

Supplementary Table S1. Supplement categories

28 categories

- 1 Multivitamin and/or multimineral
 - 2 Multivitamin and/or multimineral, with herbal extracts
 - 3 Calcium supplements
 - 4 Magnesium supplements
 - 5 Zinc supplements
 - 6 Other single mineral supplements
 - 7 Vitamin C supplements
 - 8 Vitamin E supplements
 - 9 Folic acid supplements
 - 10 Vitamin D supplements
 - 11 Other single vitamin supplements
 - 12 Fish oil supplements
 - 13 Fish oil supplements with added nutrients
 - 14 Cod liver oil supplements
 - 15 Evening primrose oil supplements
 - 16 Other lipid supplements
 - 17 Herbal supplements
 - 18 Herbal supplements containing caffeine
 - 19 Fibre supplements
 - 20 Protein or amino acid supplements
 - 21 Probiotic supplements
 - 22 Sports or weight control supplements
 - 23 Homoeopathic supplements
 - 24 Herbal medicines, topical or inhalation
 - 25 Propolis or other bee product supplements
 - 26 Glucosamine and/or chondroitin based
 - 27 Coenzyme Q10 supplements
 - 28 Other supplements
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Supplementary Table S2. Characteristics of supplement users and non-users among adults aged ≥ 18 years participating in the 2014-2015 National Health Survey (n=14,560)

	Supplement user		Supplement non-user	
	<i>n</i>	Row % (95% CI) ¹	<i>n</i>	Row % (95% CI) ¹
Sex	6355	43 (42, 44)	8205	57 (56, 58)
Male	2348	35 (34, 36)	4305	65 (64, 66)
Female	4007	50 (49, 52)	3900	50 (48, 51)
Age group	6355		8205	
18-29 years	804	36 (34, 38)	1460	64 (62, 66)
30-49 years	2221	41 (39, 42)	3138	59 (58, 61)
50-69 years	2257	47 (45, 48)	2515	53 (52, 55)
≥ 70 years	1073	50 (47, 52)	1092	50 (48, 53)
Region of birth	6355		8205	
Australia	4349	42 (41, 44)	5770	58 (56, 59)
Main English-speaking countries	780	44 (41, 47)	978	56 (53, 59)
Other	1226	46 (43, 48)	1457	54 (52, 57)
State/Territory	6355		8205	
New South Wales	1069	43 (41, 45)	1395	57 (55, 59)
Victoria	1097	43 (41, 45)	1425	57 (55, 59)
Queensland	1046	44 (42, 46)	1302	56 (54, 58)
South Australia	840	43 (41, 46)	1060	57 (54, 59)
Western Australia	805	44 (42, 46)	1023	56 (54, 58)
Tasmania	640	43 (40, 45)	842	57 (55, 60)
Northern Territory	263	35 (31, 38)	490	65 (62, 69)
Australian Capital Territory	595	46 (44, 49)	668	54 (51, 56)
Socioeconomic status	6355		8205	
Lowest quintile	1115	41 (38, 43)	1616	59 (57, 62)
Second quintile	1216	42 (40, 44)	1687	58 (56, 60)
Third quintile	1311	44 (42, 46)	1686	56 (54, 58)
Fourth quintile	1307	44 (42, 46)	1607	56 (54, 58)
Highest quintile	1406	47 (44, 49)	1609	53 (51, 56)
Education	6355		8205	
Postgraduate	689	47 (44, 50)	736	53 (50, 56)
Bachelor/Diploma	2029	49 (47, 51)	2164	51 (49, 53)
Certificate	1262	41 (39, 43)	1793	59 (57, 61)
None after school	2375	40 (38, 41)	3512	60 (59, 62)
BMI category	6355		8205	
Underweight	85	45 (37, 53)	118	55 (47, 63)
Normal weight	2251	45 (44, 47)	2686	55 (53, 56)
Overweight	2272	43 (41, 44)	2979	57 (56, 59)
Obese	1747	41 (39, 43)	2422	59 (57, 61)
Physical activity	6345		8194	

Low	3545	42 (41, 43)	4894	58 (57, 59)
Moderate	1931	45 (43, 46)	2327	55 (54, 57)
High	869	47 (44, 49)	973	53 (51, 56)
Smoking	6355		8205	
Current smoker	792	32 (30, 35)	1644	68 (65, 70)
Past smoker	2236	46 (44, 47)	2552	54 (53, 56)
Never smoked	3327	45 (44, 46)	4009	55 (54, 56)
Self-assessed health	6355		8205	
Excellent	1213	44 (42, 46)	1522	56 (54, 58)
Very good	2298	44 (43, 46)	2878	56 (54, 57)
Good	1797	43 (41, 44)	2419	57 (56, 59)
Fair	731	42 (39, 45)	961	58 (55, 61)
Poor	316	42 (38, 46)	425	58 (54, 62)
Health condition	6028		7531	
Yes	5933	44 (43, 45)	7354	56 (55, 57)
No	95	38 (31, 45)	177	62 (55, 69)

¹Percentages weighted to the Australian population in 2014/2015

Supplementary Table S3. Characteristics of supplement users and non-users among adolescents aged 10-17 years participating in the 2014-2015 National Health Survey (n=1,964)

	Supplement user		Supplement non-user	
	<i>n</i>	Row % (95% CI) ¹	<i>n</i>	Row % (95% CI) ¹
Sex	410	20 (18, 22)	1554	80 (78, 82)
Male	212	20 (17, 23)	806	80 (77, 83)
Female	198	21 (18, 24)	748	79 (76, 82)
Region of birth	410		1554	
Australia	351	20 (18, 22)	1364	80 (78, 82)
Main English-speaking countries	24	23 (14, 32)	75	77 (68, 86)
Other	35	21 (14, 29)	115	79 (71, 86)
State/Territory	410		1554	
New South Wales	66	19 (15, 23)	266	81 (77, 85)
Victoria	75	21 (16, 25)	284	79 (75, 84)
Queensland	56	18 (14, 22)	248	82 (78, 86)
South Australia	39	17 (12, 21)	187	83 (79, 88)
Western Australia	67	27 (21, 32)	186	73 (68, 79)
Tasmania	5	25 (19, 32)	150	75 (68, 81)
Northern Territory	16	12 (6, 18)	105	88 (82, 94)
Australian Capital Territory	40	23 (17, 30)	128	77 (70, 83)
Socioeconomic status	410		1554	
Lowest quintile	49	16 (11, 21)	248	84 (79, 89)
Second quintile	73	19 (15, 24)	269	81 (76, 85)
Third quintile	83	19 (14, 23)	336	81 (77, 86)
Fourth quintile	95	21 (17, 26)	346	79 (74, 83)
Highest quintile	110	24 (19, 29)	355	76 (71, 81)
BMI category	410		1554	
Underweight	19	17 (9, 25)	93	83 (75, 91)
Normal weight	271	21 (19, 24)	989	79 (76, 81)
Overweight	89	16 (13, 20)	358	84 (80, 87)
Obese	31	23 (15, 31)	114	77 (69, 85)
Health condition	305		1012	
Yes	288	23 (20, 26)	994	77 (74, 80)
No	17	15 (6, 23)	68	85 (77, 94)

¹Percentages weighted to the Australian population in 2014/2015

Supplementary Table S4. Characteristics of supplement users and non-users among children aged ≤9 years participating in the 2014-2015 National Health Survey (n=2,733)

	Supplement user		Supplement non-user	
	<i>n</i>	Row % (95% CI)¹	<i>n</i>	Row % (95% CI)¹
Sex	608	24 (22, 25)	2125	76 (75, 78)
Male	321	24 (22, 27)	1116	76 (73, 78)
Female	287	23 (20, 25)	1009	77 (75, 80)
State/Territory	608		2125	
New South Wales	126	25 (21, 29)	355	75 (71, 79)
Victoria	112	24 (20, 28)	342	76 (72, 80)
Queensland	104	24 (20, 28)	323	76 (72, 80)
South Australia	48	15 (11, 19)	251	85 (81, 89)
Western Australia	90	24 (20, 29)	282	76 (71, 80)
Tasmania	48	20 (15, 25)	186	80 (75, 85)
Northern Territory	39	20 (14, 26)	148	80 (74, 86)
Australian Capital Territory	41	14 (10, 19)	238	86 (81, 90)
Socioeconomic status	608		2125	
Lowest quintile	96	23 (19, 28)	353	77 (72, 81)
Second quintile	124	23 (19, 28)	410	77 (72, 81)
Third quintile	99	19 (15, 23)	431	81 (77, 85)
Fourth quintile	138	25 (21, 29)	427	75 (71, 79)
Highest quintile	151	26 (22, 31)	504	74 (69, 78)

¹Percentages weighted to the Australian population in 2014/2015

Supplementary Table S5. Prevalence of use of different supplement types by participants in the 2014-2015 National Health Survey (n=19,257)

<i>n</i>	Age (years)						All
	≤9	10-17	18-29	30-49	50-69	≥70	
	<i>Total</i>						
	2733	1964	2264	5359	4772	2165	19257
	%	%	%	%	%	%	%
	(95% CI) ¹	(95% CI) ¹	(95% CI) ¹	(95% CI) ¹	(95% CI) ¹	(95% CI) ¹	(95% CI) ¹
All supplements	23.5	20.1	36.1	40.5	46.8	49.5	38.0
	(21.7, 25.4)	(18.1, 22.2)	(33.8, 38.5)	(39.0, 42.1)	(45.1, 48.4)	(47.1, 51.9)	(37.2, 38.8)
Multivitamin/mineral	12.4	10.1	19.0	22.3	18.3	16.7	17.5
	(10.9, 13.9)	(8.5, 11.6)	(17.1, 20.8)	(21.0, 23.6)	(17.0, 19.5)	(14.9, 18.5)	(16.9, 18.2)
Multivitamin/mineral, with herbal extracts	0.6	0.7	1.9	1.7	1.8	1.7	1.5
	(0.2, 0.9)	(0.3, 1.1)	(1.2, 2.6)	(1.3, 2.1)	(1.3, 2.2)	(1.0, 2.3)	(1.3, 1.7)
Calcium	0.6	0.2	1.3	2.5	6.2	9.6	3.6
	(0.2, 0.9)	(0.02, 0.4)	(0.8, 1.9)	(2.0, 3.0)	(5.4, 6.9)	(8.2, 11.0)	(3.3, 3.9)
Magnesium	0.3	0.6	2.3	3.3	6.0	6.9	3.6
	(0.03, 0.5)	(0.2, 1.0)	(1.6, 3.0)	(2.8, 4.0)	(5.2, 6.7)	(5.6, 8.1)	(3.3, 3.9)
Zinc	0.2	0.2	0.6	0.4	0.5	0.2	0.4
	(0.000, 0.4)	(0.000, 0.4)	(0.2, 1.0)	(0.2, 0.5)	(0.3, 0.8)	(0.003, 0.4)	(0.3, 0.5)
Other single mineral	0.1	0.1	0.8	0.5	1.3	1.8	0.8
	(0.000, 0.2)	(0.000, 0.1)	(0.3, 1.3)	(0.3, 0.7)	(0.9, 1.6)	(1.1, 2.5)	(0.6, 0.9)
Vitamin C	3.2	5.0	6.5	5.2	5.1	3.7	4.9
	(2.4, 3.9)	(3.9, 6.2)	(5.3, 7.7)	(4.5, 5.9)	(4.4, 5.8)	(2.8, 4.6)	(4.5, 5.2)
Vitamin E	0.1	-	0.1	0.4	1.1	1.3	0.6
	(0.000, 0.2)		(0.000, 0.3)	(0.2, 0.6)	(0.8, 1.5)	(0.8, 1.9)	(0.4, 0.7)
Folic acid	-	-	0.7	0.6	0.4	0.7	0.4
			(0.3, 1.1)	(0.4, 0.8)	(0.2, 0.6)	(0.3, 1.1)	(0.3, 0.5)
Vitamin D	1.3	1.3	3.4	6.3	11.2	16.2	7.1
	(0.8, 1.8)	(0.7, 1.9)	(2.6, 4.3)	(5.5, 7.0)	(10.2, 12.2)	(14.5, 18.0)	(6.6, 7.5)
Other single vitamin	0.2	0.3	0.9	1.6	2.3	2.1	1.4
	(0.002, 0.4)	(0.1, 0.6)	(0.5, 1.4)	(1.2, 2.0)	(1.8, 2.8)	(1.4, 2.8)	(1.2, 1.6)
Fish oil	5.2	4.1	6.0	7.2	14.8	14.3	9.2
	(4.2, 6.2)	(3.1, 5.1)	(4.9, 7.2)	(6.5, 8.0)	(13.6, 15.9)	(12.6, 16.0)	(8.7, 9.6)

Fish oil with added nutrients	1.2 (0.7, 1.7)	0.6 (0.2, 1.0)	0.8 (0.4, 1.2)	0.9 (0.6, 1.2)	0.5 (0.3, 0.8)	0.7 (0.3, 1.1)	0.8 (0.6, 0.9)
Cod liver oil	0.1 (0.000, 0.3)	0.1 (0.000, 0.2)	0.1 (0.000, 0.3)	0.3 (0.1, 0.5)	0.3 (0.2, 0.5)	0.5 (0.2, 0.8)	0.3 (0.2, 0.4)
Evening primrose oil	-	0.3 (0.03, 0.5)	0.3 (0.03, 0.6)	0.7 (0.4, 0.9)	0.6 (0.4, 0.9)	0.1 (0.000, 0.3)	0.4 (0.3, 0.5)
Other lipid	0.1 (0.000, 0.2)	0.3 (0.05, 0.6)	0.8 (0.4, 1.2)	1.2 (0.9, 1.6)	3.7 (3.1, 4.3)	2.6 (1.9, 3.4)	1.7 (1.5, 1.9)
Herbal	1.4 (0.8, 1.9)	2.3 (1.5, 3.0)	4.7 (3.7, 5.7)	7.0 (6.2, 7.8)	8.4 (7.5, 9.3)	7.0 (5.8, 8.3)	5.8 (5.4, 6.2)
Herbal containing caffeine	-	-	0.1 (0.000, 0.2)	0.1 (0.04, 0.2)	0.1 (0.01, 0.2)	0.1 (0.000, 0.3)	0.1 (0.04, 0.1)
Homeopathic	0.6 (0.3, 0.9)	0.1 (0.000, 0.2)	0.3 (0.02, 0.5)	0.2 (0.1, 0.3)	0.1 (0.03, 0.2)	0.04 (0.000, 0.1)	0.2 (0.1, 0.3)
Herbal medicines, topical or inhalation	0.6 (0.2, 0.9)	0.1 (0.000, 0.2)	0.3 (0.1, 0.6)	0.2 (0.1, 0.4)	0.5 (0.3, 0.7)	0.2 (0.000, 0.4)	0.3 (0.2, 0.4)
Fibre	0.1 (0.000, 0.2)	0.2 (0.000, 0.4)	0.3 (0.04, 0.5)	0.5 (0.3, 0.7)	0.6 (0.3, 0.8)	0.4 (0.1, 0.8)	0.4 (0.3, 0.5)
Protein or amino acid	0.2 (0.000, 0.4)	0.4 (0.1, 0.7)	2.0 (1.4, 2.7)	1.5 (1.1, 1.9)	0.6 (0.3, 0.8)	0.3 (0.03, 0.5)	0.9 (0.7, 1.1)
Sports or weight control	0.1 (0.000, 0.2)	0.3 (0.000, 0.6)	2.0 (1.3, 2.6)	0.9 (0.6, 1.2)	0.3 (0.1, 0.4)	0.2 (0.000, 0.3)	0.6 (0.5, 0.7)
Probiotic	2.9 (2.1, 3.6)	0.9 (0.4, 1.4)	2.4 (1.6, 3.1)	2.5 (2.0, 3.0)	2.1 (1.7, 2.6)	1.6 (1.0, 2.2)	2.2 (1.9, 2.4)
Propolis or other bee product	0.2 (0.000, 0.5)	-	0.1 (0.000, 0.2)	0.2 (0.1, 0.4)	0.3 (0.1, 0.5)	0.3 (0.000, 0.5)	0.2 (0.1, 0.3)
Glucosamine and/or chondroitin	0.01 (0.000, 0.02)	0.1 (0.000, 0.3)	0.7 (0.3, 1.1)	2.0 (1.6, 2.4)	7.4 (6.6, 8.3)	8.1 (6.8, 9.4)	3.4 (3.1, 3.7)
Coenzyme Q10	-	-	0.4 (0.1, 0.6)	0.4 (0.2, 0.6)	1.7 (1.3, 2.2)	2.0 (1.3, 2.7)	0.8 (0.7, 1.0)
Other	0.3 (0.000, 0.4)	0.1 (0.000, 0.3)	0.2 (0.05, 0.4)	0.5 (0.3, 0.8)	0.9 (0.6, 1.2)	1.0 (0.5, 1.4)	0.6 (0.4, 0.7)

Males

<i>n</i>	1437	1018	1092	2387	2216	958	9108
	%	%	%	%	%	%	%
	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)
All supplements	24.4 (21.8, 27.1)	19.7 (16.8, 22.5)	29.3 (26.2, 32.4)	33.3 (31.1, 35.5)	37.2 (34.8, 39.5)	39.7 (36.1, 43.3)	31.4 (30.3, 32.6)
Multivitamin/mineral	13.2 (11.1, 15.3)	9.3 (7.3, 11.3)	14.5 (12.1, 16.8)	17.8 (16.0, 19.5)	13.4 (11.8, 15.0)	11.9 (9.5, 14.3)	13.9 (13.1, 14.7)
Multivitamin/mineral, with herbal extracts	0.5 (0.1, 1.0)	0.5 (0.01, 1.1)	1.2 (0.4, 2.0)	0.8 (0.4, 1.2)	1.1 (0.6, 1.5)	1.1 (0.5, 1.7)	0.9 (0.7, 1.1)
Calcium	0.6 (0.1, 1.1)	0.2 (0.000, 0.4)	1.3 (0.4, 2.1)	1.4 (0.8, 2.0)	2.6 (1.8, 3.4)	5.4 (3.6, 7.1)	1.8 (1.5, 2.2)
Magnesium	0.3 (0.000, 0.7)	0.6 (0.04, 1.1)	1.7 (0.8, 2.6)	2.4 (1.7, 3.2)	4.1 (3.1, 5.1)	5.4 (3.7, 7.1)	2.5 (2.1, 2.9)
Zinc	0.1 (0.000, 0.4)	0.1 (0.000, 0.3)	0.6 (0.1, 1.1)	0.4 (0.1, 0.7)	0.5 (0.1, 0.9)	0.2 (0.000, 0.5)	0.3 (0.2, 0.5)
Other single mineral	0.1 (0.000, 0.3)	0.1 (0.000, 0.2)	0.3 (0.000, 0.6)	0.1 (0.000, 0.2)	0.9 (0.4, 1.3)	1.4 (0.5, 2.4)	0.5 (0.3, 0.6)
Vitamin C	3.6 (2.4, 4.7)	5.2 (3.6, 6.9)	6.3 (4.7, 8.0)	5.1 (4.0, 6.1)	4.2 (3.2, 5.2)	3.4 (2.0, 4.7)	4.6 (4.1, 5.1)
Vitamin E	0.1 (0.000, 0.3)	-	0.2 (0.000, 0.4)	0.2 (0.01, 0.5)	1.0 (0.5, 1.5)	0.8 (0.1, 1.5)	0.4 (0.3, 0.6)
Folic acid	-	-	0.2 (0.000, 0.5)	0.1 (0.000, 0.2)	0.2 (0.003, 0.5)	0.5 (0.02, 1.0)	0.2 (0.1, 0.3)
Vitamin D	1.4 (0.6, 2.1)	0.4 (0.03, 0.7)	1.8 (0.9, 2.7)	4.0 (3.1, 4.9)	5.5 (4.4, 6.6)	9.3 (7.3, 11.4)	3.8 (3.4, 4.3)
Other single vitamin	0.1 (0.000, 0.3)	0.2 (0.000, 0.3)	1.0 (0.4, 1.6)	0.8 (0.4, 1.2)	1.7 (1.1, 2.4)	2.4 (1.2, 3.5)	1.0 (0.8, 1.3)
Fish oil	6.4 (4.9, 7.9)	5.0 (3.5, 6.5)	5.9 (4.3, 7.5)	7.0 (5.8, 8.1)	13.2 (11.6, 14.8)	11.0 (8.8, 13.2)	8.5 (7.8, 9.2)
Fish oil with added nutrients	0.9 (0.3, 1.5)	0.5 (0.02, 1.0)	0.02 (0.000, 0.05)	0.2 (0.01, 0.4)	0.4 (0.1, 0.7)	0.8 (0.2, 1.4)	0.4 (0.3, 0.6)
Cod liver oil	0.3 (0.000, 0.6)	0.1 (0.000, 0.3)	-	0.1 (0.000, 0.3)	0.2 (0.02, 0.4)	0.2 (0.000, 0.4)	0.2 (0.1, 0.2)
Evening primrose oil	-	0.3	0.1	0.005	0.2	0.06	0.1

		(0.000, 0.6)	(0.000, 0.2)	(0.000, 0.01)	(0.01, 0.4)	(0.000, 0.2)	(0.03, 0.2)
Other lipid	0.2 (0.000, 0.5)	0.4 (0.000, 0.9)	0.9 (0.3, 1.6)	1.2 (0.7, 1.6)	2.5 (1.8, 3.3)	2.2 (1.1, 3.3)	1.3 (1.1, 1.6)
Herbal	1.4 (0.7, 2.1)	1.6 (0.8, 2.5)	3.4 (2.2, 4.5)	4.7 (3.7, 5.6)	5.2 (4.1, 6.3)	6.7 (4.8, 8.5)	4.0 (3.5, 4.4)
Herbal containing caffeine	-	-	0.1 (0.000, 0.3)	0.2 (0.000, 0.3)	0.1 (0.000, 0.3)	-	0.1 (0.02, 0.2)
Homeopathic	0.5 (0.1, 1.0)	0.1 (0.000, 0.3)	0.1 (0.000, 0.4)	0.1 (0.000, 0.2)	0.03 (0.000, 0.1)	-	0.1 (0.1, 0.2)
Herbal medicines, topical or inhalation	0.8 (0.2, 1.4)	0.2 (0.000, 0.5)	0.4 (0.000, 0.8)	0.1 (0.000, 0.2)	0.3 (0.1, 0.6)	0.1 (0.000, 0.3)	0.3 (0.2, 0.4)
Fibre	0.1 (0.000, 0.2)	0.3 (0.000, 0.8)	0.4 (0.000, 0.8)	0.4 (0.1, 0.7)	0.4 (0.1, 0.7)	-	0.3 (0.2, 0.4)
Protein or amino acid	0.2 (0.000, 0.5)	0.7 (0.1, 1.2)	2.9 (1.7, 4.0)	1.7 (1.1, 2.2)	0.5 (0.1, 0.9)	0.3 (0.000, 0.6)	1.0 (0.8, 1.3)
Sports or weight control	0.1 (0.000, 0.3)	0.6 (0.000, 1.2)	3.1 (1.9, 4.2)	1.3 (0.8, 1.8)	0.3 (0.03, 0.5)	0.1 (0.000, 0.3)	0.9 (0.7, 1.1)
Probiotic	2.7 (1.7, 3.7)	0.9 (0.3, 1.6)	1.6 (0.7, 2.5)	1.1 (0.7, 1.6)	0.8 (0.4, 1.3)	1.6 (0.6, 2.6)	1.4 (1.1, 1.6)
Propolis or other bee product	0.4 (0.000, 0.9)	-	-	0.2 (0.000, 0.4)	0.3 (0.000, 0.5)	0.3 (0.000, 0.8)	0.2 (0.1, 0.3)
Glucosamine and/or chondroitin	0.01 (0.000, 0.04)	0.2 (0.000, 0.5)	0.7 (0.1, 1.2)	2.5 (1.8, 3.2)	6.1 (5.0, 7.3)	6.4 (4.6, 8.2)	2.9 (2.5, 3.3)
Coenzyme Q10	-	-	0.1 (0.000, 0.2)	0.4 (0.1, 0.8)	1.5 (0.9, 2.1)	1.7 (0.8, 2.6)	0.7 (0.5, 0.9)
Other	-	-	0.2 (0.000, 0.4)	0.5 (0.1, 0.8)	0.6 (0.2, 0.9)	1.3 (0.5, 2.0)	0.4 (0.3, 0.6)

Females

<i>n</i>	<i>1296</i>	<i>946</i>	<i>1172</i>	<i>2972</i>	<i>2556</i>	<i>1207</i>	<i>10149</i>
	%	%	%	%	%	%	%
	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)	(95% CI)
All supplements	22.5 (19.9, 25.2)	20.6 (17.6, 23.6)	42.5 (39.2, 45.9)	46.1 (44.0, 48.2)	55.2 (53.0, 57.5)	57.5 (54.3, 60.7)	43.9 (42.7, 45.1)

Multivitamin/mineral	11.5 (9.5, 13.5)	10.9 (8.5, 13.2)	23.2 (20.3, 26.0)	25.8 (24.0, 27.6)	22.6 (20.7, 24.4)	20.6 (18.0, 23.2)	20.8 (19.9, 21.7)
Multivitamin/mineral, with herbal extracts	0.6 (0.2, 1.0)	0.9 (0.1, 1.6)	2.6 (1.5, 3.7)	2.4 (1.8, 3.0)	2.4 (1.7, 3.1)	2.1 (1.1, 3.1)	2.0 (1.7, 2.3)
Calcium	0.6 (0.1, 1.1)	0.2 (0.000, 0.5)	1.4 (0.7, 2.2)	3.4 (2.6, 4.1)	9.3 (8.0, 10.6)	13.0 (10.9, 15.2)	5.1 (4.6, 5.6)
Magnesium	0.3 (0.000, 0.6)	0.6 (0.1, 1.2)	2.9 (1.8, 4.0)	4.1 (3.3, 5.0)	7.6 (6.4, 8.7)	8.1 (6.3, 9.8)	4.5 (4.0, 5.0)
Zinc	0.2 (0.000, 0.5)	0.3 (0.000, 0.7)	0.6 (0.03, 1.2)	0.3 (0.1, 0.6)	0.5 (0.2, 0.8)	0.2 (0.000, 0.5)	0.4 (0.2, 0.5)
Other single mineral	0.03 (0.000, 0.1)	0.1 (0.000, 0.2)	1.3 (0.5, 2.1)	0.8 (0.4, 1.1)	1.6 (1.0, 2.2)	2.1 (1.2, 3.1)	1.1 (0.8, 1.3)
Vitamin C	2.7 (1.7, 3.7)	4.8 (3.2, 6.4)	6.7 (5.0, 8.4)	5.3 (4.3, 6.2)	5.9 (4.8, 6.9)	4.0 (2.7, 5.3)	5.1 (4.6, 5.6)
Vitamin E	0.1 (0.000, 0.2)	-	0.1 (0.000, 0.2)	0.5 (0.2, 0.8)	1.3 (0.8, 1.8)	1.8 (0.9, 2.7)	0.7 (0.5, 0.9)
Folic acid	-	-	1.2 (0.4, 2.0)	1.0 (0.6, 1.4)	0.5 (0.2, 0.8)	0.8 (0.2, 1.4)	0.7 (0.5, 0.8)
Vitamin D	1.2 (0.5, 1.9)	2.2 (1.1, 3.3)	5.0 (3.5, 6.5)	8.0 (6.9, 9.1)	16.2 (14.6, 17.9)	21.8 (19.2, 24.5)	10.0 (9.3, 10.7)
Other single vitamin	0.4 (0.000, 0.8)	0.6 (0.002, 1.1)	0.9 (0.3, 1.5)	2.2 (1.5, 2.8)	2.8 (2.0, 3.6)	1.9 (1.0, 2.7)	1.8 (1.4, 2.1)
Fish oil	3.9 (2.7, 5.1)	3.2 (1.9, 4.4)	6.2 (4.6, 7.8)	7.5 (6.4, 8.5)	16.1 (14.5, 17.7)	17.0 (14.5, 19.4)	9.8 (9.1, 10.4)
Fish oil with added nutrients	1.5 (0.7, 2.3)	0.7 (0.1, 1.3)	1.4 (0.7, 2.2)	1.5 (1.0, 2.0)	0.6 (0.2, 1.0)	0.7 (0.2, 1.2)	1.1 (0.8, 1.3)
Cod liver oil	-	-	0.2 (0.000, 0.6)	0.5 (0.2, 0.7)	0.5 (0.1, 0.8)	0.7 (0.2, 1.3)	0.4 (0.2, 0.5)
Evening primrose oil	-	0.3 (0.01, 0.5)	0.5 (0.01, 1.0)	1.2 (0.8, 1.7)	1.0 (0.6, 1.4)	0.2 (0.000, 0.4)	0.7 (0.5, 0.9)
Other lipid	-	0.3 (0.000, 0.6)	0.6 (0.1, 1.1)	1.3 (0.8, 1.7)	4.7 (3.8, 5.7)	3.0 (1.9, 4.0)	2.0 (1.7, 2.3)
Herbal	1.3 (0.6, 2.1)	2.9 (1.6, 4.2)	5.9 (4.4, 7.5)	8.7 (7.6, 9.9)	11.2 (9.8, 12.7)	7.3 (5.7, 9.0)	7.4 (6.8, 8.0)

Herbal containing caffeine	-	-	0.02 (0.000, 0.05)	0.1 (0.004, 0.2)	0.1 (0.000, 0.2)	0.2 (0.000, 0.5)	0.1 (0.03, 0.1)
Homeopathic	0.6 (0.2, 1.0)	-	0.4 (0.000, 0.9)	0.3 (0.1, 0.4)	0.2 (0.03, 0.3)	0.1 (0.000, 0.2)	0.2 (0.1, 0.3)
Herbal medicines, topical or inhalation	0.3 (0.000, 0.7)	-	0.3 (0.000, 0.7)	0.4 (0.1, 0.6)	0.6 (0.3, 1.0)	0.3 (0.000, 0.6)	0.4 (0.2, 0.5)
Fibre	0.1 (0.000, 0.3)	-	0.2 (0.000, 0.5)	0.6 (0.3, 0.9)	0.8 (0.3, 1.2)	0.8 (0.2, 1.4)	0.5 (0.3, 0.7)
Protein or amino acid	0.1 (0.000, 0.4)	0.03 (0.000, 0.1)	1.2 (0.5, 2.0)	1.4 (0.9, 1.9)	0.7 (0.3, 1.0)	0.3 (0.000, 0.6)	0.8 (0.6, 1.0)
Sports or weight control	-	-	1.0 (0.3, 1.6)	0.5 (0.2, 0.8)	0.3 (0.1, 0.5)	0.2 (0.000, 0.4)	0.4 (0.2, 0.5)
Probiotic	3.1 (2.0, 4.1)	0.9 (0.2, 1.5)	3.1 (1.9, 4.3)	3.6 (2.8, 4.4)	3.3 (2.5, 4.0)	1.6 (0.8, 2.3)	2.9 (2.5, 3.2)
Propolis or other bee product	-	-	0.1 (0.000, 0.3)	0.3 (0.002, 0.6)	0.3 (0.1, 0.6)	0.2 (0.000, 0.5)	0.2 (0.1, 0.3)
Glucosamine and/or chondroitin	-	-	0.7 (0.2, 1.3)	1.6 (1.1, 2.1)	8.6 (7.3, 9.8)	9.4 (7.5, 11.3)	3.8 (3.4, 4.3)
Coenzyme Q10	-	-	0.6 (0.1, 1.1)	0.4 (0.1, 0.7)	1.9 (1.3, 2.6)	2.2 (1.2, 3.3)	1.0 (0.7, 1.2)
Other	0.5 (0.000, 1.0)	0.2 (0.000, 0.6)	0.2 (0.000, 0.5)	0.6 (0.3, 0.9)	1.2 (0.7, 1.7)	0.8 (0.2, 1.3)	0.7 (0.5, 0.9)

¹Percentages weighted to the Australian population in 2014/2015