

## Supplementary Online Content

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**eTable 1.** Characteristics of supplemental iron and calcium users at baseline

**eTable 2.** Number and type of 15 supplements self-reported at each of three study rounds among women of Iowa Women's Health Study

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Characteristics of supplemental iron and calcium users at baseline<sup>a</sup>**

	Supplemental iron			Supplemental calcium		
	Users (n=2738)	Nonusers (n=34 443)		Users (n=17 428)	Nonusers (n=20 735)	
			<i>P</i> diff			<i>P</i> diff
Age (y), mean (SD)	61.6 (4.3)	61.5 (4.2)	.34	61.5 (4.2)	61.6 (4.2)	.102
Current smoker (%)	12.7	15.3	<.001	12.6	17.1	<.001
Live on a farm (%)	18.4	19.2	.31	18.6	19.6	.016
Current hormone replacement therapy (%)	12.7	11.0	.004	14.8	8.1	<.001
Educational level (%)			<.001			<.001
1-8 years	8.3	7.9		7.1	8.7	
9-12 years	10.4	9.8		8.9	10.8	
High school graduate	39.9	42.4		40.5	43.5	
Beyond high school	41.4	39.9		43.4	37.1	
High blood pressure (%)	32.8	37.2	<.001	34.9	38.4	<.001
Diabetes (%)	6.1	6.9	.11	5.3	8.0	<.001
BMI <sup>b</sup>	26.5 (5.0)	27.0 (5.1)	<.001	26.5 (4.8)	27.4 (5.3)	<.001
Waist to hip ratio	0.83 (0.08)	0.84 (0.09)	<.001	0.83 (0.08)	0.84 (0.09)	<.001
Physical activity index			<.001			<.001
< a few times a month	19.3	21.1		16.2	24.6	
a few times a month or once a week	25.5	27.9		26.1	29.0	
2 or more times a week	55.2	51.0		57.7	46.4	
Self-rated health			0.41			<.001
Excellent	24.5	24.5		25.9	23.3	
Good	59.3	61.3		61.1	61.1	
Fair	14.4	12.7		11.9	13.7	
Poor	1.8	1.5		1.1	1.9	
Diet						
Energy intake (kcal/d), mean (SD)	1824 (627)	1796 (605)	.02	1764 (586)	1826 (623)	<.001
Protein (E%)	18.2 (3.4)	18.1 (3.2)	.05	18.2 (3.2)	18.0 (3.2)	<.001
Carbohydrates (E%)	49.5 (7.8)	48.7 (7.7)	<.001	49.2 (7.7)	48.5 (7.7)	<.001
Total fat (E%)	33.4 (5.8)	34.0 (5.7)	<.001	33.5 (5.7)	34.4 (5.7)	<.001
SAFA (E%)	11.7 (2.6)	11.9 (2.6)	<.001	11.6 (2.5)	12.1 (2.6)	<.001
MUFA (E%)	12.6 (2.6)	12.9 (2.5)	<.001	12.7 (2.5)	13.1 (2.5)	<.001
PUFA (E%)	6.1 (1.7)	6.0 (1.6)	.63	6.1 (1.6)	6.0 (1.6)	<.001
Alcohol (g/d)	3.4 (8.8)	3.8 (8.9)	.03	4.0 (8.8)	3.6 (8.9)	<.001
Fruits (serv/d)	2.9 (1.8)	2.6 (1.6)	<.001	2.7 (1.6)	2.6 (1.6)	<.001
Vegetables (serv/d)	3.9 (2.3)	3.6 (2.1)	<.001	3.8 (2.2)	3.6 (2.1)	<.001
Whole grain (serv/d)	1.8 (1.3)	1.6 (1.3)	<.001	1.7 (1.3)	1.5 (1.2)	<.001

Abbreviations: BMI, body mass index; SAFA, MUFA, and PUFA, saturated, monounsaturated, and polyunsaturated fatty acid intake, respectively.

<sup>a</sup> *P*-value from *t* tests for continuous variables or from the  $\chi^2$  test for categorical variables.

<sup>b</sup> Calculated as weight in kilograms divided by height in meters squared.

**eTable 2. Number and type of 15 supplements self-reported at each of three study rounds among women of Iowa Women's Health Study<sup>a</sup>**

	Baseline, 1986 (n = 38 772)		Follow-up, 1997 (n = 29 230)		Follow-up, 2004 (n = 19 124)	
	%	n	%	n	%	n
<b>No. of supplements used</b>						
0	37.3	14 443	24.9	7286	14.9	2846
1	22.5	8741	22.3	6513	20.5	3918
2-3	25.1	9736	29.8	8717	38.6	7375
4-5	8.1	3137	12.8	3735	16.7	3199
6-7	3.7	1414	4.9	1444	5.4	1036
8-9	2.0	773	2.7	782	2.3	444
≥10	1.4	528	2.6	753	1.6	306
<b>Types of supplement used<sup>b</sup></b>						
Calcium	45.7	17 428	54.4	14 600	63.1	11 600
Multivitamin/mineral	33.4	12 769	49.1	14 066	64.6	12 022
Vitamin C	28.9	10 905	35.1	9250	31.3	5460
Vitamin E	14.5	5403	33.7	8927	34.6	6307
Vitamin D	11.0	4082	11.9	3075	12.3	2343
Vitamin B complex	8.2	3174	6.3	1843	7.4	1421
Vitamin A	7.7	2843	8.8	2274	6.2	1126
Iron	7.4	2738	9.5	2482	9.2	1645
Zinc	7.1	2635	11.7	3052	9.0	1599
Magnesium	3.6	1410	5.6	1641	6.7	1273
Selenium	3.4	1251	6.3	1648	5.1	913
Vitamin B <sub>6</sub>	3.3	1269	10.3	2689	8.3	1533
Folic acid	1.3	509	3.4	984	6.9	1321
Beta-carotene	1.0	378	4.4	1288	2.5	469
Copper	0.6	229	1.5	450	1.3	255

<sup>a</sup>Similar description has been published previously except restricted only to those 19 124 women who filled both baseline and 2004 food frequency questionnaires; 1997 data was not presented. Intervening cancer diagnosis was not associated with change in supplement use pattern. Of those who were free of cancer at baseline, but with cancer diagnosis between the baseline and 1997 follow-up (n = 2475), the 1997 questionnaire indicated that 21.1% of those started using supplements, 53.4% continued use, and 8.5% discontinued use. The corresponding proportions among women who did not develop cancer through 1997 (n = 22 816) were 19.5%, 56.2% and 8.3%, respectively. Nonfatal cancer diagnoses were identified by linkage to the Iowa Surveillance, Epidemiology and End Results (SEER) Program.

<sup>b</sup>Supplements are presented in decreasing frequency of use in 1986..