

**Supplementary Table 2.** Intake of micronutrients from 2 x 24 h recalls of the study population.

	Overall (n 389)		Non-sarcopenic (n 307)		Sarcopenic (n 82)		P*	P <sup>†</sup>
	Mean/median	SD/Q1-Q3	Mean/median	SD/Q1-Q3	Mean/median	SD/Q1-Q3		
Vitamin A (RE) <sup>‡</sup>	874	601-1254	848	626-1249	930	562-1272	0.58	0.28
Vitamin D (µg)	9.1	4.2-18.8	9.1	4.1-16.8	8.9	4.5-24.4	0.54	0.15
Vitamin E (α-TE) <sup>§</sup>	12.2	8.0-20.0	12.3	8.2-18.8	12.0	7.0-24.4	0.76	0.10
Thiamin (mg)	1.4	0.3	1.4	0.5	1.2	0.7	0.033	0.22
Riboflavin (mg)	1.6	0.7	1.7	0.7	1.5	0.8	0.048	0.31
Niacin (NE) <sup>  </sup>	19.1	8.5	19.6	8.5	16.9	8.2	0.011	0.10
Vitamin B6 (mg)	1.3	1.0-1.8	1.4	1.1-1.8	1.2	0.9-1.6	0.007	0.50
Folate (µg)	213	88	216	88	198	83	0.099	0.24
Vitamin B12 (µg)	5.9	3.9-8.5	6.1	4.0-8.8	4.9	3.4-8.0	0.012	0.45
Vitamin C (mg)	91	57-121	90	56-126	98	58-131	0.32	0.15
Calcium (mg)	756	367	781	383	661	282	0.008	0.030
Iron (mg)	8.6	3.6	9.4	3.4	8.5	4.2	0.030	0.34
Sodium (g)	2.4	1.0	2.5	1.0	2.0	0.8	<0.0001	0.007
Potassium (g)	3.3	1.0	3.4	1.0	3.0	0.81	< 0.0001	0.026
Magnesium (mg)	300	244-370	313	252-381	254	217-314	< 0.0001	0.020
Zinc (mg)	10	4	10	7-12	9	6-10	0.033	0.36
Selenium (µg)	50	35-70	52	37-73	41	30-57	0.001	0.066

\*Between sarcopenic and non-sarcopenic subjects.

<sup>†</sup>Between sarcopenic and non-sarcopenic subjects when adjusted for gender.

<sup>‡</sup>R, retinol equivalents; <sup>§</sup>TE, tocopherol equivalents; <sup>||</sup>NE, niacin equivalents.