

Supplementary figure 1 Example of blood tests results

The image shows a screenshot of a web interface for 'NutriProfiel'. At the top, there is a navigation bar with tabs for 'Total', 'Advice', 'Vitamin score', 'Lab results' (which is highlighted in green), and 'Info'. A green 'X' icon is in the top right corner. Below the navigation bar, a heading states: 'Your blood levels for vitamin D, B6, B12 and folate are listed below:'. This is followed by a list of test results:

<b>Ferritin</b>	14 µg/L
<b>Folate</b>	41 nmol/L
<b>Hemoglobin</b>	8.2 mmol/L
<b>Creatinine</b>	NA µmol/L
<b>Methylmalonic acid</b>	NA µmol/L
<b>Vitamin B12</b>	400 pmol/L
<b>Vitamin B6</b>	90 nmol/L
<b>Vitamin D</b>	25 nmol/L

Below the results, a heading states: 'Normal values for these vitamins are:'. This is followed by a list of normal values:

<b>Ferritin</b> >15 µg/L	<b>Methylmalonic acid</b> <0.35 µmol/L
<b>Folate</b> 7-40 nmol/L	<b>Vitamin B12</b> 220-600 pmol/L
<b>Hemoglobin</b> women 7.5-10 mmol/L, men 8.5-11 mmol/L	<b>Vitamin B6</b> 51-183 nmol/L
<b>Creatinine</b> age and gender specific	<b>Vitamin D</b> 30-250 nmol/L (18-64 years) or 50-250 nmol/L (≥65 years) target value 75 nmol/L