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## The contribution of nutritional supplements to micronutrient intake in Irish adults aged 18–64 years

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The objective of the study was to investigate the contribution of nutritional supplements to micronutrient intake in Irish adults. Analysis was based on the National Adult Nutrition Survey (NANS), which was carried out between 2008 and 2010 to establish a database of habitual food and drink consumption. A 4-d semi-weighed food record was used to collect food intake data. Analysis of dietary intake data was carried out using WISP<sup>®</sup> (Tinuviel Software, Anglesey, UK), which is based on *McCance and Widdowson's The Composition of Foods*, Sixth edition<sup>(1)</sup>. The database was updated to include all nutritional supplements recorded by participants in the food diary. Over one-quarter (men 22%, women 33%) of those surveyed reported use of a nutritional supplement at least once during the recording period. Of the 188 nutritional supplements consumed, multivitamin/mineral combinations were the most popular supplement. Among nutritional supplement users, the mean daily intake (MDI) of micronutrients from all sources (including food) and the percentage contribution from nutritional supplements to the daily intakes are reported.

Nutrient	Males (n 142)			Females (n 209)		
	MDI	SD	% Contribution of supplements	MDI	SD	% Contribution of supplements
Retinol (µg)	907	1189	35	596	699	21
Total vitamin A (µg)	1615	1366	24	1331	994	17
Vitamin D (µg)	9	13	37	6	8	31
Vitamin E (mg)	21	48	25	23	52	27
Vitamin B <sub>1</sub> (mg)	6	12	29	7	18	28
Vitamin B <sub>2</sub> (mg)	7	12	28	7	16	28
Niacin (mg)	44	23	20	35	36	23
Vitamin B <sub>6</sub> (mg)	7	11	25	9	18	29
Folate (µg)	535	309	20	510	629	25
Pantothenate (mg)	15	24	26	13	21	24
Biotin (µg)	84	60	27	112	623	24
Vitamin C (mg)	250	264	35	280	500	33
Ca (mg)	1116	376	6	969	448	11
Fe (mg)	19	15	12	21	30	17

Nutritional supplements also contributed between 3 and 20% to intakes of vitamin B<sub>12</sub>, Mg, P, Zn and Cu in supplement users. Among adult supplement users, nutritional supplements make a significant contribution to the intake of a range of micronutrients.

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1. Food Standards Agency (2002) *McCance and Widdowson's The Composition of Foods* 6th ed. Cambridge: Royal Society of Chemistry.