

Supplementary Table 6. Postpartum nutrient intake from dietary supplements by breastfeeding status

	All (n = 48)		Breastfeeding mothers (n = 31)		Non-breastfeeding mothers (n = 17)	
	n	Mean ± SD	n	Mean ± SD	n	Mean ± SD
Omega-3 (g)	8	0.5 ± 0.2	7	0.4 ± 0.1	1	0.8
Calcium (mg)	17	221.3 ± 141.8	12	229.1 ± 133.7	5	202.5 ± 175.1
Phosphorus (mg)	4	105.3 ± 89.3	3	127.5 ± 94.9	1	38.7
Total iron (mg)	21	49.8 ± 40.4	16	45.8 ± 33.3	5	62.6 ± 61.3
Heme iron(mg)	0	.	0	.	0	.
Non-heme iron (mg)	21	49.8 ± 40.4	16	45.8 ± 33.3	5	62.6 ± 61.3
Potassium (mg)	1	80.0	1	80.0	0	.
Copper (mg)	6	1.2 ± 0.6	4	1.1 ± 0.7	2	1.5 ± 0.7
Zinc (mg)	12	11.3 ± 4.1	9	11.7 ± 4.0	3	10.1 ± 5.0
Iodine (µg)	5	150.0 ± 0.0	3	150.0 ± 0.0	2	150.0 ± 0.0
Manganese (mg)	8	1.7 ± 0.9	5	1.6 ± 0.6	3	1.8 ± 1.5
Selenium (µg)	9	53.4 ± 24.3	7	47.9 ± 25.1	2	72.5 ± 3.5
Magnesium (mg)	9	86.1 ± 70.0	7	82.2 ± 80.4	2	99.8 ± 0.2
Chromium (µg)	4	92.5 ± 42.7	2	75.0 ± 63.6	2	110.0 ± 14.1
Molybdenum (µg)	2	75.0 ± 0.0	1	75.0	1	75.0
Ubidecarenone (mg)	1	5.0	0	.	1	5.0
Vitamin A (µg/RE)	10	831.2 ± 424.6	7	1,001.0 ± 381.6	3	435.0 ± 195.0
Vitamin D (IU)	20	1,044.0 ± 843.7	13	1,178.5 ± 939.2	7	794.3 ± 615.0
Vitamin E (mg a-TE)	13	14.6 ± 4.9	10	12.9 ± 3.7	3	20.0 ± 5.0
Vitamin K (µg)	2	75.0 ± 7.1	1	80.0	1	70.0
Vitamin C (mg)	17	214.5 ± 264.1	13	212.1 ± 291.1	4	222.5 ± 181.2
Thiamin (mg)	14	9.8 ± 19.7	11	9.5 ± 21.2	3	11.0 ± 16.5
Riboflavin (mg)	15	4.5 ± 6.4	11	3.5 ± 3.3	4	7.2 ± 11.9
Niacin (mg)	14	33.9 ± 30.0	11	36.8 ± 32.9	3	23.2 ± 15.5
Vitamin B5 (mg)	9	15.2 ± 17.7	6	10.4 ± 6.6	3	25.0 ± 30.4

Vitamin B6 (mg)	11	7.3 ± 11.2	9	3.4 ± 2.1	2	25.0 ± 21.2
Vitamin B7 (µg)	12	224.2 ± 346.3	9	243.4 ± 396.8	3	166.7 ± 152.7
Folate (µg)	14	479.8 ± 195.1	10	501.7 ± 184.2	4	425.0 ± 239.8
Vitamin B12 (µg)	10	20.0 ± 45.8	9	5.5 ± 4.0	1	150.0

Mean ± SD.