

**Appendix E-2.5:** Usual Intake Distributions for Supplement Users for Folate, Folic Acid, Vitamin D, Calcium, and Iron, 2007-2010, by Age/Gender Groups

**Total Usual Intake from Food, Beverages, and Dietary Supplements 2007-2010 Compared To Dietary Reference Intakes -- all individuals regardless of supplement use and users of supplements containing the specific nutrient**

The percentage of users of supplements containing these specific nutrients varies by sex / age group. Some of the estimates are based on a relatively small number for a national probability sample. These statistics should be viewed with this consideration.

**PLEASE NOTE:** The values flagged with an asterisk (\*) may be less reliable; interpret with caution.

**All individuals regardless of supplement use**

**Page    Nutrient (unit of measure/day)**

- 1    Folate (µg DFE/day)
- 2    Folic acid (µg/day)
- 3    Vitamin D (D2+D3) (µg/day)
- 4    Calcium (mg/day)
- 5    Iron (mg/day)

**Users of supplements containing the specific nutrients**

**Page    Nutrient (unit of measure/day)**

- 6    Folate (µg DFE/day)
- 7    Folic acid (µg/day)
- 8    Vitamin D (D2+D3) (µg/day)
- 9    Calcium (mg/day)
- 10    Iron (mg/day)

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**Folate (µg DFE/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS  
by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
<b>Males:</b>															
1-3.....	766	29	(2.1)	467	(16.3)	207	241	307	405	558	808	980	120	<3	
4-8.....	997	40	(2.8)	648	(21.7)	339	379	461	586	784	1027	1158	160	<3	
9-13.....	842	23	(2.1)	646	(23.1)	338	386	478	605	777	998	1152	250	<3	
14-18.....	801	15	(1.7)	692	(31.6)	333	386	492	644	852	1104	1280	330	5	(1.9)
19-30.....	1104	22	(1.8)	775	(27.2)	375	431	543	697	924	1277	1498	320	<3	
31-50.....	1795	27	(1.5)	802	(20.2)	341	398	511	684	981	1372	1587	320	4	(0.9)
19-50.....	2899	25	(1.2)	792	(16.4)	353	410	522	688	953	1343	1562	320	3	(0.6)
51-70.....	1751	38	(2.1)	835	(22.8)	328	381	491	689	1177	1477	1673	320	4	(0.9)
71 and over.....	899	43	(2.6)	860	(25.7)	289	342	464	716	1223	1520	1747	320	8	(1.2)
50 and over.....	2650	39	(1.8)	841	(19.8)	316	370	482	692	1192	1488	1689	320	5	(0.8)
19 and over.....	5549	30	(1.2)	811	(13.7)	338	394	508	687	1042	1417	1620	320	4	(0.5)
<b>Females:</b>															
1-3.....	708	26	(2.1)	457	(16.4)	199	229	291	383	527	757	920	120	<3	
4-8.....	887	37	(3.1)	588	(13.5)	300	337	413	528	699	943	1079	160	<3	
9-13.....	863	22	(2.4)	586	(20.7)	304	347	427	542	706	928	1089	250	<3	
14-18.....	705	16	(2.3)	566	(30.4)	236	279	362	486	665	961	1201	330	19	(4.2)
19-30.....	1029	24	(1.9)	626	(19.2)	281	316	386	490	676	1213	1532	320	11	(3.2)
31-50.....	1895	34	(1.7)	698	(23.4)	259	302	391	537	899	1274	1530	320	13	(2.0)
19-50.....	2924	30	(1.5)	672	(19.7)	266	307	389	518	816	1254	1530	320	12	(1.7)
51-70.....	1720	46	(2.0)	815	(33.0)	261	307	403	618	1143	1425	1760	320	12	(1.6)
71 and over.....	951	44	(1.7)	770	(22.1)	241	287	386	599	1101	1348	1579	320	15	(1.4)
50 and over.....	2671	45	(1.7)	802	(25.1)	254	299	399	613	1131	1402	1715	320	13	(1.3)
19 and over.....	5595	37	(1.1)	727	(16.4)	260	302	391	545	1013	1331	1627	320	13	(1.3)
All individuals 1 and over..	17713	32	(0.9)	724	(10.6)	279	328	432	597	924	1295	1511		7	(0.5)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table. Folate measured in Dietary Folate Equivalents (DFE).  
\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.  
DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.  
Prepared by Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**Folic acid (µg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS  
by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	UL	%	SE
<b>Males:</b>															
1-3.....	766	29	(2.1)	203	(8.8)	65	81	113	164	251	399	505	300	18	(2.1)
4-8.....	997	40	(2.8)	298	(12.0)	130	150	192	259	373	520	594	400	21	(3.0)
9-13.....	842	23	(2.1)	280	(11.7)	120	143	190	257	351	478	571	600	4	(0.8)
14-18.....	801	15	(1.7)	293	(16.8)	118	143	194	270	372	504	600	800	<3	
19-30.....	1104	22	(1.8)	313	(13.7)	118	142	192	265	379	584	704	1000	<3	
31-50.....	1795	27	(1.5)	318	(9.2)	90	114	165	248	402	623	733	1000	<3	
19-50.....	2899	25	(1.2)	316	(7.4)	99	124	174	254	391	612	725	1000	<3	
51-70.....	1751	38	(2.1)	342	(13.0)	77	99	150	250	542	700	807	1000	<3	
71 and over.....	899	43	(2.6)	387	(13.7)	82	107	165	293	597	748	872	1000	<3	
50 and over.....	2650	39	(1.8)	353	(10.8)	77	100	152	257	558	713	823	1000	<3	
19 and over.....	5549	30	(1.2)	330	(6.5)	90	114	166	254	454	663	769	1000	<3	
<b>Females:</b>															
1-3.....	708	26	(2.1)	200	(9.4)	68	82	112	157	230	368	470	300	15	(1.7)
4-8.....	887	37	(3.1)	269	(7.9)	114	132	171	231	326	471	553	400	15	(1.9)
9-13.....	863	22	(2.4)	258	(11.6)	111	132	172	231	316	441	544	600	3	(0.9)
14-18.....	705	16	(2.3)	246	(16.2)	82	102	139	198	287	452	595	800	<3	
19-30.....	1029	24	(1.9)	267	(10.3)	89	106	139	190	286	594	776	1000	<3	
31-50.....	1895	34	(1.7)	297	(11.8)	73	91	131	201	399	610	744	1000	<3	
19-50.....	2924	30	(1.5)	286	(10.1)	78	96	134	197	353	603	754	1000	<3	
51-70.....	1720	46	(2.0)	358	(18.1)	62	82	127	240	543	692	905	1000	3	(0.6)
71 and over.....	951	44	(1.7)	352	(11.9)	63	84	133	248	545	676	804	1000	<3	
50 and over.....	2671	45	(1.7)	356	(13.7)	62	82	129	242	544	688	885	1000	<3	
19 and over.....	5595	37	(1.1)	316	(8.3)	70	89	131	209	482	645	818	1000	<3	
All individuals 1 and over..	17713	32	(0.9)	307	(5.0)	81	103	150	232	412	619	727		4	(0.2)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

Prepared by Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

3/2014

2

**Vitamin D (D2+D3) (µg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS  
by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
<b>Males:</b>																		
1-3.....	766	33	(2.1)	9.4	(0.32)	2.9	3.8	5.8	8.5	12.2	16.1	18.5	10	61	(2.5)	63	<3	
4-8.....	997	43	(2.9)	9.3	(0.56)	3.0	3.8	5.3	7.7	11.4	15.6	17.9	10	68	(2.6)	75	<3	
9-13.....	842	26	(2.7)	7.5	(0.32)	2.5	3.2	4.5	6.5	9.3	13.2	15.7	10	79	(2.3)	100	<3	
14-18.....	801	16	(1.6)	7.5	(0.45)	2.2	2.8	4.2	6.3	9.2	13.1	16.4	10	79	(2.8)	100	<3	
19-30.....	1104	21	(1.6)	6.7	(0.26)	1.6	2.2	3.4	5.4	8.7	13.2	16.0	10	81	(1.7)	100	<3	
31-50.....	1795	27	(1.5)	8.5	(0.46)	1.9	2.4	3.7	5.9	10.6	16.5	20.7	10	73	(1.7)	100	<3	
19-50.....	2899	25	(1.3)	7.8	(0.34)	1.8	2.4	3.6	5.7	9.7	15.3	19.0	10	76	(1.2)	100	<3	
51-70.....	1751	41	(2.0)	13.5	(1.17)	1.9	2.5	4.0	7.3	15.7	24.4	35.1	10	60	(1.6)	100	<3	
71 and over.....	899	48	(2.9)	12.8	(0.65)	2.2	2.9	4.5	9.0	16.5	25.0	33.5	10	52	(2.1)	100	<3	
50 and over.....	2650	42	(1.8)	13.3	(0.90)	2.0	2.6	4.0	7.5	15.9	24.5	34.8	10	58	(1.4)	100	<3	
19 and over.....	5549	32	(1.1)	9.9	(0.40)	1.8	2.4	3.7	6.2	12.2	18.7	25.4	10	69	(0.9)	100	<3	
<b>Females:</b>																		
1-3.....	708	29	(2.0)	9.7	(0.28)	3.2	4.1	5.9	8.4	11.9	15.9	18.7	10	63	(1.8)	63	<3	
4-8.....	887	39	(3.1)	7.8	(0.24)	2.8	3.5	4.9	6.8	9.6	13.5	15.4	10	77	(2.1)	75	<3	
9-13.....	863	23	(2.4)	6.1	(0.28)	1.8	2.4	3.5	5.1	7.5	11.7	14.7	10	86	(2.0)	100	<3	
14-18.....	705	17	(2.3)	5.0	(0.38)	1.3	1.7	2.5	3.9	6.1	10.8	14.6	10	89	(2.3)	100	<3	
19-30.....	1029	25	(2.0)	6.5	(0.25)	1.4	1.8	2.6	3.9	6.9	15.1	22.2	10	82	(1.6)	100	<3	
31-50.....	1895	37	(1.8)	12.1	(2.41)	1.6	2.1	3.0	4.9	12.0	22.9	28.4	10	71	(1.4)	100	<3	
19-50.....	2924	33	(1.5)	10.1	(1.55)	1.6	2.0	2.8	4.5	10.1	20.3	26.8	10	75	(1.2)	100	<3	
51-70.....	1720	55	(2.0)	16.9	(1.54)	1.6	2.1	3.6	10.2	22.4	33.4	43.2	10	50	(1.6)	100	<3	
71 and over.....	951	54	(2.2)	15.0	(0.81)	1.6	2.1	3.6	9.0	21.5	34.3	44.8	10	52	(2.2)	100	<3	
50 and over.....	2671	55	(1.6)	16.4	(1.06)	1.5	2.1	3.6	9.8	22.2	33.5	43.8	10	50	(1.4)	100	<3	
19 and over.....	5595	42	(1.2)	12.8	(0.96)	1.5	2.0	3.0	5.5	14.9	27.1	35.1	10	64	(0.9)	100	<3	
All individuals 1 and over..	17713	35	(0.8)	10.4	(0.36)	1.7	2.3	3.5	6.0	12.2	20.4	28.1	10	69	(0.7)		<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

Vitamin D dietary intake estimates reflect the sum of only vitamin D2 and vitamin D3; 25(OH)D values are not provided by USDA SR.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**Calcium (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS  
by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
<b>Males:</b>																		
1-3.....	766	15	(1.4)	1078	(39.1)	539	638	818	1043	1299	1549	1710	500	4	(1.5)	2500	<3	
4-8.....	997	19	(2.3)	1029	(22.3)	600	678	822	1007	1214	1418	1556	800	22	(3.0)	2500	<3	
9-13.....	842	14	(1.8)	1142	(50.4)	644	734	895	1100	1342	1588	1751	1100	50	(5.0)	3000	<3	
14-18.....	801	17	(2.2)	1264	(42.4)	672	773	964	1213	1506	1807	2004	1100	38	(4.1)	3000	<3	
19-30.....	1104	29	(1.8)	1251	(31.4)	601	704	909	1180	1518	1882	2139	800	16	(2.2)	2500	<3	
31-50.....	1795	37	(1.4)	1209	(27.4)	601	698	887	1146	1464	1817	2062	800	17	(1.7)	2500	<3	
19-50.....	2899	34	(1.2)	1225	(20.5)	600	701	893	1158	1483	1836	2089	800	17	(1.6)	2500	<3	
51-70.....	1751	47	(2.0)	1185	(27.9)	511	610	810	1092	1458	1893	2220	800	24	(2.1)	2000	8	(1.0)
71 and over.....	899	52	(2.6)	1040	(28.5)	493	573	733	955	1247	1610	1893	1000	55	(2.8)	2000	4	(0.7)
50 and over.....	2650	48	(1.7)	1150	(25.2)	501	598	787	1058	1409	1820	2140		31	(1.8)	2000	7	(0.8)
19 and over.....	5549	39	(1.1)	1196	(15.8)	556	656	850	1119	1457	1836	2114		22	(1.2)		4	(0.4)
<b>Females:</b>																		
1-3.....	708	15	(2.3)	1048	(28.1)	540	628	792	1003	1250	1504	1666	500	3	(1.1)	2500	<3	
4-8.....	887	21	(1.8)	951	(24.7)	545	618	751	926	1125	1324	1465	800	32	(3.2)	2500	<3	
9-13.....	863	17	(2.1)	965	(28.1)	558	632	764	937	1141	1350	1490	1100	71	(4.5)	3000	<3	
14-18.....	705	21	(2.5)	907	(31.1)	464	539	680	871	1103	1343	1508	1100	75	(4.1)	3000	<3	
19-30.....	1029	31	(1.9)	979	(27.3)	526	597	732	918	1154	1433	1649	800	34	(3.7)	2500	<3	
31-50.....	1895	45	(1.7)	1040	(25.7)	455	539	705	945	1269	1662	1950	800	35	(2.3)	2500	<3	
19-50.....	2924	40	(1.4)	1018	(21.9)	478	557	714	935	1228	1582	1855	800	35	(2.1)	2500	<3	
51-70.....	1720	60	(2.2)	1244	(33.8)	466	556	749	1089	1617	2165	2495	1000	44	(2.1)	2000	14	(1.2)
71 and over.....	951	62	(1.4)	1160	(27.7)	432	516	700	1010	1499	2023	2321	1000	49	(1.8)	2000	11	(1.2)
50 and over.....	2671	60	(1.6)	1220	(28.1)	453	542	734	1065	1582	2128	2446	1000	46	(1.7)	2000	13	(1.1)
19 and over.....	5595	49	(0.9)	1104	(20.9)	466	549	719	974	1354	1857	2199		40	(1.6)		6	(0.5)
All individuals 1 and over..	17713	37	(0.8)	1123	(13.1)	512	603	784	1037	1363	1748	2035		33	(1.1)		4	(0.2)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table. Supplement intake includes antacids.  
\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**Iron (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS  
by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
<b>Males:</b>																		
1-3.....	766	15	(1.4)	12.4	(0.48)	5.5	6.4	8.2	10.7	14.1	19.5	25.6	3	<3		40	<3	
4-8.....	997	18	(2.4)	15.5	(0.63)	9.1	9.9	11.4	13.4	16.4	25.7	30.8	4.1	<3		40	<3	
9-13.....	842	11	(1.5)	16.6	(0.42)	9.9	11.0	13.1	15.7	18.9	23.2	28.0	5.9	<3		40	<3	
14-18.....	801	10	(1.6)	18.1	(0.50)	10.4	11.7	14.2	17.5	21.8	26.8	30.6	7.7	<3		45	<3	
19-30.....	1104	13	(1.7)	19.2	(0.60)	10.0	11.5	14.3	18.0	22.6	27.8	31.9	6	<3		45	<3	
31-50.....	1795	15	(1.0)	20.0	(0.44)	9.9	11.4	14.3	18.3	23.7	31.8	37.3	6	<3		45	<3	
19-50.....	2899	14	(0.9)	19.7	(0.33)	9.9	11.4	14.3	18.2	23.2	30.1	35.5	6	<3		45	<3	
51-70.....	1751	14	(1.4)	19.2	(0.52)	9.6	11.0	13.6	17.3	22.2	30.2	36.1	6	<3		45	<3	
71 and over.....	899	18	(1.7)	20.4	(0.78)	8.7	10.1	12.7	16.7	23.1	33.1	39.7	6	<3		45	3	(0.7)
50 and over.....	2650	15	(1.3)	19.5	(0.47)	9.3	10.7	13.4	17.1	22.4	31.1	36.9	6	<3		45	<3	
19 and over.....	5549	14	(0.8)	19.6	(0.29)	9.7	11.1	13.9	17.8	23.0	30.4	36.1	6	<3		45	<3	
<b>Females:</b>																		
1-3.....	708	12	(1.9)	11.2	(0.45)	5.4	6.1	7.6	9.6	12.3	16.4	23.0	3	<3		40	<3	
4-8.....	887	17	(1.9)	14.2	(0.36)	7.6	8.5	10.2	12.7	16.1	22.8	28.4	4.1	<3		40	<3	
9-13.....	863	13	(1.8)	15.2	(0.42)	8.8	9.8	11.6	14.1	17.3	21.8	27.3	5.7	<3		40	<3	
14-18.....	705	14	(2.3)	14.6	(0.61)	6.9	8.0	9.9	12.8	16.6	23.4	30.5	7.9	15	(2.7)	45	<3	
19-30.....	1029	21	(1.6)	16.7	(0.47)	7.7	8.7	10.6	13.5	18.1	30.5	37.4	8.1	14	(1.6)	45	<3	
31-50.....	1895	28	(1.5)	17.7	(0.50)	7.8	8.9	11.0	14.2	20.3	31.5	36.2	8.1	12	(1.4)	45	<3	
19-50.....	2924	25	(1.3)	17.3	(0.40)	7.8	8.8	10.9	13.9	19.4	31.2	36.5	8.1	13	(1.2)	45	<3	
51-70.....	1720	26	(1.1)	18.0	(0.48)	7.6	8.6	10.7	13.9	19.7	31.1	36.4	5	<3		45	<3	
71 and over.....	951	22	(1.3)	17.3	(0.61)	6.9	8.0	10.1	13.2	18.8	30.8	36.0	5	<3		45	<3	
50 and over.....	2671	25	(0.7)	17.8	(0.37)	7.3	8.4	10.5	13.7	19.4	31.0	36.3	5	<3		45	<3	
19 and over.....	5595	25	(0.8)	17.5	(0.32)	7.5	8.6	10.7	13.8	19.4	31.1	36.5		8	(0.7)	45	<3	
All individuals 1 and over..	17713	18	(0.5)	17.7	(0.19)	7.9	9.1	11.7	15.3	20.6	29.1	34.5		4	(0.3)		<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

EAR comparisons by probability method for groups.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**USERS OF SUPPLEMENTS CONTAINING FOLIC ACID: Folate ( µg DFE/day ): Mean intake and percentiles of TOTAL usual intake  
from food, beverages, AND DIETARY SUPPLEMENTS by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Total intake			----- Percentiles of Total Usual Intake -----							Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
<b>Males:</b>													
1-3.....	166	704	(30.4)	353*	406*	522	685	894	1069*	1161*	120	<3	
4-8.....	311	845	(33.9)	474*	534	659	826	1026	1196	1304*	160	<3	
9-13.....	162	938	(39.7)	492*	562*	701	893	1103	1288*	1401*	250	<3	
14-18.....	98	1060	(65.5)	555*	639*	808	1046	1279	1507*	1665*	330	<3	
19-30.....	178	1285	(71.1)	648*	737	938	1207	1463	1746	1982*	320	<3	
31-50.....	424	1289	(35.0)	638	759	998	1246	1497	1794	2037	320	<3	
19-50.....	602	1288	(23.8)	641	750	975	1238	1491	1780	2023	320	<3	
51-70.....	564	1301	(30.3)	731	867	1093	1288	1493	1756	1958	320	<3	
71 and over.....	347	1306	(37.9)	718	891	1089	1272	1494	1796	2007	320	<3	
50 and over.....	911	1302	(27.2)	721	875	1095	1287	1493	1766	1972	320	<3	
19 and over.....	1513	1295	(19.6)	673	796	1040	1268	1498	1776	2003	320	<3	
<b>Females:</b>													
1-3.....	139	719	(51.8)	312*	371*	485	660	859	1016*	1116*	120	<3	
4-8.....	254	769	(35.8)	415*	473	592	746	958	1121	1209*	160	<3	
9-13.....	156	835	(45.8)	401*	462*	590	786	1036	1220*	1337*	250	<3	
14-18.....	82	1053	(95.5)	512*	601*	774	1016	1259	1498*	1682*	330	<3	
19-30.....	201	1174	(40.9)	524*	613	846	1136	1417	1886	2087*	320	<3	
31-50.....	545	1177	(40.5)	529	633	852	1095	1327	1759	2101	320	<3	
19-50.....	746	1176	(36.0)	527	627	851	1104	1349	1811	2095	320	<3	
51-70.....	628	1264	(45.7)	608	753	997	1170	1379	1795	2057	320	<3	
71 and over.....	379	1202	(30.5)	550	744	980	1142	1324	1643	1931	320	<3	
50 and over.....	1007	1246	(32.1)	588	746	992	1162	1363	1758	2032	320	<3	
19 and over.....	1753	1213	(25.0)	548	672	937	1142	1356	1779	2060	320	<3	
All individuals 1 and over..	4634	1167	(17.5)	534	640	874	1129	1363	1683	1943		<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

Folate measured in Dietary Folate Equivalents (DFE).

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.



**USERS OF SUPPLEMENTS CONTAINING FOLIC ACID: Folic acid ( µg/day ): Mean intake and percentiles of TOTAL usual intake  
from food, beverages, AND DIETARY SUPPLEMENTS by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Total intake			----- Percentiles of Total Usual Intake -----							Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	UL	%	SE
<b>Males:</b>													
1-3.....	166	343	(16.9)	145*	174*	237	331	454	554*	604*	300	58	(5.2)
4-8.....	311	413	(18.0)	207*	240	310	404	521	616	673*	400	51	(4.3)
9-13.....	162	454	(21.5)	203*	240*	319	426	547	650*	713*	600	16	(2.9)
14-18.....	98	494	(33.3)	221*	265*	351	483	608	722*	797*	800	5*	(2.1)
19-30.....	178	598	(38.5)	243*	286	390	551	687	833	976*	1000	5*	(1.6)
31-50.....	424	587	(18.5)	224	286	418	562	687	843	998	1000	5	(1.0)
19-50.....	602	591	(11.6)	230	285	406	560	690	841	993	1000	5	(0.8)
51-70.....	564	609	(16.2)	285	360	499	602	708	861	987	1000	5	(0.9)
71 and over.....	347	646	(21.5)	305	405	529	623	735	901	1032	1000	6	(1.4)
50 and over.....	911	619	(14.0)	287	369	508	609	716	871	999	1000	5	(0.8)
19 and over.....	1513	605	(9.7)	251	315	463	588	705	858	1002	1000	5	(0.7)
<b>Females:</b>													
1-3.....	139	358	(30.4)	128*	160*	222	319	434	526*	573*	300	55	(5.1)
4-8.....	254	375	(20.3)	175*	208	273	358	484	576	621*	400	39	(5.5)
9-13.....	156	400	(24.2)	163*	196*	265	378	523	624*	686*	600	13	(3.8)
14-18.....	82	519	(57.8)	221*	267*	360	494	630	756*	860*	800	7*	(4.0)
19-30.....	201	576	(25.9)	200*	247	381	555	708	992	1102*	1000	9	(2.1)
31-50.....	545	569	(22.5)	198	254	373	520	637	909	1094	1000	7	(1.3)
19-50.....	746	571	(20.8)	196	252	375	528	653	944	1100	1000	8	(1.1)
51-70.....	628	612	(25.4)	235	318	471	558	667	924	1072	1000	7	(1.1)
71 and over.....	379	604	(16.5)	220	332	482	567	663	852	1021	1000	5	(1.0)
50 and over.....	1007	609	(17.7)	229	317	474	560	667	908	1063	1000	7	(0.8)
19 and over.....	1753	591	(14.1)	207	278	438	547	659	923	1079	1000	7	(0.8)
All individuals 1 and over..	4634	559	(9.3)	209	268	393	538	654	828	994		13	(0.5)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**USERS OF SUPPLEMENTS CONTAINING VITAMIN D: Vitamin D (D2+D3) ( µg/day ): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	N	Total intake		----- Percentiles of Total Usual Intake -----								Below EAR			Above UL		
		Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE	
<b>Males:</b>																	
1-3.....	203	12.7	(0.47)	5.2*	6.5	9.0	12.5	16.1	19.6	21.8*	10	32	(3.6)	63	<3		
4-8.....	335	13.5	(1.10)	5.4*	6.5	8.7	11.9	15.2	18.3	20.8*	10	35	(3.4)	75	<3		
9-13.....	178	11.6	(0.49)	4.5*	5.4	7.6	10.8	14.5	17.8	20.1*	10	44	(4.5)	100	<3		
14-18.....	98	14.7	(1.83)	5.5*	6.7*	9.0	12.6	17.1	22.7*	29.0*	10	32	(6.9)	100	<3		
19-30.....	175	13.0	(0.76)	4.8*	5.9	8.4	11.9	15.3	19.7	24.5*	10	36	(4.4)	100	<3		
31-50.....	433	16.8	(1.16)	5.6	7.3	10.9	14.4	18.5	25.7	34.3	10	21	(2.0)	100	<3		
19-50.....	608	15.6	(0.84)	5.4	6.8	9.9	13.6	17.5	23.7	30.2	10	26	(1.9)	100	<3		
51-70.....	600	25.8	(2.82)	7.3	9.6	13.5	17.1	24.1	39.2	57.3	10	11	(1.2)	100	<3		
71 and over.....	390	21.0	(0.92)	8.8	11.4	13.8	16.7	22.7	34.3	46.5	10	7	(1.1)	100	<3		
50 and over.....	990	24.5	(2.11)	7.6	10.0	13.7	17.1	23.6	37.9	55.4	10	10	(0.9)	100	<3		
19 and over.....	1598	20.2	(1.23)	6.1	7.8	11.8	15.4	20.5	31.1	45.1	10	18	(1.1)	100	<3		
<b>Females:</b>																	
1-3.....	165	14.2	(0.89)	5.6*	6.7*	9.2	13.0	16.6	20.7*	25.2*	10	30	(3.1)	63	<3		
4-8.....	269	10.8	(0.69)	4.7*	5.6	7.5	10.1	13.4	16.0	17.6*	10	49	(5.7)	75	<3		
9-13.....	163	11.0	(0.58)	3.7*	4.6*	6.5	9.9	14.1	17.2*	19.9*	10	51	(4.7)	100	<3		
14-18.....	90	11.9	(1.19)	4.8*	5.7*	8.0	11.7	15.2	18.8*	22.4*	10	39	(7.3)	100	<3		
19-30.....	205	14.9	(0.70)	4.5*	5.7	9.3	13.7	19.4	28.4	31.9*	10	28	(3.7)	100	<3		
31-50.....	601	25.9	(6.13)	5.2	6.8	10.4	14.7	23.4	31.5	46.0	10	23	(2.2)	100	<3		
19-50.....	806	22.9	(4.63)	4.9	6.5	10.1	14.3	22.9	30.0	39.0	10	24	(1.9)	100	<3		
51-70.....	776	27.6	(3.04)	7.3	10.0	14.0	21.0	29.3	41.9	54.6	10	10	(0.9)	100	<3		
71 and over.....	482	24.3	(0.99)	6.1	8.6	13.3	19.4	29.5	43.6	54.3	10	13	(1.2)	100	<3		
50 and over.....	1258	26.6	(2.16)	6.9	9.6	13.8	20.6	29.3	42.4	54.7	10	11	(0.8)	100	<3		
19 and over.....	2064	25.0	(2.29)	5.6	7.6	12.2	17.0	26.6	37.8	50.4	10	17	(1.0)	100	<3		
All individuals 1 and over..	5163	20.8	(1.13)	5.5	7.2	10.9	15.1	22.2	32.5	44.2	10	21	(0.8)		<3		

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table. Vitamin D dietary intake estimates reflect the sum of only vitamin D2 and vitamin D3; 25(OH)D values are not provided by USDA SR.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**USERS OF SUPPLEMENTS CONTAINING CALCIUM: Calcium (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	N	Total intake		----- Percentiles of Total Usual Intake -----								Below EAR			Above UL	
		Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
<b>Males:</b>																
1-3.....	86	1119	(68.9)	595*	692*	872	1101	1362	1607*	1789*	500	<3		2500	<3	
4-8.....	153	1131	(60.0)	693*	780*	925	1109	1315	1529*	1672*	800	12	(4.3)	2500	<3	
9-13.....	100	1359	(197.6)	698*	789*	953	1170	1428	1678*	1849*	1100	42	(10.0)	3000	<3	
14-18.....	114	1486	(62.2)	881*	987*	1211	1480	1794	2128*	2398*	1100	17	(4.1)	3000	<3	
19-30.....	247	1532	(85.9)	799*	917	1136	1444	1802	2199	2469*	800	5*	(1.7)	2500	5*	(1.6)
31-50.....	575	1425	(41.3)	781	886	1099	1378	1721	2090	2358	800	6	(1.2)	2500	4	(0.9)
19-50.....	822	1460	(36.6)	782	896	1114	1403	1749	2136	2413	800	6	(1.0)	2500	4	(0.7)
51-70.....	688	1427	(41.7)	709	821	1037	1342	1742	2215	2554	800	9	(1.1)	2000	15	(1.9)
71 and over.....	422	1252	(35.6)	657	744	913	1152	1471	1866	2168	1000	34	(2.8)	2000	7	(1.2)
50 and over.....	1110	1381	(33.7)	690	798	1004	1297	1671	2129	2456		15	(1.2)	2000	13	(1.4)
19 and over.....	1932	1423	(26.7)	741	848	1061	1355	1719	2138	2445		9	(0.8)		9	(0.9)
<b>Females:</b>																
1-3.....	71	1131	(91.7)	581*	668*	830	1039	1280	1546*	1705*	500	<3		2500	<3	
4-8.....	141	974	(45.3)	573*	640*	774	945	1144	1356*	1495*	800	28	(7.3)	2500	<3	
9-13.....	112	1168	(67.3)	651*	730*	869	1054	1273	1506*	1656*	1100	56	(9.6)	3000	<3	
14-18.....	94	1118	(97.3)	636*	718*	888	1111	1360	1612*	1781*	1100	49	(8.7)	3000	<3	
19-30.....	253	1231	(59.8)	707*	797	965	1192	1465	1790	2022*	800	10	(3.7)	2500	<3	
31-50.....	730	1305	(36.4)	656	755	957	1232	1580	1989	2279	800	13	(1.9)			
19-50.....	983	1284	(36.1)	670	769	960	1221	1548	1933	2203	800	12	(1.7)			
51-70.....	871	1569	(33.4)	728	849	1104	1474	1949	2413	2736	1000	18	(1.5)			
71 and over.....	545	1426	(39.7)	614	729	968	1331	1801	2235	2502	1000	27	(2.4)			
50 and over.....	1416	1527	(27.8)	682	803	1058	1432	1910	2363	2674	1000	21	(1.3)			
19 and over.....	2399	1413	(28.3)	677	784	1003	1318	1743	2213	2509		17	(1.2)		13	(1.0)
All individuals 1 and over..	5202	1389	(19.8)	696	803	1015	1307	1683	2116	2418		15	(0.9)		9	(0.6)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method. Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table. Supplement intake includes antacids.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

**USERS OF SUPPLEMENTS CONTAINING IRON: Iron (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, AND DIETARY SUPPLEMENTS by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	N	Total intake		----- Percentiles of Total Usual Intake -----								Below EAR			Above UL	
		Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
<b>Males:</b>																
1-3.....	94	22.6	(2.08)	9.7*	11.5*	15.5	21.0	27.1	31.2*	33.7*	3	<3		40	<3	
4-8.....	141	28.1	(1.93)	15.2*	17.1*	21.1	26.9	31.3	34.3*	37.0*	4.1	<3		40	4*	(2.6)
9-13.....	76	27.5	(1.54)	14.4*	16.2*	20.6	26.5	31.8	35.9*	38.5*	5.9	<3		40	3*	(2.2)
14-18.....	67	26.5	(1.29)	15.8*	17.9*	22.1*	27.4	32.9*	38.3*	42.8*	7.7	<3		45	3*	(1.6)
19-30.....	106	30.2	(3.07)	14.6*	16.6*	20.7	26.4	33.0	40.2*	47.6*	6	<3		45	6*	(4.0)
31-50.....	234	33.3	(1.37)	16.6*	19.7	25.8	32.8	38.9	45.4	50.8*	6	<3		45	11	(1.8)
19-50.....	340	32.2	(1.03)	15.7	18.2	23.5	30.6	37.4	44.0	49.6	6	<3		45	9	(1.5)
51-70.....	228	35.5	(2.23)	16.8*	19.5	25.9	32.5	38.5	45.4	53.4*	6	<3		45	10	(2.6)
71 and over.....	143	41.3	(3.18)	17.9*	21.8*	28.1	33.3	40.3	76.8*	87.3*	6	<3		45	18	(3.3)
50 and over.....	371	37.2	(1.88)	16.8	20.1	26.6	33.0	39.0	47.6	78.0	6	<3		45	12	(2.0)
19 and over.....	711	34.2	(1.03)	16.3	18.8	24.5	31.7	38.0	45.3	54.4	6	<3		45	10	(1.4)
<b>Females:</b>																
1-3.....	64	22.7	(2.81)	8.8*	10.1*	13.6*	20.4	25.9*	29.4*	32.2*	3	<3		40	4*	(2.0)
4-8.....	124	23.4	(1.47)	12.3*	14.1*	17.9	24.0	29.0	32.4*	34.9*	4.1	<3		40	<3	
9-13.....	82	24.6	(1.90)	11.9*	13.3*	17.1	24.0	29.7	33.9*	38.4*	5.7	<3		40	5*	(2.4)
14-18.....	62	26.9*	(2.01)	14.4*	16.5*	21.0*	27.4	33.3*	38.5*	42.2*	7.9	<3		45	3*	(1.7)
19-30.....	175	31.7	(1.61)	14.9*	17.4	24.1	30.2	37.0	44.8	54.8*	8.1	<3		45	10	(2.7)
31-50.....	470	30.5	(0.94)	14.1	16.4	21.6	28.6	33.8	40.9	56.9	8.1	<3		45	7	(1.1)
19-50.....	645	30.9	(0.82)	14.2	16.6	22.1	29.1	34.6	42.6	56.6	8.1	<3		45	8	(1.1)
51-70.....	363	33.2	(1.94)	13.0	15.6	21.9	29.0	34.4	51.5	81.7	5	<3		45	11	(2.1)
71 and over.....	195	34.2	(1.35)	12.4*	15.8	25.1	29.8	35.1	63.5	78.9*	5	<3		45	13	(2.4)
50 and over.....	558	33.5	(1.39)	12.8	15.6	22.6	29.2	34.6	55.6	80.6	5	<3		45	12	(1.4)
19 and over.....	1203	32.0	(0.89)	13.6	16.2	22.3	29.2	34.6	44.2	73.9		<3		45	10	(0.9)
All individuals 1 and over..	2624	31.4	(0.55)	13.9	16.5	22.1	29.0	35.0	42.7	58.5		<3			8	(0.5)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes. Standard errors of percentiles presented in a separate table.

EAR comparisons by probability method for groups.

\* Estimate may be less reliable than others due to small sample size. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.