

Data table for Figure 1. Percentage of adults aged 20 and over who used any dietary supplement, by sex and age: United States, 2017–2018

Age group (years)	All	Men	Women
Percent (standard error)			
20 and over	57.6 (1.4)	50.8 (1.3)	63.8 (1.9)
20–39	42.5 (1.7)	35.9 (2.4)	49.0 (2.3)
40–59	59.2 (2.3)	53.8 (3.4)	64.4 (2.5)
60 and over	74.3 (1.8)	67.3 (2.1)	80.2 (1.8)

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2017–2018.

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Data table for Figure 2. Number of dietary supplements used by adults aged 20 and over, by age: United States, 2017–2018

Age group (years)	Number of dietary supplements				
	0	1	2	3	4 or more
Percent (standard error)					
20 and over	42.4 (1.4)	22.5 (0.7)	13.8 (0.6)	7.5 (0.4)	13.8 (1.2)
20–39	57.5 (1.7)	21.3 (1.2)	10.2 (0.8)	4.2 (0.4)	6.8 (1.1)
40–59	40.8 (2.3)	25.2 (1.5)	14.5 (1.2)	7.7 (0.9)	11.8 (1.8)
60 and over	25.7 (1.8)	20.7 (1.7)	17.3 (1.2)	11.4 (0.9)	24.9 (2.1)

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2017–2018.

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Data table for Figure 3. Most common types of dietary supplements used by adults aged 20 and over, by age: United States, 2017–2018

Age group (years) and type of dietary supplement	Percent (standard error)
20–39	
Multivitamin-mineral	24.0 (1.1)
Vitamin D	6.7 (1.0)
Omega-3 fatty acids	5.4 (0.6)
Vitamin C	5.2 (4.3)
Botanicals	5.1 (1.1)
40–59	
Multivitamin-mineral	29.8 (2.4)
Vitamin D	17.4 (1.6)
Omega-3 fatty acids	12.5 (1.5)
Botanicals	8.3 (1.5)
Calcium	7.7 (0.8)
60 and over	
Multivitamin-mineral	39.4 (1.9)
Vitamin D	36.9 (2.1)
Omega-3 fatty acids	21.8 (2.2)
Calcium	19.2 (1.8)
Vitamin B12	12.4 (1.2)

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2017–2018.

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Data table for Figure 4. Trends in age-adjusted percentage of adults aged 20 and over who used any dietary supplement: United States, 2007–2008 through 2017–2018

Survey period	Age group (years)			
	20 and over ¹	20–39	40–59	60 and over
	Percent (standard error)			
2007–2008	48.4 (2.0)	34.7 (1.9)	51.4 (2.8)	66.9 (2.4)
2009–2010	49.0 (1.0)	36.8 (2.1)	50.3 (1.5)	67.8 (1.5)
2011–2012	51.2 (1.4)	40.0 (2.4)	52.2 (1.9)	68.7 (1.2)
2013–2014	52.7 (1.4)	40.8 (1.7)	54.4 (1.9)	70.5 (2.2)
2015–2016	54.5 (1.4)	42.2 (1.7)	55.4 (2.0)	74.2 (2.0)
2017–2018	56.1 (1.4)	42.5 (1.7)	59.2 (2.3)	74.3 (1.8)

¹Estimates were age adjusted by the direct method to the 2000 U.S. Census population using age groups 20–39, 40–59, and 60 and over.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2007–2018.