

## Data supplement

Table DS1 Baseline characteristics of women without lifetime history of depression, according to randomised groups <sup>a</sup>				
Characteristics	Folic acid and B vitamin status		P	n
	Active (n = 2176)	Placebo (n = 2155)		
Age, years: mean (s.d.)	63.6 (8.7)	63.6 (8.7)	0.87 <sup>b</sup>	4331
43–54 years, %	18.7	18.9	0.77 <sup>c</sup>	814
55–64 years, %	35.7	34.7		1524
≥65 years, %	45.6	46.5		1993
Body mass index, kg/m <sup>2</sup> : mean (s.d.)	30.2 (6.5)	30.1 (6.4)	0.61 <sup>b</sup>	4331
<25, %	23.9	21.8	0.08 <sup>c</sup>	989
25 to <30, %	28.8	31.5		1305
≥30, %	47.3	46.7		2037
Smoking status, %			0.41 <sup>c</sup>	
Never	46.4	44.9		1977
Past	43.2	43.6		1878
Current	10.4	11.6		476
Alcohol use, %			0.80 <sup>c</sup>	
Never/rarely	53.8	54.1		2336
At least 1 drink/month	12.5	12.1		532
1–6 drinks/week	25.0	24.3		1067
Daily	8.8	9.5		396
Physical activity, kcal/week: mean (s.d.)	1300 (1790)	1220 (1713)	0.13 <sup>b</sup>	4331
≤1000, %	62.2	63.9	0.24 <sup>d</sup>	2732
>1000, %	37.8	36.1		1599
Menopause and hormone therapy use, %			0.76 <sup>c</sup>	
Premenopausal	5.3	5.9		242
Uncertain	2.2	1.9		88
Postmenopausal, current hormone therapy use	49.0	48.7		2116
Postmenopausal, with no hormone therapy use	43.5	43.6		1885
Charlson (Deyo) comorbidity index score, mean (s.d.)	1.54 (1.35)	1.58 (1.38)	0.34 <sup>b</sup>	4331
0 or 1 points, %	56.5	55.9	0.69 <sup>d</sup>	2435
≥2 points, %	43.5	44.1		1896
Hypertension, %			0.47 <sup>d</sup>	
No	25.4	26.4		1120
Yes	74.6	73.6		3211
Diabetes, %			0.91 <sup>d</sup>	
No	79.7	79.6		3450
Yes	20.3	20.4		881
Elevated cholesterol, %			0.83 <sup>d</sup>	
No	22.3	22.0		959
Yes	77.7	78.0		3372
Baseline dietary intake of nutrients, <sup>e</sup> mean (s.d.)				
Folic acid, µg	490.4 (238.1)	494.3 (239.5)	0.60 <sup>b</sup>	4123
Vitamin B <sub>6</sub> , mg	4.91 (15.3)	5.81 (18.0)	0.08 <sup>b</sup>	4123
Vitamin B <sub>12</sub> , µg	8.79 (8.51)	9.00 (8.64)	0.44 <sup>b</sup>	4123
Low intake of folic acid, <279 µg/d: <sup>e</sup> %			0.20 <sup>d</sup>	
No	82.6	81.0		3371
Yes	17.5	19.0		752
Low intake of vitamin B <sub>6</sub> (<1.9 mg/d): <sup>e</sup> %			0.45 <sup>d</sup>	
No	72.5	71.5		2968
Yes	27.5	28.6		1155
Low intake of vitamin B <sub>12</sub> (<2.4 µg/d): <sup>e</sup> %			0.87 <sup>d</sup>	
No	96.1	96.0		3959
Yes	3.9	4.1		164
Low intake of any nutrient (folic acid, B <sub>6</sub> or B <sub>12</sub> ): <sup>e</sup> %			0.74 <sup>d</sup>	
No	69.1	68.5		2836
Yes	31.0	31.5		1287
Vitamin C randomisation status, %			0.93 <sup>d</sup>	
No	50.0	49.8		2160
Yes	50.1	50.2		2171
Vitamin E randomisation status, %			0.69 <sup>d</sup>	
No	50.8	50.2		2188
Yes	49.2	49.8		2143
Beta-carotene randomisation status, %			0.72 <sup>d</sup>	
No	49.5	50.1		2156
Yes	50.5	49.9		2175

a. Percentages may not add up to 100.0 because of rounding.

b. P-value from two-sample t-test with pooled variance or Satterthwaite method, as appropriate.

c. P-value from chi-square test.

d. P-value (two-sided) from Fisher exact test.

e. n = 4123 owing to missing nutrient data for B-vitamins: active group n = 2074; placebo group n = 2049.