

**Table S1.** Comparison of Multivitamin/mineral formulations: Vital 2 Platinum vs. EMPowerplus

<b>Nutrients</b>	<b>Vital 2 Platinum (per tablet)</b>	<b>True Hope Empowerplus (per capsule)</b>
Vitamin A	375 IU	384 IU
Beta Carotene	680 mcg	No
Vitamin B1	25 mg (thiamine HCl)	1.2 mg (thiamin mononitrate)
Benfotiamine	6 mg	No
Vitamin B2	(riboflavin 5-phosphate) 2.5 mg	(riboflavin) 0.9 mg
Vitamin B3 (niacin)	20.6 mg	No
Vitamin B3 (niacinamide)	33.3 mg	6 mg
Vitamin 5 (calcium-d-pantothenate)	25 mg	1.4 mg
Vitamin B6 (pyridoxal 5-phosphate)	5 mg	2.4 mg
Vitamin H	(Biotin) 75 mcg	(d-biotin) 72 mcg
Vitamin B9 (5-Methyltetrahydrofolic acid) (folic acid)	100 mcg	96 mcg
Vitamin B12	(methylcobalamin) 750 mcg	(cyanocobalamin) 60 mcg
Vitamin C	125 mg	(ascorbic acid) 40 mg
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	2.4 mcg (96 IU)
Vitamin E (Mixed tocopherols)	25 mg	No
Vitamin E (Mixed tocotrienols)	2.5 mg	No
Vitamin E (as d-alpha tocopheryl succinate)	No	16 mg (24 IU)
Vitamin K2	45 mcg	No
Choline (bitartrate)	25 mg	36 mg
Inositol	12.5 mg	No
Calcium	(HVP*chelate) 31.25 mg	(calcium phosphate dibasic) 88 mg
Magnesium	(HVP*chelate) 75 mg	(magnesium oxide) 40 mg
Manganese	(citrate) 0.42 mg	(manganese carbonate) 0.64 mg
Zinc (citrate)	8 mg	(zinc oxide) 3.2 mg
Selenium	(selenomethionine) 50 mcg	(sodium selenite) 13.6 mcg
Copper	(HVP*chelate) 0.22 mg	(copper sulphate) 0.48 mg
Iodine (Ascophyllum nodosum)(whole plant)	37.5 mcg	(lamina digitate/ascophyllum nodosum) 13.6 mcg
Iodine (potassium iodide)	37.5 mcg	No
Chromium	(polynicotinate) 125 mcg	(chromium chloride) 41.6 mcg
Molybdenum	(citrate) 100 mcg	(sodium molybdate) 9.6 mcg
Vanadium	(citrate) 10 mcg	(sodium metavanadate) 79.6 mcg
Boron	(citrate) 41.7 mcg	(boric acid) 28 mcg
Curcumin phytome extract	10 mg	No
Rosemary Extract	2.5 mg	No
Bilberry extract	12.5 mg	No
Lutein	1.5 mg	No
Zeaxanthin	0.5 mg	No
LYC-O-MATO	0.33 mg	No
Ubiquinol	12.5 mg	No
Alpha-lipoic acid	75 mg	No
Hesperidin	4.2 mg	No
N-acetyl-L-cysteine	62.5 mg	No
Iron (iron fumarate)	No	0.9 mg
Phosphorus (from calcium phosphate dibasic)	No	56 mg
Potassium (potassium chloride)	No	16 mg
DL-Phenylalanine	No	24 mg
L-Glutamine	No	12 mg
Citrus bioflavonoids	No	16 mg
Grape seed extract	No	3 mg
Myo-inositol	No	12 mg

Nutrients	Vital 2 Platinum (per tablet)	True Hope Empowerplus (per capsule)
Gingko biloba	No	2.4 mg
L-Methionine	No	4 mg
Germanium sesquioxide	No	1.38 mg
Nickel (nickel sulphate)	No	1.96 mcg

**Table S2.** Lifestyle characteristics of population at baseline according to the reported levels of anxiety/depression

Level of Anxiety or Depression Reported on EQ-5D	Fruit consumption (serving/day)			Vegetable consumption (serving/day)			Fish/tuna consumption (serving/week)			Tobacco use			Alcohol use				Physical activity				
	No	1-2	3-4	5 & more	No	1-2	3-4	5 & more	No	1-2	3 & more	Never	Quit	Smoking	Never	Light drinker	Heavy drinker	No	Mild	Moderate	strenuous
None	60 (32)	975 (40)	807 (42)	260 (46)	14 (24)	764 (40)	881 (42)	443 (44)	288 (39)	831 (41)	553 (44)	3,130 (48)	1,274 (39)	865 (29)	568 (43)	1,982 (39)	255 (25)	341 (32)	732 (37)	804 (41)	306 (44)
Slight	67 (34)	909 (37)	689 (37)	199 (35)	22 (38)	667 (34)	794 (37)	390 (39)	263 (36)	756 (37)	463 (37)	2,199 (33)	1,243 (38)	1,021 (35)	445 (34)	1,909 (38)	341 (33)	360 (34)	727 (37)	740 (38)	253 (37)
Moderate	41 (22)	446 (18)	312 (17)	90 (16)	13 (22)	369 (19)	364 (17)	144 (14)	131 (18)	370 (18)	203 (16)	1,026 (16)	617 (19)	693 (24)	231 (17)	934 (19)	305 (30)	248 (24)	404 (20)	346 (18)	107 (16)
Severe	18 (10)	87 (4)	50 (3)	9 (2)	7 (13)	89 (5)	53 (3)	15 (2)	42 (6)	60 (3)	29 (2)	180 (3)	104 (3)	220 (8)	56 (4)	159 (3)	84 (8)	77 (7)	86 (4)	55 (3)	15 (2)
Extreme	3 (2)	31 (1)	9 (1)	4 (1)	2 (3)	31 (2)	11 (1)	6 (1)	8 (1)	20 (1)	12 (1)	60 (1)	47 (1)	103 (4)	25 (2)	56 (1)	38 (4)	27 (3)	31 (2)	21 (1)	8 (1)
Total	189	2,448	1,867	562	58	1,920	2,103	998	732	2,037	1,260	6,595	3,285	2,902	1,325	5,040	1,023	1,053	1,980	1,966	689
Chi Square	P <0.001			P<0.001			P=0.003			P<0.001			P<0.001				P<0.001				

**Table S3.** Comparison of change in reported level of depression and anxiety at one year between case and control groups

Baseline Level of Depression/Anxiety	Change at One Year among cases				Change at One Year among controls			
	Number (%)				Number (%)			
	Worse	Improve	No Change	Total	Worse	Improve	No Change	Total
Severe	0	73 (94.8)	4 (5.2)	77	0	142 (97.3)	4 (2.7)	146
Extreme	0	29 (96.7)	1 (3.3)	30	0	67 (98.5)	1 (1.5)	68
Total	0	102	5	107	0	209	5	214
Chi-Square (difference between groups)	P=0.25							