

Supplementary Table 3. Nutrient intakes from dietary supplements during the third trimester of pregnancy in women carrying singletons or multiples

	All (n = 98)		Singletons (n = 75)		Multiples (n = 23)		<i>P</i> - val ue
	n	Mean ± SD	n	Mean ± SD	n	Mean ± SD	
Omega-3 (g)	27	0.7 ± 0.4	22	0.7 ± 0.3	5	0.9 ± 0.7	0.549
Calcium (mg)	37	345.7 ± 195.1	30	334.2 ± 189.7	7	395.0 ± 225.6	0.560
Phosphorus (mg)	3	100.5 ± 24.2	2	100.8 ± 34.2	1	100.0	1.000
Total iron (mg)	74	54.2 ± 34.0	57	48.7 ± 26.9	17	72.5 ± 47.6	0.006
Heme iron(mg)	1	36.0	0	-	1	36.0	-
Non-heme iron (mg)	74	53.7 ± 34.4	57	48.7 ± 26.9	17	70.4 ± 49.6	0.022
Potassium (mg)	2	250.0 ± 0.0	2	250.0 ± 0.0	0	-	-
Copper (mg)	25	1.1 ± 1.1	16	0.9 ± 0.3	9	1.6 ± 1.7	0.374
Zinc (mg)	32	11.6 ± 6.7	21	10.6 ± 3.1	11	13.3 ± 10.7	0.704
Iodine (µg)	17	161.5 ± 82.2	9	138.5 ± 48.8	8	187.5 ± 106.1	0.332
Manganese (mg)	31	2.0 ± 1.2	22	1.8 ± 1.0	9	2.5 ± 1.5	0.254
Selenium (µg)	27	54.8 ± 16.8	19	50.8 ± 18.4	8	64.3 ± 5.6	0.111
Magnesium (mg)	33	157.7 ± 91.6	25	165.6 ± 91.2	8	133.3 ± 94.5	0.410
Chromium (µg)	8	45.9 ± 35.3	5	43.5 ± 43.6	3	50.0 ± 22.9	0.371
Molybdenum (µg)	2	22.5 ± 3.5	1	25.0	1	20.0	-
Ubidecarenone (mg)	3	8.4 ± 2.8	2	10.0 ± 0.0	1	5.1	-
Vitamin A (µg/RE)	22	617.5 ± 248.9	13	632.7 ± 290.2	9	595.4 ± 188.1	0.761
Vitamin D (IU)	59	1,447.9 ± 1,057.7	44	1,474.9 ± 1,158.8	15	1,368.6 ± 708.1	0.937
Vitamin E (mg a-TE)	34	23.2 ± 45.0	23	14.6 ± 7.3	11	41.2 ± 77.7	0.867
Vitamin K (µg)	5	59.3 ± 21.9	4	51.6 ± 15.7	1	90.0	-
Vitamin C (mg)	45	221.8 ± 283.1	32	198.0 ± 257.9	13	280.5 ± 341.9	0.990
Thiamin (mg)	37	6.5 ± 18.0	25	4.7 ± 10.4	12	10.1 ± 28.3	0.298
Riboflavin (mg)	37	5.5 ± 16.2	25	3.2 ± 3.0	12	10.3 ± 28.3	0.231
Niacin (mg)	36	23.5 ± 18.2	24	21.2 ± 13.1	12	28.0 ± 25.9	0.390
Vitamin B5 (mg)	28	12.3 ± 18.1	19	8.7 ± 4.3	9	19.9 ± 31.1	0.876

Vitamin B6 (mg)	32	8.5 ± 19.2	21	5.9 ± 11.2	11	13.4 ± 29.2	0.703
Vitamin B7 (µg)	30	84.0 ± 167.2	19	59.1 ± 76.6	11	127.1 ± 259.5	0.436
Folate (µg)	50	785.7 ± 512.2	37	634.3 ± 340.0	13	1216.7 ± 672.8	0.001
Vitamin B12 (µg)	39	107.3 ± 203.5	27	96.3 ± 196.5	12	132.0 ± 225.6	0.273

Mean ± SD.

Student's t-test or the Mann–Whitney U test was applied to compare intakes.