

**Table S1.** Ingredient list for tablet multivitamin and mineral supplement formulated for this study.

Ingredient
Vitamin A (as beta-carotene)
Vitamin C (as ascorbic acid)
Vitamin E (as D-alpha-tocopherol)
Thiamin (as thiamin hydrochloride)
Riboflavin (vitamin B2)
Niacin (as nicotinic acid and niacinamide)
Vitamin B6 (pyridoxine hydrochloride)
Folate (as L-5-methylfolate calcium)
Vitamin B12 (as methylcobalamin)
Biotin (as D-biotin)
Pantothenic acid (as calcium pantothenate)
Calcium (as tricalcium phosphate, calcium carbonate, and calcium citrate)
Phosphorous (as dipotassium phosphate)
Magnesium (as magnesium glycinate chelate)
Zinc (as zinc citrate)
Selenium (as L-selenomethionine)
Copper (as copper gluconate)
Manganese (as manganese amino acid chelate)
Chromium (as chromium picolinate)
Microcrystalline Cellulose*
Silicon Dioxide*
Magnesium Stearate*
Stearic Acid*

*Excipients (necessary for formulation of tablet).