

## Supplementary Material

**Table S1.** General characteristic of participants according to sex

	Female ( <i>n</i> =1310, 88%)		Male ( <i>n</i> =178, 12%)		Total ( <i>n</i> =1480)		<i>P</i>
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	
<b>Age, median (min. max.)</b>	33 (19-66)		37.5 (19-69)		33 (19-69)		0.000*
<b>DS use</b>							
Before COVID-19							
Yes	657	50.2	71	39.9	728	48.9	0.01*
No	653	49.8	107	60.1	760	51.1	
During COVID-19							
Yes	768	58.6	94	52.8	862	57.9	0.14
No	542	41.4	84	47.2	626	42.1	
In family/resident							
Yes	698	53.3	98	55.1	796	53.5	0.64
No	446	34.0	59	33.1	505	33.9	
Don't know	166	12.7	21	11.8	187	12.6	
<b>Age Groups</b>							0.000*
19-29	476	36.3	39	21.9	515	34.6	
30-39	581	44.4	62	34.8	643	43.2	
40-49	208	15.9	52	29.2	260	17.5	
50+	45	3.4	25	14.0	70	4.7	
<b>Education</b>							0.000*
Primary	27	2.1	2	1.1	29	1.9	
Secondary	197	15.0	15	8.4	212	14.2	
Bachelor	857	65.4	101	56.7	958	64.4	
Postgraduate	229	17.5	60	33.7	289	19.4	
<b>Income</b>							0.000*
Income < Expenses	320	24.4	35	19.7	355	23.9	
Income = Expenses	649	49.5	59	33.1	708	47.6	
Income > Expenses	341	26.0	84	47.2	425	28.6	
<b>Marital Status</b>							0.99
Married	765	58.4	104	58.4	869	58.4	
Single	545	41.6	74	41.6	619	41.6	
<b>Residency</b>							0.007*
Alone	112	8.5	37	20.8	149	10.0	
Nuclear family	1018	77.7	115	64.6	1133	76.1	
Extended family	141	10.8	17	9.5	158	10.6	
With a relative/roommate	39	3.0	9	5.1	48	3.2	

**Table S1** (Continued)

	Female (n=1310, 88%)		Male (n=178, 12%)		Total (n=1480)		P
<b>Smoking</b>							0.45
Yes	330	25.2	53	29.8	383	25.7	
No	879	67.1	108	60.7	987	66.3	
Social Smoker	101	7.7	17	9.6	118	7.9	
<b>Alcohol</b>							0.67
Yes	110	8.4	47	26.4	157	10.6	
No	914	69.8	68	38.2	982	66.0	
Social Drinker	286	21.8	63	35.4	349	23.5	
<b>Job</b>							0.000*
Housewife	231	17.6	0	0.0	231	15.5	
Student	203	15.5	20	11.2	223	15.0	
Health workers	156	11.9	35	19.7	191	12.8	
Others	720	55.0	123	69.1	843	56.7	
<b>Total</b>	1310	100	178	100	1488	100	

Statistical analyses were conducted among sex. *P* values were calculated using the Mann-Whitney U test. \* *P* < 0.05, DS: dietary supplements, COVID-19: The coronavirus disease 2019

**Table S2.** Factors related to COVID-19 and health and anthropometric characteristics of participants according to sex

	Female (n=1310, 88%)		Male (n=178, 12%)		Total (n=1480)		P
<b>Weight</b> , kg median (min. max.)	65 (40-120)		85 (60-133)		66 (40-133)		0.000*
<b>Height</b> , cm median (min. max.)	164 (149-192)		178 (150-195)		165 (149-195)		0.000*
<b>BMI</b> , kg/m <sup>2</sup> median (min. max.)	23.8 (16.1-45.8)		26.5 (19.3-42)		24.5 (16.1-45.8)		0.000*
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	
<b>BMI Groups</b>							0.000*
Underweight	65	5.0	0	0.0	65	4.4	
Normal weight	699	53.4	47	26.4	746	50.1	
Pre-obesity	380	29.0	95	53.4	475	31.9	
Obese	166	12.7	36	20.2	202	13.6	
<b>Chronic Disease</b>							0.40
Yes	372	28.4	56	31.5	428	28.8	
None	938	71.6	122	68.5	1060	71.2	
<b>Medication</b>							0.60
Yes	402	30.7	51	28.7	453	30.4	
None	908	69.3	127	71.3	1035	69.6	
<b>Vitamin &amp; Mineral Deficiency</b>							0.000*
No	537	41.0	127	71.3	664	44.6	
Only vitamin	549	41.9	43	24.2	592	39.8	

**Table S2** (Continued)

	Female (n=1310, 88%)		Male (n=178, 12%)		Total (n=1480)		P
	n	%	n	%	n	%	
Only mineral	103	7.9	1	0.6	104	7.0	
Both	121	9.2	7	3.9	128	8.6	
<b>COVID-19 History</b>							0.50
Yes	197	15.0	31	17.4	228	15.3	
No	1038	79.2	137	77.0	1175	79.0	
Only suspicion	75	5.7	10	5.6	85	5.7	
<b>COVID-19 History in Family</b>							0.60
Yes	400	30.5	56	31.5	456	30.6	
No	866	66.1	119	66.9	985	66.2	
Only suspicion	44	3.4	3	1.7	47	3.2	
<b>Work Type</b>							0.000*
Home/Online	351	26.8	54	30.3	405	27.2	
Mix Type	77	5.9	11	6.2	88	5.9	
At work/study place	417	31.8	95	53.4	512	34.4	
Do not work	465	35.5	18	10.1	483	32.5	
<b>Transportation</b>							0.15
Public	325	24.8	28	15.7	353	23.7	
Taxi	58	4.4	4	2.2	62	4.2	
Private	669	51.1	118	66.3	787	52.9	
Walking	258	19.7	28	15.7	286	19.2	
<b>Total</b>	1310	100	178	100	1488	100	
<b>The most seen CD</b>							
Insulin Resistance	112	8.5	14	7.9	126	8.5	0.76
Digestive System	81	6.2	15	8.4	96	6.5	0.25
Skin Diseases	60	4.6	2	1.1	62	4.2	0.03*
Hypertension	38	2.9	15	8.4	53	3.6	0.000*
Respiratory Diseases	48	3.7	5	2.8	53	3.6	0.56
Diseases Mellitus	28	2.1	6	3.4	34	2.3	0.30

Statistical analyses were conducted among sex. *P* values were calculated using the Mann-Whitney U test. \* *P* < 0.05, BMI: body mass index, CD: chronic diseases, COVID-19: The coronavirus disease 2019

**Table S3.** The use of dietary supplements before and during the COVID-19 pandemic

	Before COVID-19 The use of DS (n=728)		During COVID-19 The use of DS (n=862)		P
	n	%	n	%	
<b>Sex</b>					0.02*
Female	657	90,2	768	89,1	
Male	71	9,8	94	10,9	

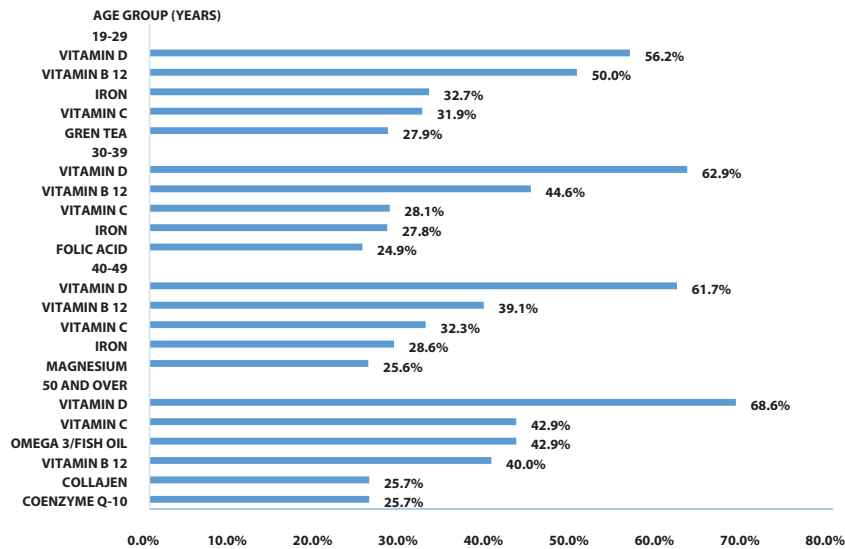
**Table S3** (Continued)

	Before COVID-19 The use of DS (n=728)		During COVID-19 The use of DS (n=862)		P
<b>Age Groups</b>					
19-29	226	31,0	247	28,7	0.000*
30-39	334	45,9	381	44,2	
40-49	133	18,3	183	21,2	
50+	35	4,8	51	5,9	
<b>Education</b>					
Primary	8	1,1	9	1,0	0.000*
Secondary	85	11,7	98	11,4	
Bachelor	465	63,9	554	64,3	
Postgraduate	170	23,4	201	23,3	
<b>Income</b>					
Income < Expenses	151	20,7	175	20,3	0.000*
Income = Expenses	344	47,3	410	47,6	
Income > Expenses	233	32,0	277	32,1	
<b>Marital Status</b>					
Married	435	59,8	517	60,0	0.23
Single	293	40,2	345	40,0	
<b>Residency</b>					
Alone	79	10,9	96	11,1	0.01*
Nuclear family	561	77,1	661	76,7	
Extended family	67	9,2	77	8,9	
With a relative/roommate	21	2,9	28	3,2	
<b>Job</b>					
Housewife	88	12,1	101	11,7	0.001*
Student	99	13,6	105	12,2	
Health workers	107	14,7	133	15,4	
Others	434	59,6	523	60,7	
<b>BMI Groups</b>					
Underweight	41	5,6	42	4,9	0.21
Normal weight	364	50,0	436	50,6	
Pre-obesity	237	32,6	276	32,0	
Obese	86	11,8	108	12,5	
<b>Chronic Disease CD</b>					
Yes	241	33,1	283	32,8	0.000*
None	487	66,9	579	67,2	
<b>Medication</b>					
Yes	271	37,2	309	35,8	0.000*
No	457	62,8	553	64,2	
<b>Vitamin &amp; Mineral Deficiency</b>					
No	234	32,1	305	35,4	0.000*
Only vitamin	338	46,4	383	44,4	
Only mineral	72	9,9	74	8,6	
Both	84	11,5	100	11,6	

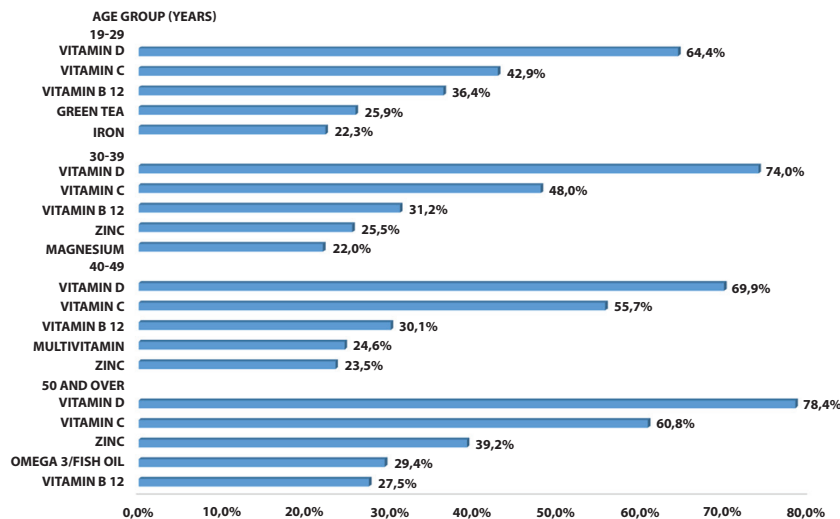
Table S3 (Continued)

	Before COVID-19 The use of DS (n=728)		During COVID-19 The use of DS (n=862)		P
<b>COVID-19 History</b>					
Yes	109	15,0	152	17,6	0.47
No	574	78,8	660	76,6	
Only suspicion	45	6,2	50	5,8	
<b>COVID-19 History in Family</b>					
Yes	223	30,6	285	33,1	0.53
No	477	65,5	550	63,8	
Only suspicion	28	3,8	27	3,1	
<b>Work Type</b>					
Home/Online	208	28,6	240	27,8	0.01*
Mix Type	42	5,8	59	6,8	
At work/study place	265	36,4	327	37,9	
Do not work	213	29,3	236	27,4	
<b>Transportation</b>					
Public	176	24,2	179	20,8	0.08
Taxi	39	5,4	46	5,3	
Private	390	53,6	485	56,3	
Walking	123	16,9	152	17,6	
<b>The most seen CD</b>					
Insulin Resistance					
Yes	80	11,0	96	11,1	0.000*
No	648	89,0	766	88,9	
Digestive System					
Yes	59	8,1	66	7,7	0.000*
No	669	91,9	796	92,3	
Skin Diseases					
Yes	36	4,9	46	5,3	0.56
No	692	95,1	816	94,7	
Hypertension					
Yes	29	4,0	39	4,5	0.28
No	699	96,0	823	95,5	
Respiratory Diseases					
Yes	23	3,2	33	3,8	0.67
No	705	96,8	829	96,2	
Diseases Mellitus					
Yes	23	3,2	23	2,7	0.36
No	705	96,8	839	97,3	

Statistical analyses were conducted among before and during COVID-19. *P* values were calculated using the Mann-Whitney U test, \* *P* < 0.05, DS: Dietary supplement, BMI: body mass index, CD: chronic diseases, COVID-19: The coronavirus disease 2019



(A) n:816 with VMD



(B) n: 664 without VMD

**Figure S1 A-B.** The use of dietary supplement types was questioned. Statistically significant differences for dietary supplement type before and during the COVID-19 pandemic are shown for those with (n=816) (A) and without (n=664) VMD (B). Statistical analyses were calculated using the Wilcoxon test.  $P < 0.05$ , VMD: vitamin/mineral deficiencies, COVID-19: The coronavirus disease 2019, DS: Dietary supplements.