



Figure S1. 25(OH)D, stratified by age, gender, and race/ethnicity in NHANES 2017–2018. The blue and red dots represent the weighted median 25(OH)D levels, and the lines represent the corresponding 25th and 75th percentiles.

Table S1. Weighted median (25th and 75th percentiles) 25(OH)D for the U.S population, stratified by age: NHANES 2017–2018.¹

		25(OH)D (nmol/L)						
		Weighted Median (25 th and 75 th percentiles)						
		Age (years)						
	N ²	Overall	0-4	5-11	12-19	20-39	40-59	≥60
Dietary vitamin D								
mcg (IU)								
N=6,617 ²								
<15 (600)	6,347	68.9 (52.1, 87.4)	76.0 (64.0, 87.1)	69.0 (56.8, 82.8)	60.5 (46.8, 73.6)	59.7 (44.8, 74.8)	70.9 (54.1, 87.8)	86.8 (64.6, 107.0)
16-25 (601-1,000)	199	69.3 (58.1, 85.3)	79.5 (73.6, 109.0)	71.6 (63.5, 87.2)	67.8 (45.7, 72.0)	65.6 (58.2, 72.2)	69.3 (55.7, 85.3)	94.7 (80.4, 107.0)
26+ (>1,000)	71	75.1 (53.1, 95.5)	NA ³	NA ³	83.8 (52.1, 92.2)	74.3 (48.7, 85.6)	81.3 (47.0, 98.4)	79.8 (53.8, 107.0)
Vitamin D supplements								
mcg (IU)								
N=6,625 ²								
<15 (600)	5,248	63.6 (48.4, 78.1)	75.7 (63.1, 86.4)	69.0 (56.4, 82.3)	59.7 (45.9, 71.8)	58.3 (44.2, 71.9)	65.4 (47.9, 79.8)	69.5 (55.0, 87.3)
16-25 (601-1,000)	681	80.1 (66.4, 96.4)	85.0 (72.6, 107.0)	72.2 (61.9, 90.1)	71.6 (60.4, 84.9)	70.8 (56.5, 83.7)	76.8 (64.5, 90.3)	91.3 (78.3, 106.0)
26+ (>1,000)	696	100.0 (82.8, 120.0)	NA ³	NA ³	77.7 (65.7, 114.0)	93.7 (69.8, 111.0)	91.9 (75.2, 112.0)	107.0 (92.2, 126.0)

¹Diet and supplement subgroup weights used for analysis.

²Represents observed participants and not a weighted N.

³Not applicable due to only 1 or fewer observations within this group.