

Table S1A Dietary calcium intake distribution (weighted) across DRIs among the US population, from 1999-2000 to 2017-2018

	Weighted Proportion of Population, % (95% CI)									
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-2018
Men										
<EAR	51.2(48.0,54.5)	47.2(44.4,50.0)	47.0(44.1,49.9)	42.8(39.7,45.8)	43.2(39.8,46.6)	38.9(37.2,40.7)	38.5(35.2,41.8)	41.8(39.4,44.2)	42.2(38.6,45.8)	40.2(37.7,42.7)
≥EAR, <RDA	12.9(11.4,14.5)	13.3(11.3,15.4)	14.5(12.8,16.3)	14.7(12.2,17.2)	15.8(15.0,16.7)	13.3(11.8,14.8)	14.2(11.9,16.5)	12.9(11.3,14.5)	14.3(12.4,16.2)	15.2(13.3,17.1)
≥RDA, ≤UL	33.9(31.2,36.7)	35.8(33.9,37.7)	35.0(32.8,37.2)	39.0(36.7,41.4)	37.6(34.5,40.6)	42.2(40.0,44.4)	42.8(40.3,45.3)	41.1(39.0,43.1)	39.7(35.9,43.4)	40.4(37.5,43.4)
>UL	1.90(1.24,2.55)	3.68(2.63,4.74)	3.47(2.57,4.37)	3.49(2.47,4.51)	3.43(2.24,4.63)	5.62(4.02,7.22)	4.46(3.22,5.70)	4.29(3.09,5.49)	3.83(2.51,5.16)	4.18(3.05,5.31)
Women										
<EAR	68.5(64.2,72.8)	65.7(63.8,67.6)	65.3(62.8,67.8)	61.9(57.5,66.3)	60.7(55.9,65.6)	56.8(54.9,58.8)	57.0(54.1,59.9)	59.9(57.5,62.2)	60.0(55.6,64.3)	58.9(55.6,62.2)
≥EAR, <RDA	10.8(8.04,13.5)	11.0(8.89,13.1)	11.0(10.0,11.9)	12.1(10.7,13.5)	13.4(11.0,15.7)	14.0(12.4,15.5)	13.8(12.1,15.5)	13.2(11.4,15.0)	14.1(12.3,15.9)	15.5(13.1,17.9)
≥RDA, ≤UL	19.9(17.3,22.5)	22.4(19.9,24.8)	22.7(19.7,25.6)	24.7(21.2,28.2)	24.8(21.6,28.0)	27.8(26.2,29.3)	28.2(25.5,31.0)	25.7(23.2,28.2)	24.9(21.5,28.3)	24.6(21.7,27.6)
>UL	0.81(0.39,1.23)	0.90(0.54,1.25)	1.08(0.45,1.72)	1.31(0.81,1.81)	1.08(0.45,1.71)	1.44(1.03,1.86)	0.97(0.30,1.63)	1.29(0.65,1.92)	1.06(0.50,1.61)	0.99(0.45,1.52)
2-8 years old										
<EAR	44.5(38.7,50.2)	35.0(30.2,39.9)	29.7(24.7,34.8)	35.0(31.9,38.2)	36.1(33.0,39.2)	29.9(27.0,32.7)	28.3(23.9,32.7)	34.5(30.8,38.2)	35.9(31.6,40.2)	33.6(29.1,38.0)
≥EAR, <RDA	18.8(15.2,22.5)	16.2(13.1,19.3)	19.0(14.5,23.6)	17.8(13.9,21.6)	18.2(14.8,21.5)	18.9(16.7,21.0)	18.1(15.4,20.8)	14.4(11.7,17.2)	19.1(15.9,22.3)	18.0(14.5,21.4)
≥RDA, ≤UL	36.5(30.6,42.4)	47.8(42.4,53.3)	50.2(43.8,56.5)	46.6(41.7,51.5)	45.3(41.6,49.1)	50.2(46.9,53.5)	52.6(48.1,57.1)	49.7(44.8,54.6)	44.3(40.6,48.1)	48.0(43.2,52.7)
>UL	0.22(0.00,0.57)	0.91(0.38,1.43)	1.05(0.27,1.83)	0.64(0.00,1.39)	0.42(0.04,0.80)	1.10(0.46,1.74)	1.02(0.13,1.91)	1.41(0.32,2.49)	0.69(0.00,1.48)	0.49(0.01,0.98)
9-18 years old										
<EAR	71.3(67.5,75.0)	66.0(61.1,70.9)	63.2(56.8,69.6)	64.9(59.7,70.1)	64.8(60.2,69.4)	59.6(54.8,64.3)	57.8(53.7,61.9)	62.3(58.0,66.6)	65.0(60.0,70.0)	64.5(58.9,70.2)
≥EAR, <RDA	7.72(5.96,9.47)	10.5(8.92,12.1)	9.81(7.17,12.5)	11.5(9.13,13.9)	12.0(9.29,14.7)	9.32(6.92,11.7)	10.8(7.50,14.0)	10.3(7.33,13.4)	10.1(7.39,12.9)	11.4(8.34,14.4)
≥RDA, ≤UL	20.4(17.5,23.3)	22.1(18.5,25.7)	25.9(19.8,32.1)	22.5(18.2,26.7)	22.1(19.1,25.1)	29.4(25.7,33.1)	31.0(26.7,35.2)	26.0(22.5,29.4)	23.7(19.5,27.9)	23.6(19.8,27.5)
>UL	0.66(0.13,1.20)	1.44(0.34,2.53)	1.03(0.28,1.79)	1.09(0.15,2.04)	1.10(0.53,1.67)	1.73(1.22,2.24)	0.46(0.00,1.02)	1.37(0.09,2.65)	1.11(0.41,1.81)	0.44(0.00,0.89)
19-59 years old										
<EAR	56.2(51.3,61.0)	52.9(49.9,55.9)	53.7(50.4,56.9)	47.6(43.2,52.0)	47.1(42.4,51.8)	42.9(41.6,44.2)	43.7(40.6,46.7)	46.3(43.8,48.9)	44.9(40.6,49.1)	43.5(41.2,45.9)
≥EAR, <RDA	12.4(10.0,14.7)	12.9(11.1,14.8)	13.2(11.6,14.7)	13.5(12.1,15.0)	15.1(13.0,17.2)	15.0(14.0,15.9)	14.8(12.5,17.1)	14.3(12.3,16.3)	15.5(13.9,17.1)	16.7(14.6,18.8)
≥RDA, ≤UL	29.7(26.3,33.0)	31.6(28.5,34.6)	30.2(26.8,33.7)	35.9(32.5,39.3)	34.8(30.9,38.8)	38.2(36.6,39.7)	38.5(35.9,41.0)	36.1(33.4,38.8)	36.9(32.9,40.9)	36.6(33.9,39.4)
>UL	1.78(1.03,2.52)	2.63(1.69,3.57)	2.92(2.16,3.68)	3.02(1.98,4.05)	2.92(2.01,3.83)	3.95(2.70,5.21)	3.09(2.22,3.95)	3.23(2.21,4.26)	2.75(1.74,3.76)	3.12(1.84,4.40)
60 years or older										
<EAR	74.3(71.4,77.3)	75.7(72.3,79.1)	73.2(69.6,76.8)	67.9(63.1,72.7)	68.9(64.4,73.3)	65.1(62.5,67.7)	63.6(59.2,68.0)	63.6(60.3,66.9)	66.1(60.8,71.4)	63.0(57.3,68.6)
≥EAR, <RDA	8.96(6.62,11.3)	8.15(6.18,10.1)	10.3(7.95,12.6)	11.9(9.44,14.3)	12.6(10.3,14.8)	10.0(8.28,11.8)	11.8(9.93,13.7)	10.7(8.50,12.9)	11.2(8.57,13.9)	13.3(10.2,16.4)
≥RDA, ≤UL	15.5(13.9,17.1)	13.6(10.8,16.4)	14.8(12.1,17.4)	17.9(15.0,20.8)	16.8(13.8,19.8)	20.3(18.1,22.5)	20.7(17.1,24.3)	22.7(19.8,25.5)	19.6(16.6,22.5)	20.5(15.7,25.4)
>UL	1.17(0.00,2.51)	2.51(1.23,3.79)	1.79(1.08,2.50)	2.31(1.12,3.49)	1.74(0.65,2.82)	4.57(3.16,5.98)	3.90(2.93,4.87)	3.03(1.91,4.14)	3.09(1.38,4.80)	3.19(2.06,4.31)
Mexican American										
<EAR	60.7(57.7,63.7)	52.9(48.6,57.2)	50.2(44.3,56.0)	51.7(47.6,55.8)	51.8(48.8,54.9)	49.2(44.1,54.3)	40.6(37.4,43.8)	46.3(42.0,50.5)	49.0(45.9,52.0)	44.5(40.8,48.2)
≥EAR, <RDA	13.1(10.9,15.3)	14.7(11.5,18.0)	13.0(10.1,15.9)	12.8(10.7,14.8)	14.2(11.5,16.9)	13.6(11.3,16.0)	14.7(12.2,17.2)	12.6(10.1,15.2)	14.7(12.0,17.5)	16.0(12.2,19.8)
≥RDA, ≤UL	24.7(21.3,28.2)	30.9(28.9,33.0)	35.8(30.3,41.2)	34.0(30.0,38.1)	32.4(29.6,35.1)	34.3(29.9,38.7)	42.1(39.3,44.8)	38.7(35.2,42.1)	33.6(30.4,36.9)	37.4(33.7,41.2)
>UL	1.50(0.96,2.05)	1.47(0.52,2.43)	1.07(0.59,1.55)	1.51(0.56,2.46)	1.62(0.42,2.83)	2.93(1.97,3.89)	2.61(0.52,4.69)	2.43(0.94,3.92)	2.63(1.83,3.43)	2.09(0.90,3.28)
Other Hispanic										
<EAR	63.8(58.2,69.3)	56.8(50.9,62.8)	66.9(59.7,74.1)	55.0(43.1,66.9)	50.0(45.8,54.2)	47.8(43.4,52.2)	51.5(47.1,56.0)	51.2(45.5,56.9)	52.7(47.9,57.6)	50.9(44.6,57.1)
≥EAR, <RDA	13.5(8.07,19.0)	17.1(11.3,22.9)	8.80(4.54,13.1)	12.3(7.19,17.5)	12.1(9.05,15.1)	15.2(11.0,19.3)	13.8(8.45,19.2)	14.4(11.4,17.4)	14.4(12.2,16.7)	15.8(13.7,17.9)
≥RDA, ≤UL	21.6(16.0,27.2)	24.2(19.8,28.7)	23.1(17.7,28.5)	31.7(20.1,43.2)	36.0(32.4,39.6)	35.4(31.7,39.1)	33.1(27.6,38.6)	32.2(27.0,37.4)	31.5(25.6,37.4)	32.1(25.5,38.7)
>UL	1.10(0.00,2.51)	1.81(0.54,3.08)	1.20(0.00,2.75)	0.97(0.00,2.09)	1.97(1.08,2.86)	1.63(0.57,2.68)	1.59(0.35,2.83)	2.24(0.75,3.73)	1.30(0.00,2.66)	1.26(0.19,2.34)

	Weighted Proportion of Population, % (95% CI)									
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-2018
Non-Hispanic White										
<EAR	56.2(51.0,61.4)	53.8(51.1,56.4)	53.5(50.7,56.3)	49.8(45.8,53.8)	49.9(44.8,55.0)	45.5(42.9,48.1)	45.3(42.0,48.6)	48.8(46.2,51.4)	48.4(43.9,52.9)	47.9(44.4,51.4)
≥EAR, <RDA	12.1(10.4,13.7)	12.0(10.6,13.5)	13.2(11.8,14.6)	14.0(11.7,16.2)	15.2(13.3,17.1)	13.6(11.8,15.3)	14.4(11.8,17.0)	13.3(11.6,15.0)	14.2(12.0,16.3)	16.0(13.6,18.4)
≥RDA, ≤UL	30.3(26.3,34.2)	31.4(29.1,33.7)	30.5(27.9,33.2)	33.3(30.6,36.1)	32.2(28.6,35.8)	36.6(34.4,38.9)	37.0(34.0,40.1)	34.5(31.3,37.7)	34.5(30.8,38.2)	33.0(29.9,36.1)
>UL	1.48(1.07,1.90)	2.81(1.94,3.68)	2.81(2.14,3.48)	2.94(2.13,3.75)	2.65(1.80,3.51)	4.28(3.01,5.56)	3.25(2.33,4.18)	3.40(2.31,4.48)	2.97(1.85,4.09)	3.09(2.05,4.14)
Non-Hispanic Black										
<EAR	73.5(69.6,77.4)	72.0(68.2,75.9)	70.0(66.4,73.6)	65.1(61.4,68.7)	62.4(58.4,66.4)	58.3(55.5,61.0)	58.5(54.1,62.8)	61.6(58.1,65.0)	62.9(58.4,67.4)	59.8(55.8,63.9)
≥EAR, <RDA	10.3(7.95,12.6)	9.67(6.66,12.7)	11.0(9.36,12.6)	10.5(8.48,12.5)	13.7(11.8,15.6)	13.3(11.1,15.5)	12.3(10.6,13.9)	10.4(9.05,11.8)	13.4(10.8,16.0)	12.6(10.1,15.1)
≥RDA, ≤UL	15.8(13.2,18.3)	18.0(13.7,22.3)	18.4(16.3,20.4)	23.7(20.7,26.7)	22.8(19.2,26.4)	26.8(22.9,30.7)	27.7(23.8,31.6)	26.5(23.8,29.1)	22.6(18.9,26.4)	25.8(22.8,28.9)
>UL	0.41(0.00,0.94)	0.29(0.02,0.56)	0.64(0.06,1.22)	0.77(0.09,1.44)	1.13(0.48,1.78)	1.59(1.01,2.18)	1.57(0.75,2.40)	1.53(0.67,2.40)	1.09(0.38,1.80)	1.74(1.01,2.46)
Other Race or Ethnicity ^a										
<EAR	74.7(67.2,82.2)	69.2(61.5,76.9)	66.7(58.0,75.4)	59.7(53.2,66.2)	63.5(56.3,70.7)	54.5(48.2,60.7)	57.5(53.6,61.3)	57.7(51.1,64.4)	57.5(50.6,64.4)	54.2(49.6,58.9)
≥EAR, <RDA	7.95(3.56,12.3)	9.12(5.81,12.4)	12.1(9.18,15.0)	13.7(8.77,18.5)	11.4(7.09,15.7)	13.5(8.94,18.1)	13.1(10.2,15.9)	14.3(8.97,19.6)	14.4(10.3,18.6)	13.5(11.7,15.3)
≥RDA, ≤UL	15.7(9.52,22.0)	20.8(14.7,27.0)	20.0(12.5,27.6)	25.6(17.4,33.7)	24.8(18.4,31.3)	30.8(25.6,36.1)	28.5(24.3,32.7)	27.3(23.2,31.4)	27.1(21.6,32.6)	30.6(26.1,35.1)
>UL	1.63(0.00,3.60)	0.84(0.00,2.15)	1.15(0.00,2.51)	1.07(0.00,2.47)	0.26(0.00,0.80)	1.21(0.02,2.41)	0.98(0.29,1.67)	0.68(0.07,1.29)	0.97(0.28,1.66)	1.66(0.40,2.92)
Overall										
<EAR	60.1(56.7,63.6)	56.7(54.7,58.7)	56.3(54.0,58.6)	52.6(49.4,55.8)	52.3(48.5,56.2)	48.1(46.8,49.4)	47.9(45.3,50.4)	50.9(49.0,52.9)	51.3(47.5,55.1)	49.8(47.2,52.4)
≥EAR, <RDA	11.8(10.3,13.4)	12.1(10.8,13.5)	12.7(11.7,13.8)	13.4(12.0,14.7)	14.5(13.3,15.8)	13.6(12.6,14.7)	14.0(12.3,15.8)	13.0(11.8,14.3)	14.2(13.0,15.4)	15.3(13.7,17.0)
≥RDA, ≤UL	26.7(24.3,29.1)	28.9(26.9,31.0)	28.7(26.5,31.0)	31.7(29.3,34.1)	30.9(28.0,33.8)	34.8(33.4,36.1)	35.4(33.3,37.6)	33.3(31.4,35.2)	32.1(28.9,35.3)	32.3(30.2,34.4)
>UL	1.34(0.99,1.69)	2.25(1.62,2.89)	2.26(1.64,2.87)	2.37(1.85,2.89)	2.21(1.54,2.88)	3.48(2.64,4.31)	2.69(2.16,3.23)	2.77(2.09,3.44)	2.41(1.68,3.14)	2.54(1.87,3.21)

Abbreviations: CI, confidence interval; EAR, Estimated Average Requirement; RDA, Recommended Dietary Allowance; UL, Tolerable Upper Intake Level.

^a Included multi-racial/ethnic groups.

Table S1B Prevalence of calcium-containing dietary supplement use among the US population with dietary calcium intake lower than their EARs, from 1999-2000 to 2017-2018

	Weighted Proportion of Population, % (95% CI)									
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-2018
Men										
no supplement	69.3(64.5,74.1)	67.0(63.7,70.2)	64.1(60.2,68.0)	63.9(59.1,68.7)	70.8(66.7,74.8)	69.1(66.1,72.0)	72.1(67.5,76.7)	68.9(65.4,72.4)	72.0(68.8,75.2)	73.4(68.7,78.0)
with supplement	30.7(25.9,35.5)	33.0(29.8,36.3)	35.9(32.0,39.8)	36.1(31.3,40.9)	29.2(25.2,33.3)	30.9(28.0,33.9)	27.9(23.32,32.5)	31.1(27.6,34.6)	28.0(24.8,31.2)	26.6(22.0,31.3)
Women										
no supplement	58.5(53.3,63.6)	52.6(49.6,55.6)	53.9(49.4,58.4)	51.3(48.2,54.3)	59.0(56.7,61.2)	59.7(55.1,64.4)	62.2(59.7,64.8)	62.1(58.7,65.6)	64.2(60.4,68.0)	62.4(59.3,65.5)
with supplement	41.5(36.4,46.7)	47.4(44.4,50.4)	46.1(41.6,50.6)	48.7(45.7,51.8)	41.0(38.8,43.3)	40.3(35.6,44.9)	37.8(35.2,40.3)	37.9(34.4,41.3)	35.8(32.0,39.6)	37.6(34.5,40.7)
2-8 years old										
no supplement	82.9(78.4,87.5)	74.5(68.6,80.5)	80.0(71.2,88.9)	77.4(70.3,84.4)	76.4(66.9,85.9)	85.1(80.8,89.4)	85.7(78.5,92.8)	91.0(88.3,93.7)	90.6(86.4,94.8)	91.9(88.7,95.1)
with supplement	17.1(12.5,21.6)	25.5(19.5,31.4)	20.0(11.1,28.8)	22.6(15.6,29.7)	23.6(14.1,33.1)	14.9(10.6,19.2)	14.3(7.18,21.5)	9.00(6.28,11.7)	9.38(5.20,13.6)	8.09(4.92,11.3)
9-18 years old										
no supplement	82.6(79.8,85.4)	80.0(75.4,84.7)	83.8(80.3,87.3)	79.4(76.3,82.5)	82.4(77.5,87.3)	84.9(80.5,89.4)	86.2(82.8,89.6)	87.0(83.5,90.5)	88.5(84.4,92.7)	85.8(81.1,90.5)
with supplement	17.4(14.6,20.2)	20.0(15.3,24.6)	16.2(12.7,19.7)	20.6(17.5,23.7)	17.6(12.7,22.5)	15.1(10.6,19.5)	13.8(10.4,17.2)	13.0(9.46,16.5)	11.5(7.30,15.6)	14.2(9.54,18.9)
19-59 years old										
no supplement	60.1(54.9,65.2)	56.5(53.3,59.8)	56.6(52.0,61.2)	52.4(48.5,56.3)	64.2(60.9,67.6)	62.3(56.4,68.2)	66.4(62.5,70.2)	63.4(60.4,66.5)	68.4(63.4,73.4)	67.7(64.1,71.4)
with supplement	39.9(34.8,45.1)	43.5(40.2,46.7)	43.4(38.8,48.0)	47.6(43.7,51.5)	35.8(32.4,39.1)	37.7(31.8,43.6)	33.6(29.8,37.5)	36.6(33.5,39.6)	31.6(26.6,36.6)	32.3(28.6,35.9)
60 years or older										
no supplement	45.8(39.9,51.7)	40.3(36.0,44.5)	38.2(33.7,42.7)	41.2(37.1,45.4)	44.5(39.7,49.3)	45.3(40.8,49.8)	48.8(45.5,52.1)	46.6(42.8,50.3)	46.6(41.8,51.3)	47.6(42.1,53.0)
with supplement	54.2(48.3,60.1)	59.7(55.5,64.0)	61.8(57.3,66.3)	58.8(54.6,62.9)	55.5(50.7,60.3)	54.7(50.2,59.2)	51.2(47.9,54.5)	53.4(49.7,57.2)	53.4(48.7,58.2)	52.4(47.0,57.9)
Mexican American										
no supplement	75.7(73.4,78.0)	76.6(73.5,79.7)	72.5(65.9,79.1)	77.8(71.3,84.2)	82.9(76.9,88.9)	76.7(72.8,80.7)	80.1(74.8,85.5)	81.6(77.7,85.5)	78.3(76.5,80.0)	80.6(77.1,84.2)
with supplement	24.3(22.0,26.6)	23.4(20.3,26.5)	27.5(20.9,34.1)	22.2(15.80,28.7)	17.1(11.1,23.1)	23.3(19.3,27.2)	19.9(14.5,25.2)	18.4(14.5,22.3)	21.7(20.0,23.5)	19.4(15.8,22.9)
Other Hispanic										
no supplement	74.5(69.9,79.1)	73.3(67.2,79.3)	67.0(58.8,75.2)	78.0(69.7,86.4)	77.9(71.9,83.9)	79.3(74.2,84.4)	72.8(62.5,83.0)	78.4(73.6,83.2)	79.6(74.8,84.4)	70.2(64.1,76.2)
with supplement	25.5(20.9,30.1)	26.7(20.7,32.8)	33.0(24.8,41.2)	22.0(13.6,30.3)	22.1(16.1,28.1)	20.7(15.6,25.8)	27.2(17.0,37.5)	21.6(16.8,26.4)	20.4(15.6,25.2)	29.8(23.8,35.9)
Non-Hispanic White										
no supplement	56.3(51.1,61.5)	49.8(46.6,52.9)	50.5(46.4,54.6)	47.6(44.5,50.8)	56.2(52.9,59.5)	56.0(51.6,60.5)	60.2(56.5,63.8)	56.6(54.9,58.3)	60.9(57.0,64.9)	61.3(56.6,66.0)
with supplement	43.7(38.5,48.9)	50.2(47.1,53.4)	49.5(45.4,53.6)	52.4(49.2,55.5)	43.8(40.5,47.1)	44.0(39.5,48.4)	39.8(36.2,43.5)	43.4(41.7,45.1)	39.1(35.1,43.0)	38.7(34.0,43.4)
Non-Hispanic Black										
no supplement	79.0(75.6,82.3)	77.0(73.1,81.0)	81.0(77.9,84.1)	75.1(70.7,79.6)	77.3(74.3,80.2)	77.2(74.3,80.0)	78.0(75.4,80.7)	79.8(74.5,85.2)	79.4(75.1,83.6)	76.8(72.2,81.4)
with supplement	21.0(17.7,24.4)	23.0(19.0,26.9)	19.0(15.9,22.1)	24.9(20.4,29.3)	22.7(19.8,25.7)	22.8(20.0,25.7)	22.0(19.3,24.6)	20.2(14.8,25.5)	20.6(16.4,24.9)	23.2(18.6,27.8)
Other Race or Ethnicity ^a										
no supplement	64.1(53.5,74.7)	70.1(60.4,79.7)	60.5(48.2,72.7)	59.1(44.7,73.6)	68.2(56.7,79.6)	68.2(59.4,76.9)	68.2(61.5,74.8)	68.8(65.3,72.3)	67.5(61.3,73.8)	67.4(59.4,75.4)
with supplement	35.9(25.3,46.5)	29.9(20.3,39.6)	39.5(27.3,51.8)	40.9(26.4,55.3)	31.8(20.4,43.3)	31.8(23.1,40.6)	31.8(25.2,38.5)	31.2(27.7,34.7)	32.5(26.2,38.7)	32.6(24.6,40.6)
Overall										
no supplement	63.0(59.1,66.9)	58.4(55.7,61.1)	58.1(54.3,61.9)	56.3(53.5,59.1)	63.6(61.0,66.3)	63.4(59.7,67.1)	66.2(63.1,69.2)	64.9(62.4,67.4)	67.3(64.3,70.4)	66.7(64.3,69.1)
with supplement	37.0(33.1,40.9)	41.6(38.9,44.3)	41.9(38.1,45.7)	43.7(40.9,46.5)	36.4(33.7,39.0)	36.6(32.9,40.3)	33.8(30.8,36.9)	35.1(32.6,37.6)	32.7(29.6,35.7)	33.3(30.9,35.7)

Abbreviations: CI, confidence interval; EAR, Estimated Average Requirement.

^a Included multi-racial/ethnic groups.

Table S2 Dietary and dietary supplement calcium intake distribution (weighted) across DRIs among the US population, from 2007-2008 to 2017-2018

	Weighted Proportion of Population, % (95% CI)					
	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-2018
Men						
<EAR	39.2(35.7,42.7)	34.6(33.3,36.0)	34.2(31.2,37.3)	37.4(34.7,40.2)	37.9(34.4,41.4)	37.7(35.2,40.1)
≥EAR, <RDA	13.6(12.5,14.7)	12.6(11.3,14.0)	13.8(11.6,16.1)	12.8(11.0,14.7)	13.9(12.3,15.6)	14.0(12.2,15.8)
≥RDA, ≤UL	41.6(38.0,45.3)	45.0(43.3,46.6)	46.0(43.7,48.4)	43.6(40.8,46.4)	42.8(39.3,46.3)	42.1(38.8,45.4)
>UL	5.58(4.18,6.98)	7.79(6.42,9.16)	5.94(4.47,7.40)	6.13(4.48,7.79)	5.39(3.82,6.97)	6.26(4.27,8.24)
Women						
<EAR	47.9(43.1,52.8)	44.6(42.4,46.7)	46.5(43.1,49.8)	48.6(46.4,50.7)	50.6(45.8,55.5)	50.1(47.0,53.3)
≥EAR, <RDA	12.2(10.3,14.0)	12.9(11.3,14.6)	13.7(12.1,15.2)	13.2(11.9,14.5)	14.7(12.0,17.3)	14.4(12.3,16.5)
≥RDA, ≤UL	34.2(30.8,37.5)	36.3(34.2,38.3)	34.9(32.0,37.7)	33.0(30.4,35.6)	30.7(26.0,35.3)	31.4(28.1,34.8)
>UL	5.77(3.93,7.61)	6.23(5.40,7.07)	4.97(3.76,6.19)	5.23(3.88,6.59)	4.02(2.88,5.15)	4.03(3.05,5.02)
2-8 years old						
<EAR	34.7(31.6,37.7)	28.9(26.4,31.4)	26.9(22.7,31.2)	33.8(30.5,37.2)	35.6(31.2,40.1)	33.2(29.0,37.5)
≥EAR, <RDA	18.0(14.6,21.4)	17.7(14.9,20.5)	18.7(15.9,21.4)	14.5(11.8,17.2)	18.9(15.7,22.0)	18.1(14.5,21.7)
≥RDA, ≤UL	46.9(43.6,50.3)	52.3(48.7,55.9)	53.1(49.0,57.2)	50.3(45.4,55.1)	44.7(41.2,48.3)	48.2(43.6,52.8)
>UL	0.42(0.04,0.80)	1.10(0.46,1.74)	1.27(0.35,2.19)	1.41(0.32,2.49)	0.80(0.00,1.60)	0.49(0.01,0.98)
9-18 years old						
<EAR	62.6(57.9,67.3)	58.3(53.8,62.8)	56.2(51.5,60.8)	61.0(56.7,65.4)	63.9(58.5,69.3)	64.0(58.3,69.8)
≥EAR, <RDA	12.2(9.85,14.5)	9.54(7.43,11.7)	11.5(8.25,14.7)	11.0(8.11,13.9)	10.6(7.59,13.7)	11.3(8.38,14.2)
≥RDA, ≤UL	24.0(20.7,27.2)	30.4(26.7,34.2)	31.7(27.0,36.4)	26.6(23.2,30.1)	24.2(19.7,28.6)	24.1(20.1,28.1)
>UL	1.22(0.68,1.76)	1.73(1.22,2.24)	0.65(0.00,1.31)	1.37(0.09,2.65)	1.27(0.41,2.13)	0.59(0.07,1.10)
19-59 years old						
<EAR	40.2(35.8,44.5)	35.7(33.7,37.7)	37.9(34.3,41.6)	39.4(36.8,42.0)	40.1(35.6,44.6)	39.3(36.4,42.1)
≥EAR, <RDA	12.4(11.1,13.6)	13.5(11.9,15.1)	13.7(11.8,15.7)	14.0(12.6,15.5)	14.7(13.1,16.2)	14.7(12.9,16.4)
≥RDA, ≤UL	41.3(36.8,45.8)	43.7(41.5,45.8)	43.4(40.9,45.9)	41.1(38.2,44.1)	40.5(36.3,44.8)	40.7(37.9,43.5)
>UL	6.23(4.52,7.94)	7.21(5.97,8.46)	5.01(3.52,6.50)	5.42(4.06,6.78)	4.69(3.23,6.15)	5.35(3.86,6.85)
60 years or older						
<EAR	45.6(40.0,51.2)	43.8(41.7,46.0)	44.0(40.0,47.9)	45.4(43.1,47.7)	47.1(42.9,51.2)	48.2(42.4,53.9)
≥EAR, <RDA	12.1(9.30,15.0)	10.6(9.49,11.6)	12.9(10.5,15.2)	10.9(8.96,12.8)	13.7(9.85,17.6)	13.2(10.8,15.7)
≥RDA, ≤UL	31.9(27.9,35.9)	32.2(29.7,34.7)	31.0(27.6,34.3)	32.5(28.7,36.2)	30.6(25.8,35.4)	29.4(23.4,35.5)
>UL	10.4(7.36,13.4)	13.4(11.6,15.2)	12.2(9.19,15.2)	11.3(9.13,13.5)	8.55(6.41,10.7)	9.17(7.36,11.0)
Mexican American						
<EAR	48.1(45.0,51.2)	44.8(39.8,49.9)	36.9(34.2,39.5)	42.9(37.8,48.0)	45.3(42.3,48.3)	41.8(37.9,45.8)
≥EAR, <RDA	14.6(12.3,16.9)	13.9(11.4,16.5)	15.2(12.6,17.9)	13.0(9.76,16.2)	15.3(12.7,17.9)	15.2(11.3,19.1)
≥RDA, ≤UL	34.8(31.8,37.7)	37.2(33.0,41.4)	44.7(41.7,47.7)	40.7(37.4,44.0)	36.2(32.9,39.5)	39.6(36.4,42.7)
>UL	2.56(1.25,3.88)	4.02(2.79,5.25)	3.24(1.14,5.33)	3.43(1.77,5.09)	3.19(2.30,4.09)	3.38(1.85,4.91)
Other Hispanic						
<EAR	46.1(42.3,49.8)	43.9(39.6,48.2)	46.3(41.5,51.0)	47.2(41.4,52.9)	49.3(44.8,53.8)	46.3(39.4,53.2)
≥EAR, <RDA	11.9(8.55,15.2)	13.5(9.30,17.7)	14.5(10.3,18.7)	14.8(11.4,18.2)	15.0(12.3,17.6)	16.3(13.6,19.0)
≥RDA, ≤UL	38.9(35.7,42.0)	38.8(36.0,41.7)	35.8(31.8,39.7)	35.3(30.3,40.2)	33.4(27.7,39.0)	35.4(28.2,42.6)
>UL	3.18(1.62,4.75)	3.74(2.34,5.14)	3.46(1.81,5.11)	2.80(1.27,4.33)	2.39(0.22,4.55)	1.98(0.53,3.43)
Non-Hispanic White						
<EAR	39.5(34.3,44.8)	35.3(33.4,37.1)	36.7(33.5,39.9)	39.2(36.3,42.1)	40.2(36.1,44.4)	40.9(38.0,43.8)
≥EAR, <RDA	12.7(11.3,14.0)	12.4(10.4,14.4)	13.6(11.3,15.8)	13.1(11.7,14.4)	14.4(12.3,16.6)	14.3(12.6,16.0)
≥RDA, ≤UL	40.8(36.4,45.1)	43.5(41.1,45.9)	42.8(40.0,45.7)	40.4(37.0,43.8)	39.1(34.8,43.5)	38.3(35.4,41.2)
>UL	7.04(5.06,9.02)	8.85(7.52,10.2)	6.90(5.50,8.29)	7.35(5.66,9.04)	6.20(4.60,7.81)	6.47(5.07,7.87)
Non-Hispanic Black						
<EAR	58.5(55.2,61.8)	53.6(50.3,56.9)	53.1(48.2,58.0)	56.0(52.8,59.3)	59.4(54.7,64.2)	56.2(52.4,60.1)
≥EAR, <RDA	12.8(10.9,14.8)	13.5(12.1,14.9)	12.9(11.1,14.8)	11.2(9.58,12.8)	12.8(10.0,15.6)	12.6(10.4,14.8)
≥RDA, ≤UL	26.1(23.0,29.2)	30.3(26.6,34.0)	31.2(27.1,35.2)	30.8(28.3,33.3)	26.3(22.8,29.8)	28.2(25.9,30.4)
>UL	2.53(1.63,3.43)	2.61(1.62,3.60)	2.80(1.47,4.12)	1.96(1.12,2.79)	1.48(0.68,2.27)	2.97(1.59,4.36)
Other Race or Ethnicity						
<EAR	53.2(43.8,62.7)	47.9(40.7,55.0)	49.6(46.2,53.0)	51.0(45.0,57.0)	48.5(41.7,55.4)	49.0(45.5,52.5)
≥EAR, <RDA	13.1(8.78,17.5)	13.0(9.21,16.8)	14.1(10.7,17.5)	13.9(9.31,18.5)	13.9(11.6,16.2)	13.1(11.1,15.1)
≥RDA, ≤UL	30.0(21.4,38.6)	35.5(29.4,41.6)	33.9(30.2,37.6)	31.7(27.5,35.9)	35.4(29.5,41.3)	34.1(30.5,37.8)
>UL	3.66(0.15,7.16)	3.63(0.92,6.35)	2.42(0.90,3.94)	3.42(1.55,5.29)	2.18(1.04,3.32)	3.78(0.89,6.67)
Overall						
<EAR	43.7(39.8,47.7)	39.7(38.4,41.0)	40.4(37.7,43.1)	43.1(41.1,45.0)	44.4(40.5,48.4)	44.1(41.6,46.5)
≥EAR, <RDA	12.9(11.9,13.8)	12.8(11.5,14.1)	13.8(12.2,15.3)	13.0(11.8,14.2)	14.3(13.0,15.7)	14.2(12.9,15.5)
≥RDA, ≤UL	37.7(34.5,41.0)	40.5(38.8,42.2)	40.4(38.3,42.5)	38.2(36.0,40.4)	36.6(33.0,40.2)	36.6(34.6,38.6)
>UL	5.68(4.27,7.09)	6.99(6.10,7.88)	5.45(4.43,6.47)	5.68(4.53,6.82)	4.69(3.51,5.87)	5.12(4.22,6.01)

Abbreviation: CI, confidence interval; EAR, Estimated Average Requirement; RDA, Recommended Dietary Allowance; UL, Tolerable Upper Intake Level.