

**Table S1. List of questions on supplements usage**

Have you been taking any vitamins or other supplements regularly for more than 3 months? Regularly means more than 3 times a week on average. Select all that apply.

- No

- Vitamin C

- Vitamin D

- Omega-3 or Fish Oil

- Zinc

- Garlic

- Probiotics

- Multi-vitamins and minerals

- Other, please specify

- Prefer not to say