

Supplementary materials

Table S1. Serum levels of B vitamins according to B-vitamin supplements intake in the cohort¹.

Serum vitamins	B	No supplements (n=61)	Multivitamin supplements (n=728)	Folate supplements (n=276)	<i>p</i>-Value
B ₁ (pmol/l)		86.3 (80.3-96.4)	86.7 (75.8-98.6)	86.0 (74.1-98.8)	0.671
B ₂ (pmol/l)		14.1 (13.0-15.2)	13.4 (12.3-14.8)	13.3 (11.9-14.9)	0.013
B ₆ (pmol/l)		28.4 (24.0-35.7)	27.3 (24.2-35.4)	26.8 (23.9-35.9)	0.822
Folate (nmol/l)		11.0 (9.5-12.7)	11.9 (10.2-14.1)	11.7 (10.0-13.7)	0.021
B ₁₂ (pmol/l)		177.0 (143.8-210.8)	171.5 (128.2-206.7)	187.0 (146.1-217.4)	0.005

¹ Kruskal – Wallis tests were performed.