.6)

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F o l a t e (D F E)																		
—————All Individuals ⁵ ————— —————Supplement Users ⁶ ————— —Non-users ⁷ —																		
Gender and age	Percent reporting supplement folate (DFE) ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
(years)	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	27	(2.3)	925	368	(11.1)	85	(9.4)	453	(12.9)	218	369	(18.9)	313	(15.8)	681	(21.4)	368	(12.4)
6 - 11.....	16	(1.9)	1390	489	(8.8)	60	(7.6)	549	(12.2)	190	465	(23.6)	376	(15.0)	840	(23.0)	493	(10.6)
12 - 19.....	9	(1.0)	1722	498	(12.2)	51	(7.9)	548	(14.6)	120	499	(48.3)	586	(40.3)	1085	(65.0)	498	(12.4)
Males:																		
20 - 39.....	12	(1.3)	1075	568	(17.6)	83	(11.2)	652	(19.3)	107	602	(43.3)	715	(45.2)	1317	(68.2)	564	(19.1)
40 - 59.....	23	(2.5)	1205	556	(17.3)	208	(22.3)	764	(27.9)	225	572	(28.2)	906	(36.2)	1478	(56.9)	551	(23.2)
60 and over.....	37	(2.1)	1377	524	(15.3)	349	(27.5)	873	(29.2)	410	547	(24.7)	943	(57.2)	1490	(54.4)	510	(24.2)
20 and over...	23	(1.2)	3657	552	(7.4)	201	(12.4)	753	(12.5)	742	566	(16.8)	887	(31.6)	1453	(35.3)	547	(9.0)
Females:																		
20 - 39.....	18	(1.7)	1131	422	(11.6)	148	(18.8)	569	(22.2)	167	435	(21.7)	821	(88.0)	1256	(98.8)	419	(14.2)
40 - 59.....	24	(1.4)	1298	415	(13.9)	224	(16.3)	639	(21.5)	270	456	(21.4)	943	(54.6)	1400	(57.7)	402	(16.6)
60 and over.....	37	(2.4)	1304	392	(11.0)	357	(29.7)	749	(27.2)	421	392	(10.5)	953	(42.3)	1345	(40.1)	392	(13.6)
20 and over...	26	(1.1)	3733	410	(7.5)	240	(15.4)	650	(16.7)	858	422	(10.6)	919	(32.8)	1341	(34.1)	406	(7.9)
All Individuals:																		
2 and over...	22	(0.7)	11427	477	(5.1)	182	(7.4)	659	(9.1)	2128	480	(8.7)	823	(20.9)	1303	(23.1)	476	(6.1)

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C h o l i n e																		
All Individuals ⁵ Supplement Users ⁶ – Non-users ⁷ –																		
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.....	7	(1.1)	925	220	(5.8)	#		220	(5.8)		--		--		--		217	(6.3)
6 - 11.....	4	(0.8)	1390	244	(5.9)	#		244	(5.9)		--		--		--		244	(6.0)
12 - 19.....	3	(0.5)	1722	265	(7.1)	#		265	(7.1)		--		--		--		265	(7.3)
Males:																		
20 - 39.....	4	(1.0)	1075	388	(10.5)	1*	(0.3)	388	(10.5)		--		--		--		386	(10.8)
40 - 59.....	5	(0.9)	1205	407	(7.7)	1*	(0.2)	408	(7.7)		--		--		--		407	(7.8)
60 and over.....	4	(0.6)	1377	372	(8.3)	1	(0.1)	372	(8.3)		--		--		--		372	(8.6)
20 and over...	4	(0.5)	3657	390	(4.7)	1	(0.1)	391	(4.7)	116	403	(25.8)	16	(2.0)	419	(26.8)	390	(4.5)
Females:																		
20 - 39.....	4	(0.9)	1131	290	(7.0)	1*	(0.2)	290	(7.0)		--		--		--		290	(7.0)
40 - 59.....	6	(1.1)	1298	285	(9.7)	3*	(1.7)	288	(10.2)		--		--		--		281	(9.9)
60 and over.....	6	(1.1)	1304	278	(7.4)	1	(0.2)	280	(7.3)		--		--		--		276	(7.4)
20 and over...	6	(0.6)	3733	285	(5.7)	1*	(0.6)	286	(6.0)	167	317	(13.2)	26*	(10.1)	344	(18.1)	283	(5.6)
All Individuals:																		
2 and over...	5	(0.4)	11427	315	(2.9)	1	(0.2)	316	(3.0)	423	334	(10.0)	18	(4.4)	352	(11.7)	314	(2.9)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

V i t a m i n B 1 2																		
Gender and age (years)	Percent reporting supplement vitamin B12 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.....	28	(2.3)	925	3.66	(0.103)	6.0*	(4.82)	9.7*	(4.79)	226	3.53	(0.198)	21.2*	(16.65)	24.7*	(16.51)	3.71	(0.139)
6 - 11.....	17	(2.0)	1390	4.31	(0.113)	4.9*	(4.26)	9.2*	(4.30)	192	4.24	(0.253)	28.8*	(24.61)	33.1*	(24.75)	4.32	(0.122)
12 - 19.....	9	(1.0)	1722	4.52	(0.122)	3.9*	(1.75)	8.4	(1.75)	124	3.90	(0.289)	43.5*	(21.16)	47.4*	(21.18)	4.58	(0.127)
Males:																		
20 - 39.....	13	(1.6)	1075	6.14	(0.309)	33.1*	(12.09)	39.2*	(12.05)	118	6.51	(0.497)	250.5*	(82.89)	257.1*	(82.96)	6.09	(0.347)
40 - 59.....	24	(2.7)	1205	5.69	(0.347)	58.1	(13.63)	63.8	(13.66)	240	5.67	(0.531)	242.0	(47.59)	247.6	(47.58)	5.70	(0.423)
60 and over.....	40	(2.2)	1377	5.64	(0.341)	137.1	(18.95)	142.8	(18.86)	447	6.05	(0.451)	346.8	(39.83)	352.9	(39.82)	5.36	(0.506)
20 and over...	24	(1.3)	3657	5.84	(0.187)	70.9	(8.48)	76.8	(8.48)	805	6.01	(0.339)	291.3	(30.82)	297.3	(30.85)	5.79	(0.227)
Females:																		
20 - 39.....	19	(2.0)	1131	3.69	(0.111)	40.2*	(13.45)	43.9*	(13.47)	173	4.23	(0.268)	213.7*	(74.25)	217.9*	(74.24)	3.56	(0.136)
40 - 59.....	27	(1.6)	1298	3.81	(0.152)	99.8	(18.14)	103.6	(18.15)	309	4.29	(0.285)	370.5	(68.20)	374.8	(68.15)	3.64	(0.157)
60 and over.....	43	(2.3)	1304	3.57	(0.180)	220.8	(26.45)	224.4	(26.42)	484	3.59	(0.258)	518.2	(65.23)	521.8	(65.23)	3.55	(0.215)
20 and over...	29	(1.4)	3733	3.69	(0.100)	117.2	(10.21)	120.9	(10.21)	966	3.96	(0.179)	403.4	(33.97)	407.4	(33.94)	3.59	(0.092)
All Individuals:																		
2 and over...	24	(0.8)	11427	4.64	(0.096)	72.8	(5.87)	77.4	(5.87)	2313	4.72	(0.164)	302.4	(22.12)	307.2	(22.12)	4.61	(0.099)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (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.....	30	(2.2)	925	85.4	(4.55)	18.8	(5.16)	104.1	(7.50)	243	86.0	(5.76)	61.5	(15.47)	147.5	(14.00)	85.1	(6.30)
6 - 11.....	18	(2.0)	1390	73.6	(4.19)	11.2	(2.00)	84.8	(4.57)	211	73.1	(7.97)	62.8	(11.94)	135.9	(15.22)	73.7	(4.51)
12 - 19.....	11	(0.9)	1722	63.5	(3.07)	19.1	(2.69)	82.5	(3.36)	155	76.4	(13.26)	171.7	(22.36)	248.2	(24.70)	61.9	(3.20)
Males:																		
20 - 39.....	13	(1.4)	1075	76.1	(3.88)	31.0	(6.79)	107.1	(6.47)	117	104.0	(11.57)	246.1	(37.78)	350.1	(33.15)	72.1	(4.02)
40 - 59.....	25	(2.8)	1205	86.2	(4.60)	67.6	(15.40)	153.8	(16.14)	244	87.9	(8.47)	275.2	(54.14)	363.1	(51.82)	85.6	(6.67)
60 and over.....	39	(2.2)	1377	80.8	(3.18)	112.3	(12.19)	193.1	(12.11)	442	87.9	(5.59)	289.7	(27.46)	377.6	(26.97)	76.2	(4.33)
20 and over...	24	(1.2)	3657	80.9	(2.50)	66.6	(7.05)	147.5	(6.96)	803	91.0	(4.89)	276.1	(22.05)	367.1	(20.71)	77.7	(3.15)
Females:																		
20 - 39.....	21	(2.1)	1131	71.6	(4.23)	43.9	(8.24)	115.6	(7.82)	189	73.5	(5.02)	213.5	(33.73)	287.0	(32.95)	71.1	(4.48)
40 - 59.....	29	(2.0)	1298	72.8	(2.75)	77.2	(11.47)	150.0	(11.80)	318	79.5	(6.13)	262.2	(42.72)	341.7	(44.63)	70.0	(3.50)
60 and over.....	43	(2.7)	1304	72.3	(2.90)	127.7	(12.74)	200.0	(12.82)	478	78.2	(4.28)	294.0	(23.10)	372.2	(23.51)	67.8	(3.92)
20 and over...	31	(1.6)	3733	72.3	(2.10)	81.6	(8.41)	153.8	(8.63)	985	77.6	(3.05)	265.1	(23.02)	342.6	(24.04)	69.9	(2.57)
All Individuals:																		
2 and over...	25	(0.8)	11427	75.3	(1.64)	60.3	(4.95)	135.6	(5.00)	2397	82.6	(1.91)	240.4	(15.60)	323.0	(15.22)	72.9	(1.94)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

V i t a m i n D																		
Gender and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		Sample Size	<i>All Individuals</i> ⁵						<i>Supplement Users</i> ⁶						<i>–Non-users</i> ⁷ –		
				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.....	28	(2.4)	925	5.4	(0.19)	3.1	(0.33)	8.5	(0.35)	229	5.0	(0.31)	11.1	(0.51)	16.1	(0.53)	5.6 (0.29)	
6 - 11.....	17	(2.0)	1390	5.1	(0.14)	3.1	(0.77)	8.2	(0.81)	201	5.2	(0.35)	18.4	(3.38)	23.6	(3.41)	5.1 (0.17)	
12 - 19.....	9	(1.1)	1722	4.3	(0.16)	2.2	(0.34)	6.5	(0.39)	133	3.7	(0.50)	23.5	(1.96)	27.1	(2.00)	4.4 (0.18)	
Males:																		
20 - 39.....	13	(2.0)	1075	4.5	(0.23)	5.8	(1.45)	10.3	(1.40)	112	5.5	(0.80)	43.1	(7.81)	48.6	(7.60)	4.3 (0.20)	
40 - 59.....	27	(2.7)	1205	4.8	(0.26)	16.8	(4.14)	21.5	(4.21)	286	5.0	(0.63)	61.1	(12.85)	66.1	(12.87)	4.7 (0.32)	
60 and over.....	44	(2.5)	1377	5.7	(0.41)	21.1	(2.02)	26.8	(2.10)	537	6.3	(0.80)	47.9	(3.32)	54.1	(3.37)	5.3 (0.45)	
20 and over...	27	(1.3)	3657	4.9	(0.17)	13.9	(1.49)	18.8	(1.50)	935	5.7	(0.47)	51.7	(4.66)	57.4	(4.69)	4.6 (0.16)	
Females:																		
20 - 39.....	19	(1.7)	1131	3.5	(0.18)	6.2	(0.86)	9.7	(0.87)	177	3.7	(0.44)	32.6	(3.59)	36.3	(3.59)	3.4 (0.22)	
40 - 59.....	32	(1.4)	1298	3.8	(0.17)	21.3	(4.29)	25.1	(4.30)	369	4.6	(0.34)	66.6	(12.65)	71.2	(12.64)	3.4 (0.18)	
60 and over.....	58	(2.1)	1304	3.9	(0.24)	35.1	(2.24)	39.0	(2.36)	658	4.0	(0.23)	60.5	(3.78)	64.6	(3.88)	3.8 (0.35)	
20 and over...	36	(1.4)	3733	3.7	(0.15)	20.4	(1.84)	24.2	(1.87)	1204	4.1	(0.23)	57.4	(5.00)	61.5	(4.96)	3.5 (0.16)	
All Individuals:																		
2 and over...	28	(0.8)	11427	4.4	(0.11)	13.7	(0.94)	18.2	(0.96)	2702	4.8	(0.21)	49.8	(2.74)	54.5	(2.72)	4.3 (0.10)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

V i t a m i n K																		
Gender and age (years)	Percent reporting supplement vitamin K 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.....	5	(1.1)	925	49.8	(2.00)	2.4*	(0.79)	52.2	(2.39)		--		--		--	49.8	(2.08)	
6 - 11.....	4	(0.9)	1390	72.8	(6.19)	1.6	(0.39)	74.4	(6.36)		--		--		--	72.9	(6.65)	
12 - 19.....	4	(0.9)	1722	82.7	(5.28)	1.8	(0.49)	84.4	(5.24)		--		--		--	82.4	(5.13)	
Males:																		
20 - 39.....	7	(1.5)	1075	107.1	(4.97)	3.2	(0.83)	110.3	(5.29)		--		--		--	101.3	(5.10)	
40 - 59.....	17	(2.0)	1205	140.3	(11.82)	7.0	(1.10)	147.3	(12.08)	169	143.2	(18.02)	41.5	(3.56)	184.7	(18.64)	139.7	(11.81)
60 and over.....	29	(1.8)	1377	128.3	(6.36)	10.6	(0.79)	138.8	(6.71)	311	145.7	(16.09)	36.7	(1.90)	182.5	(16.33)	121.2	(5.45)
20 and over...	17	(1.1)	3657	124.6	(6.07)	6.6	(0.58)	131.2	(6.33)	542	150.3	(11.56)	39.5	(1.85)	189.8	(12.39)	119.5	(5.86)
Females:																		
20 - 39.....	7	(1.3)	1131	140.6	(17.11)	3.0	(0.57)	143.6	(17.08)		--		--		--	139.7	(18.25)	
40 - 59.....	15	(1.3)	1298	124.3	(5.40)	6.5	(0.86)	130.8	(5.26)	169	133.2	(19.35)	43.1	(3.52)	176.3	(19.63)	122.7	(7.22)
60 and over.....	26	(2.0)	1304	115.3	(5.71)	27.9*	(18.08)	143.2	(18.29)	284	128.3	(10.63)	106.1*	(66.84)	234.4	(66.77)	110.7	(7.01)
20 and over...	16	(1.1)	3733	127.1	(6.00)	12.0*	(5.78)	139.0	(7.55)	520	133.7	(7.62)	75.7*	(34.10)	209.4	(34.57)	125.8	(7.99)
All Individuals:																		
2 and over...	13	(0.7)	11427	113.0	(4.81)	7.5	(2.16)	120.5	(4.48)	1188	137.3	(5.92)	56.7	(15.53)	193.9	(13.63)	109.3	(5.32)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

L y c o p e n e																	
Gender and age (years)	Percent reporting supplement lycopene 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
	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)	µg (SE)		
Males and females:																	
2 - 5.....	#*		925	3720 (340.7)	#*		3720 (340.7)			--		--		--	3720 (340.7)		
6 - 11.....	#		1390	4177 (175.9)	#		4177 (175.9)			--		--		--	4179 (175.9)		
12 - 19.....	#		1722	4892 (307.8)	1*	(0.4)	4893 (307.9)			--		--		--	4888 (308.3)		
Males:																	
20 - 39.....	5	(1.1)	1075	5384 (403.5)	28	(6.7)	5412 (401.0)			--		--		--	5295 (419.9)		
40 - 59.....	12	(1.8)	1205	5985 (491.8)	72	(15.9)	6058 (499.1)	119	8076 (1077.2)	598	(82.5)	8674 (1091.7)			5698 (468.2)		
60 and over.....	21	(1.9)	1377	4999 (323.3)	165*	(67.5)	5164 (306.2)	238	5551 (989.1)	769*	(326.2)	6320 (941.8)			4848 (419.5)		
20 and over...	12	(0.9)	3657	5487 (269.9)	82	(15.8)	5569 (271.8)	406	6651 (703.8)	667	(137.0)	7318 (693.7)			5325 (261.5)		
Females:																	
20 - 39.....	1*	(0.4)	1131	4522 (346.5)	13*	(8.4)	4535 (346.6)			--		--		--	4440 (324.4)		
40 - 59.....	3	(0.6)	1298	4001 (206.5)	37*	(24.4)	4038 (210.9)			--		--		--	3956 (208.4)		
60 and over.....	10	(1.1)	1304	4063 (348.2)	45	(9.8)	4108 (352.9)	114	4586 (821.3)	450	(74.8)	5035 (844.5)			4004 (360.9)		
20 and over...	4	(0.6)	3733	4198 (172.7)	32	(9.2)	4229 (171.0)	159	5403 (895.9)	704	(179.0)	6107 (864.9)			4141 (168.3)		
All Individuals:																	
2 and over...	6	(0.5)	11427	4730 (132.3)	43	(6.7)	4773 (132.8)	572	6306 (618.6)	676	(113.1)	6982 (608.3)			4624 (123.6)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

L u t e i n + z e a x a n t h i n																		
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																		
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)	Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size µg (SE)		Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
Males and females:																		
2 - 5.....	2 (0.8)	925	654	(41.5)	3*	(1.1)	657	(41.9)		--		--		--		--	654	(41.6)
6 - 11.....	3 (1.0)	1390	881	(140.7)	3*	(1.0)	883	(140.6)		--		--		--		--	870	(143.3)
12 - 19.....	1* (0.4)	1722	890	(60.9)	5*	(2.3)	895	(61.2)		--		--		--		--	888	(61.6)
Males:																		
20 - 39.....	2 (0.8)	1075	1234	(89.7)	30*	(9.2)	1264	(89.7)		--		--		--		--	1219	(92.0)
40 - 59.....	8 (1.4)	1205	1657	(189.1)	72	(14.5)	1729	(183.2)		--		--		--		--	1635	(213.4)
60 and over.....	18 (2.0)	1377	1610	(116.5)	464	(132.8)	2074	(157.0)	204	1573	(279.1)	2508	(625.6)	4081	(689.1)		1619	(110.3)
20 and over...	9 (0.8)	3657	1488	(98.1)	166	(41.3)	1653	(97.0)	291	1710	(200.0)	1889	(427.7)	3600	(426.8)		1466	(107.7)
Females:																		
20 - 39.....	2* (0.5)	1131	2098	(405.1)	30*	(20.5)	2129	(405.7)		--		--		--		--	2064	(414.8)
40 - 59.....	6 (0.9)	1298	1576	(92.5)	75*	(35.1)	1651	(84.5)		--		--		--		--	1522	(101.3)
60 and over.....	21 (2.0)	1304	1555	(113.3)	847	(242.5)	2401	(251.2)	220	1845	(262.4)	4007	(1002.9)	5852	(1050.1)		1477	(109.4)
20 and over...	9 (1.1)	3733	1747	(137.8)	301	(83.6)	2048	(153.2)	314	2104	(204.0)	3190	(735.6)	5294	(809.1)		1710	(154.9)
All Individuals:																		
2 and over...	7 (0.5)	11427	1431	(92.5)	179	(42.1)	1610	(90.4)	674	1862	(137.1)	2421	(499.9)	4283	(539.8)		1397	(101.2)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

C a l c i u m																		
<i>All Individuals</i>⁵ <i>Supplement Users</i>⁶ <i>Non-users</i>⁷																		
Gender and age (years)	Percent reporting supplement calcium ⁸		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)		
Males and females:																		
2 - 5.....	4	(0.7)	925	959	(26.9)	4	(0.7)	963	(26.8)		--		--		--		966 (28.5)	
6 - 11.....	5	(0.7)	1390	1012	(25.1)	5	(0.8)	1017	(25.3)		--		--		--		1008 (25.3)	
12 - 19.....	6	(1.1)	1722	965	(14.5)	15	(3.4)	979	(15.2)	90	985	(65.0)	226	(43.2)	1212	(79.0)	964 (15.8)	
Males:																		
20 - 39.....	12	(1.7)	1075	1086	(27.0)	35	(6.3)	1121	(26.6)	112	1387	(95.4)	300	(29.8)	1687	(81.8)	1046 (31.9)	
40 - 59.....	22	(2.4)	1205	1073	(34.0)	64	(8.8)	1137	(36.3)	230	1117	(45.7)	294	(27.3)	1411	(62.4)	1061 (39.8)	
60 and over.....	37	(1.9)	1377	987	(27.5)	136	(13.6)	1122	(27.7)	436	1091	(43.0)	365	(27.7)	1456	(47.0)	925 (32.9)	
20 and over...	22	(1.3)	3657	1054	(18.4)	73	(5.4)	1127	(18.7)	778	1157	(33.4)	328	(13.8)	1485	(37.9)	1024 (21.0)	
Females:																		
20 - 39.....	19	(1.9)	1131	862	(15.7)	76	(14.1)	938	(21.2)	158	942	(54.3)	400	(50.4)	1342	(68.3)	843 (17.5)	
40 - 59.....	30	(2.0)	1298	837	(26.4)	142	(13.2)	979	(35.0)	326	954	(56.6)	479	(31.0)	1433	(67.9)	788 (19.3)	
60 and over.....	48	(2.5)	1304	796	(32.2)	305	(20.3)	1102	(43.5)	545	843	(31.5)	631	(29.2)	1474	(46.2)	753 (40.2)	
20 and over...	32	(1.6)	3733	833	(17.8)	170	(11.2)	1003	(22.4)	1029	899	(32.0)	535	(23.9)	1434	(33.6)	802 (13.4)	
All Individuals:																		
2 and over...	22	(0.9)	11427	951	(11.3)	95	(5.7)	1046	(13.7)	1997	1003	(18.8)	435	(17.5)	1437	(20.3)	936 (11.9)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

P h o s p h o r u s																		
Gender and age (years)	Percent reporting supplement phosphorus 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)	mg	(SE)
Males and females:																		
2 - 5.....	#		925	1108	(21.9)	#		1108	(21.9)		--	--		--		1108	(21.9)	
6 - 11.....	#		1390	1262	(26.3)	#		1263	(26.3)		--	--		--		1263	(26.2)	
12 - 19.....	1	(0.4)	1722	1320	(36.5)	1*	(0.3)	1320	(36.5)		--	--		--		1315	(36.0)	
Males:																		
20 - 39.....	4	(0.8)	1075	1584	(33.4)	2*	(0.5)	1586	(33.2)		--	--		--		1567	(37.3)	
40 - 59.....	10	(1.7)	1205	1633	(33.9)	4	(1.0)	1638	(33.7)	99	1627	(104.3)	41	(6.7)	1668	(104.6)	1634	(34.8)
60 and over.....	22	(1.7)	1377	1475	(29.3)	9	(1.6)	1484	(29.3)	242	1581	(74.9)	40	(6.0)	1620	(75.1)	1445	(32.3)
20 and over...	11	(1.0)	3657	1571	(16.2)	5	(0.6)	1576	(15.9)	373	1649	(55.6)	41	(3.9)	1689	(55.2)	1561	(18.4)
Females:																		
20 - 39.....	4	(1.0)	1131	1213	(17.3)	4*	(2.7)	1217	(18.3)		--	--		--		1212	(17.0)	
40 - 59.....	9	(1.2)	1298	1160	(28.3)	4	(0.7)	1164	(28.5)	101	1286	(119.9)	42	(4.4)	1328	(120.9)	1148	(28.9)
60 and over.....	21	(1.6)	1304	1136	(35.4)	9	(1.6)	1145	(35.6)	235	1165	(51.9)	45	(7.6)	1210	(49.8)	1128	(36.3)
20 and over...	11	(0.9)	3733	1171	(18.0)	6	(1.1)	1176	(18.5)	367	1207	(64.5)	52	(8.8)	1259	(65.0)	1166	(16.4)
All Individuals:																		
2 and over...	9	(0.6)	11427	1341	(10.4)	4	(0.6)	1345	(10.5)	773	1431	(30.4)	46	(5.7)	1477	(31.1)	1332	(12.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

M a g n e s i u m																		
All Individuals ⁵ Supplement Users ⁶ –Non-users ⁷																		
Gender and age	Percent reporting supplement magnesium 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.....	1*	(0.6)	925	208	(4.2)	1*	(0.6)	209	(4.5)		--		--		--		209	(4.3)
6 - 11.....	1*	(0.4)	1390	235	(3.4)	1*	(0.5)	236	(3.5)		--		--		--		235	(3.4)
12 - 19.....	3	(0.6)	1722	250	(6.2)	5*	(2.6)	254	(7.1)		--		--		--		248	(6.2)
Males:																		
20 - 39.....	11	(1.7)	1075	333	(6.1)	15	(3.1)	348	(7.1)	86	439	(33.7)	140	(16.5)	579	(39.1)	320	(6.6)
40 - 59.....	20	(2.4)	1205	354	(7.2)	31	(9.0)	385	(13.2)	198	379	(17.0)	156	(32.5)	536	(31.4)	348	(8.2)
60 and over.....	33	(2.1)	1377	327	(5.9)	46	(6.4)	373	(8.8)	371	353	(9.9)	142	(15.8)	494	(20.5)	314	(7.3)
20 and over...	20	(1.2)	3657	339	(3.5)	29	(3.0)	368	(4.9)	655	379	(10.9)	146	(11.6)	526	(13.2)	328	(4.0)
Females:																		
20 - 39.....	10	(1.6)	1131	270	(6.5)	17	(3.5)	287	(7.8)		--		--		--		268	(6.9)
40 - 59.....	15	(1.5)	1298	271	(6.3)	19	(2.2)	290	(7.2)	177	303	(14.8)	123	(10.5)	425	(18.8)	265	(7.0)
60 and over.....	32	(2.2)	1304	263	(7.3)	61	(9.2)	324	(9.7)	337	279	(10.1)	189	(24.2)	468	(25.1)	255	(8.7)
20 and over...	19	(1.3)	3733	268	(4.5)	31	(3.2)	299	(5.6)	582	287	(11.2)	168	(13.1)	456	(15.6)	264	(4.4)
All Individuals:																		
2 and over...	15	(0.7)	11427	287	(2.7)	24	(1.7)	310	(3.5)	1300	332	(6.0)	155	(6.6)	488	(6.5)	279	(2.9)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (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)	mg	(SE)
Males and females:																		
2 - 5.....	4	(0.9)	925	10.4	(0.33)	0.6	(0.13)	11.0	(0.33)		--		--		--	10.4	(0.33)	
6 - 11.....	3	(0.7)	1390	13.8	(0.32)	0.5	(0.14)	14.3	(0.37)		--		--		--	13.8	(0.33)	
12 - 19.....	3	(0.7)	1722	14.0	(0.33)	0.8*	(0.25)	14.9	(0.33)		--		--		--	14.0	(0.34)	
Males:																		
20 - 39.....	5	(1.3)	1075	15.8	(0.45)	0.7	(0.17)	16.5	(0.44)		--		--		--	15.7	(0.47)	
40 - 59.....	10	(1.5)	1205	16.1	(0.51)	2.0	(0.34)	18.1	(0.65)	97	16.0	(1.04)	20.3	(2.13)	36.3	(2.08)	16.2	(0.51)
60 and over.....	15	(1.4)	1377	15.6	(0.28)	3.7	(0.42)	19.4	(0.49)	181	15.8	(1.00)	25.2	(2.37)	41.0	(2.72)	15.6	(0.33)
20 and over...	10	(1.0)	3657	15.9	(0.24)	2.0	(0.21)	17.9	(0.33)	320	16.4	(0.67)	20.9	(1.46)	37.3	(1.83)	15.8	(0.24)
Females:																		
20 - 39.....	11	(1.5)	1131	11.9	(0.22)	3.0	(0.34)	14.8	(0.42)	111	13.0	(0.48)	27.5	(2.41)	40.5	(2.45)	11.8	(0.24)
40 - 59.....	15	(1.2)	1298	12.0	(0.36)	4.5	(0.65)	16.5	(0.64)	196	12.0	(0.82)	29.4	(3.49)	41.3	(3.38)	12.0	(0.43)
60 and over.....	21	(1.9)	1304	11.7	(0.30)	5.4	(0.74)	17.1	(0.73)	232	12.1	(0.49)	25.9	(2.55)	38.1	(2.79)	11.6	(0.37)
20 and over...	16	(0.9)	3733	11.9	(0.18)	4.3	(0.34)	16.1	(0.30)	539	12.3	(0.37)	27.5	(2.18)	39.8	(2.20)	11.8	(0.19)
All Individuals:																		
2 and over...	10	(0.5)	11427	13.7	(0.12)	2.6	(0.15)	16.2	(0.18)	986	13.7	(0.35)	24.8	(1.33)	38.5	(1.42)	13.7	(0.14)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

Z i n c																		
Gender and age (years)	Percent reporting supplement zinc 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.....	25	(2.0)	925	7.4	(0.16)	0.8	(0.11)	8.2	(0.17)	202	7.8	(0.23)	3.2	(0.33)	11.0	(0.24)	7.3	(0.21)
6 - 11.....	15	(1.9)	1390	9.3	(0.25)	0.6	(0.10)	9.9	(0.27)	183	9.2	(0.41)	4.1	(0.37)	13.3	(0.55)	9.3	(0.26)
12 - 19.....	7	(1.0)	1722	10.0	(0.27)	0.5	(0.12)	10.5	(0.26)	93	9.5	(0.58)	7.8	(1.18)	17.2	(1.36)	10.1	(0.28)
Males:																		
20 - 39.....	10	(1.4)	1075	12.8	(0.28)	1.3	(0.20)	14.2	(0.25)	97	14.9	(1.26)	13.3	(1.04)	28.2	(1.72)	12.6	(0.34)
40 - 59.....	21	(2.4)	1205	13.1	(0.44)	3.4	(0.48)	16.5	(0.53)	209	12.9	(0.56)	16.0	(1.49)	28.9	(1.48)	13.1	(0.51)
60 and over.....	34	(1.9)	1377	11.6	(0.22)	6.4	(0.50)	18.1	(0.49)	394	12.5	(0.45)	19.0	(0.99)	31.5	(1.05)	11.2	(0.27)
20 and over...	21	(1.3)	3657	12.6	(0.17)	3.5	(0.26)	16.1	(0.23)	700	13.1	(0.31)	16.9	(0.67)	30.0	(0.77)	12.4	(0.21)
Females:																		
20 - 39.....	15	(1.6)	1131	9.3	(0.17)	1.8	(0.33)	11.1	(0.37)	143	9.7	(0.52)	12.2	(1.24)	21.9	(1.37)	9.2	(0.21)
40 - 59.....	21	(1.4)	1298	9.0	(0.22)	2.7	(0.24)	11.8	(0.39)	246	10.3	(0.47)	13.0	(0.61)	23.2	(0.76)	8.7	(0.27)
60 and over.....	36	(2.4)	1304	8.6	(0.28)	6.7	(0.67)	15.4	(0.63)	402	8.9	(0.32)	18.5	(1.03)	27.3	(0.99)	8.5	(0.33)
20 and over...	24	(1.2)	3733	9.0	(0.12)	3.7	(0.32)	12.7	(0.34)	791	9.5	(0.29)	15.4	(0.75)	24.9	(0.68)	8.9	(0.12)
All Individuals:																		
2 and over...	20	(0.7)	11427	10.4	(0.10)	2.9	(0.20)	13.3	(0.19)	1969	10.7	(0.21)	14.3	(0.59)	25.0	(0.60)	10.3	(0.11)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

C o p p e r																
Gender and age (years)	Percent reporting supplement copper ⁸		Sample Size	All Individuals ⁵				Supplement Users ⁶				Non-users ⁷				
				Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
	%	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg		(SE)	mg	(SE)	mg	(SE)	mg
Males and females:																
2 - 5.....	3	(0.6)	925	0.7	(0.02)	#		0.8	(0.02)		--	--	--		0.7	(0.02)
6 - 11.....	3	(0.6)	1390	0.9	(0.02)	#		0.9	(0.02)		--	--	--		0.9	(0.02)
12 - 19.....	2	(0.6)	1722	1.0	(0.05)	#		1.0	(0.05)		--	--	--		1.0	(0.05)
Males:																
20 - 39.....	8	(1.5)	1075	1.3	(0.03)	0.1	(0.02)	1.4	(0.04)		--	--	--		1.2	(0.03)
40 - 59.....	18	(2.1)	1205	1.4	(0.04)	0.2	(0.03)	1.6	(0.05)	176	1.5	(0.05)	1.2	(0.10)	2.7	(0.10)
60 and over.....	31	(1.8)	1377	1.3	(0.05)	0.3	(0.02)	1.6	(0.06)	355	1.4	(0.05)	1.0	(0.04)	2.4	(0.08)
20 and over...	18	(1.2)	3657	1.3	(0.02)	0.2	(0.02)	1.5	(0.03)	600	1.5	(0.05)	1.1	(0.05)	2.6	(0.07)
Females:																
20 - 39.....	9	(1.4)	1131	1.1	(0.02)	0.1	(0.03)	1.2	(0.04)		--	--	--		1.1	(0.03)
40 - 59.....	15	(1.3)	1298	1.1	(0.03)	0.2	(0.02)	1.2	(0.04)	187	1.2	(0.09)	1.2	(0.10)	2.3	(0.09)
60 and over.....	32	(2.4)	1304	1.1	(0.03)	0.3	(0.03)	1.4	(0.04)	331	1.1	(0.04)	1.1	(0.06)	2.2	(0.07)
20 and over...	18	(1.3)	3733	1.1	(0.02)	0.2	(0.02)	1.3	(0.02)	595	1.1	(0.04)	1.2	(0.05)	2.3	(0.05)
All Individuals:																
2 and over...	14	(0.8)	11427	1.1	(0.02)	0.2	(0.01)	1.3	(0.02)	1290	1.3	(0.03)	1.2	(0.03)	2.4	(0.04)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (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 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.....	7	(1.4)	925	2183 (45.0)	1 (0.2)	2184 (45.1)		--	--	--	2188			(44.4)	
6 - 11.....	5	(0.9)	1390	2923 (62.4)	1 (0.1)	2924 (62.4)		--	--	--	2924			(66.3)	
12 - 19.....	3	(0.9)	1722	3378 (84.8)	1 (0.2)	3379 (84.8)		--	--	--	3373			(86.1)	
Males:															
20 - 39.....	5	(0.9)	1075	4218 (95.6)	2* (0.7)	4220 (95.7)		--	--	--	4179			(90.0)	
40 - 59.....	6	(1.0)	1205	4077 (87.6)	4* (1.5)	4082 (87.5)		--	--	--	4098			(84.0)	
60 and over.....	7	(1.1)	1377	3684 (65.2)	3 (0.7)	3687 (65.3)	83	3584 (167.8)	42 (7.2)	3625 (170.0)	3692			(69.7)	
20 and over...	6	(0.6)	3657	4019 (44.6)	3 (0.6)	4023 (44.7)	185	4064 (236.7)	53 (8.6)	4117 (236.0)	4017			(44.4)	
Females:															
20 - 39.....	6	(0.8)	1131	3173 (47.3)	2 (0.5)	3174 (47.2)		--	--	--	3154			(45.2)	
40 - 59.....	10	(1.7)	1298	2863 (75.0)	5* (2.7)	2868 (74.9)		--	--	--	2886			(74.3)	
60 and over.....	13	(1.7)	1304	2726 (60.9)	4 (0.6)	2729 (61.1)	142	2870 (141.0)	27 (3.4)	2897 (143.4)	2704			(65.1)	
20 and over...	10	(0.7)	3733	2926 (42.4)	3 (0.9)	2929 (42.4)	277	2923 (104.2)	35 (9.6)	2958 (103.3)	2926			(39.9)	
All Individuals:															
2 and over...	7	(0.5)	11427	3347 (28.3)	3 (0.5)	3349 (28.3)	631	3267 (104.5)	37 (7.3)	3305 (103.6)	3353			(29.0)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

P o t a s s i u m															
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷															
Gender and age (years)	Percent reporting potassium ⁸ % (SE)	Sample Size	Food			Supplement			Food plus supplement			Sample size			Food
			mg	(SE)		mg	(SE)		mg	(SE)		mg	(SE)		(SE)
Males and females:															
2 - 5.....	#	925	1993	(30.7)	#	1993	(30.7)		--	--	--				1992 (30.8)
6 - 11.....	#	1390	2078	(38.6)	#	2078	(38.6)		--	--	--				2080 (38.7)
12 - 19.....	1* (0.5)	1722	2143	(51.1)	2* (0.6)	2144	(51.1)		--	--	--				2135 (50.8)
Males:															
20 - 39.....	6 (1.2)	1075	2766	(50.4)	7 (1.6)	2773	(50.6)		--	--	--				2722 (57.5)
40 - 59.....	13 (1.8)	1205	3009	(62.3)	13 (2.5)	3022	(62.7)	127	3131 (216.7)	99 (13.8)	3231 (219.6)				2990 (66.8)
60 and over.....	25 (1.7)	1377	2916	(47.8)	28 (2.5)	2944	(47.5)	303	2982 (89.8)	109 (7.5)	3091 (90.6)				2894 (56.9)
20 and over...	14 (1.0)	3657	2893	(31.3)	15 (1.4)	2908	(30.9)	479	3106 (107.0)	107 (6.3)	3213 (108.8)				2858 (35.5)
Females:															
20 - 39.....	4 (1.2)	1131	2303	(51.4)	6* (3.2)	2309	(51.8)		--	--	--				2294 (52.8)
40 - 59.....	11 (1.6)	1298	2292	(55.6)	12 (2.7)	2304	(55.6)	125	2502 (124.7)	108 (13.7)	2610 (129.8)				2265 (57.1)
60 and over.....	23 (2.1)	1304	2310	(60.6)	28 (6.0)	2338	(60.1)	259	2355 (81.5)	123 (23.0)	2478 (86.4)				2297 (70.9)
20 and over...	12 (1.2)	3733	2301	(39.2)	15 (2.4)	2316	(39.7)	421	2417 (69.2)	121 (15.6)	2539 (72.5)				2285 (41.2)
All Individuals:															
2 and over...	10 (0.6)	11427	2472	(22.7)	12 (1.1)	2483	(22.8)	929	2775 (55.2)	114 (8.7)	2889 (59.1)				2437 (25.5)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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, 2017-March 2020 Prepandemic (continued)

S e l e n i u m															
All Individuals ⁵ Supplement Users ⁶ Non-users ⁷															
Gender and age (years)	Percent reporting selenium ⁸	Sample Size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)	Sample size	Food µg	(SE)	Supplement µg	(SE)	Food plus supplement µg	(SE)
Males and females:															
2 - 5.....	3 (0.8)	925	70.0	(1.24)	0.3* (0.12)		70.4	(1.28)		--		--		--	
6 - 11.....	1* (0.7)	1390	91.0	(2.12)	0.2* (0.11)		91.2	(2.19)		--		--		--	
12 - 19.....	3 (0.9)	1722	107.1	(2.72)	1.7 (0.40)		108.8	(2.55)		--		--		--	
Males:															
20 - 39.....	9 (1.5)	1075	135.8	(3.35)	8.0 (1.65)		143.8	(3.54)		--		--		--	
40 - 59.....	19 (2.1)	1205	135.7	(2.46)	14.6 (1.94)		150.3	(3.20)	187	139.6	(6.68)	78.3	(5.14)	217.9	(6.09)
60 and over.....	32 (2.1)	1377	121.4	(2.45)	19.7 (1.62)		141.0	(3.15)	347	131.0	(6.30)	61.1	(3.33)	192.1	(8.65)
20 and over...	19 (1.2)	3657	131.7	(1.60)	13.6 (1.03)		145.3	(1.56)	611	137.9	(4.58)	72.3	(2.82)	210.3	(5.22)
Females:															
20 - 39.....	8 (1.5)	1131	97.4	(1.28)	3.7 (0.84)		101.1	(1.69)		--		--		--	
40 - 59.....	16 (1.4)	1298	95.0	(2.32)	8.7 (1.48)		103.7	(3.07)	186	97.9	(8.61)	53.7	(5.89)	151.6	(10.11)
60 and over.....	27 (2.2)	1304	87.9	(2.00)	11.7 (1.36)		99.6	(2.14)	299	89.9	(2.89)	42.7	(2.99)	132.6	(3.41)
20 and over...	17 (1.2)	3733	93.6	(1.14)	7.9 (0.83)		101.5	(1.55)	562	95.8	(3.78)	46.6	(2.84)	142.4	(4.36)
All Individuals:															
2 and over...	14 (0.7)	11427	107.9	(0.81)	8.4 (0.56)		116.3	(0.82)	1250	116.3	(2.71)	58.9	(2.33)	175.2	(3.23)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2017-March 2020 Prepandemic, 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 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. The VIF used in this table is 2.76.

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 2.76.

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 83 for VIF = 2.76.

Note: The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

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: $1 \mu\text{g} = 40$ 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) 2017-March 2020. 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 2017-2020 www.ars.usda.gov/nea/bhnrc/fsrg.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (P_DS1TOT) of NHANES 2017-March 2020. 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: [https://wwwn.cdc.gov/nchs/nhanes/2017-March 2020/P_DS1TOT.htm](https://wwwn.cdc.gov/nchs/nhanes/2017-March%2020/P_DS1TOT.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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