

Supplemental Table 1. Comparison of characteristics between participants with and without the exclusion of missing data.

Characteristics	Participants with missing data	Participants without missing data	<i>P</i> value
Number of participants, <i>n</i>	9,600	7,953	
Male, <i>n</i> (%)	4,656 (48.5%)	3,743 (47.1%)	0.060
Age, years	49.1 ± 15.4	49.9 ± 14.8	0.001
Height, cm	161.3 ± 8.7	161.1 ± 8.6	0.212
Weight, kg	60.7 ± 11.3	60.7 ± 11.2	0.889
BMI, kg/m ²	23.3 ± 3.4	23.3 ± 3.4	0.429
The Han nationality, <i>n</i> (%)	8,385 (87.7%)	7,030 (88.7%)	0.043
Married, <i>n</i> (%)	7,774 (82.8%)	6,686 (84.1%)	0.021
Middle school or above, <i>n</i> (%)	5,476 (58.4%)	4,513 (56.7%)	0.031
Smoking, <i>n</i> (%)	2,986 (31.8%)	2,482 (31.2%)	0.424
Drinking, <i>n</i> (%)	3,222 (34.3%)	2,675 (33.6%)	0.367
Physical activity, MET hours/week	59.5 [11.7, 168.5]	54.4 [11.8, 169.3]	0.888
The region, <i>n</i> (%)			0.437
North	4,050 (42.6%)	3,341 (42.0%)	
South	5,456 (57.4%)	4,612 (58.0%)	
Residence, <i>n</i> (%)			0.113
Urban	3,171 (33.4%)	2,562 (32.2%)	
Rural	6,335 (66.6%)	5,391 (67.8%)	
Urbanization index	65.0 [50.9, 85.2]	64.2 [50.8, 85.2]	0.623
Energy, kcal/day	2,158.6 ± 649.8	2,167.2 ± 649.3	0.386
Carbohydrate, g/day	295.4 ± 101.7	296.8 ± 101.7	0.356
Fat, g/day	74.2 ± 36.0	74.5 ± 36.0	0.561
Protein, g/day	66.0 ± 22.9	66.1 ± 22.7	0.815
hsCRP, mg/L	1.0 [0, 2.0]	1.0 [0, 2.0]	0.953

Characteristics	Participants with missing data	Participants without missing data	<i>P</i> value
Hb, g/L	141.5 ± 20.6	141.5 ± 20.6	0.909
WBC, 10 ⁹ /L	6.3 ± 2.0	6.3 ± 2.0	0.967
RBC, 10 ¹² /L	4.7 ± 0.7	4.7 ± 0.7	0.937
PLT, 10 ⁹ /L	213.0 ± 68.5	212.9 ± 68.6	0.889

For normally distributed continuous variables, the data were reported as means ± standard deviations. For non-normally distributed continuous variables, as medians [interquartile ranges]. For categorical variables, as n (%). CoQ10, coenzyme Q10; MET, metabolic equivalent; hsCRP, high-sensitivity C-reactive protein; Hb, hemoglobin; WBC, white blood cell count; RBC, red blood cell count; PLT, platelet count.

Supplemental Table 2. Linear regression associations between the quartiles of energy-adjusted dietary CoQ10 consumption and inflammatory markers.

	Crude model			Adjusted model		
	β (95% CI)	<i>P</i> value	<i>P</i> for trend	β (95% CI)	<i>P</i> value	<i>P</i> for trend
hsCRP, mg/L						
Q1	Ref		< 0.001	Ref		0.008
Q2	-0.70 (-1.27, -0.13)	0.017		-0.79 (-1.38, -0.21)	0.008	
Q3	-0.76 (-1.34, -0.19)	0.009		-0.81 (-1.39, -0.23)	0.007	
Q4	-1.05 (-1.63, -0.48)	< 0.001		-0.82 (-1.40, -0.24)	0.006	
WBC, 10⁹/L						
Q1	Ref		0.910	Ref		0.880
Q2	-0.05 (-0.17, 0.07)	0.421		0 (-0.13, 0.12)	0.993	
Q3	-0.06 (-0.19, 0.06)	0.319		-0.01 (-0.14, 0.11)	0.822	
Q4	0 (-0.13, 0.12)	0.955		-0.01 (-0.13, 0.12)	0.933	

The data were reported as β (95% CI). CoQ10 intervals were Q1 (< 2.18 mg/day), Q2 (2.18-4.07 mg/day), Q3 (4.07-6.92 mg/day), and Q4 (\geq 6.92 mg/day). The nutrient residual model was used to calculate energy-adjusted dietary CoQ10 consumption. Sex, age, the highest level of education, region, total energy intake, physical activity, urbanization index, and alcohol and cigarette consumption were introduced into adjusted models. CoQ10, coenzyme Q10; hsCRP, high-sensitivity C-reactive protein; WBC, white blood cell count; β , beta; CI, confidence interval.

Supplemental Table 3. Linear regression associations between the quartiles of dietary CoQ10 consumption and inflammatory markers with further adjustment for BMI.

	Adjusted model		
	β (95% CI)	<i>P</i> value	<i>P</i> for trend
hsCRP, mg/L			
Q1	Ref		0.022
Q2	-0.96 (-1.51, -0.42)	< 0.001	
Q3	-0.67 (-1.22, -0.12)	0.017	
Q4	-0.79 (-1.35, -0.22)	0.007	
WBC, 10⁹/L			
Q1	Ref		0.854
Q2	-0.06 (-0.17, 0.06)	0.349	
Q3	0 (-0.12, 0.12)	0.972	
Q4	-0.01 (-0.13, 0.12)	0.928	

The data were reported as β (95% CI). CoQ10 intervals by quartiles were Q1 (< 1.88 mg/day), Q2 (1.88-3.92 mg/day), Q3 (3.92-6.96 mg/day), and Q4 (\geq 6.96 mg/day). BMI, sex, age, the highest level of education, region, total energy intake, physical activity, urbanization index, and alcohol and cigarette consumption were introduced into adjusted models. CoQ10, coenzyme Q10; BMI, body mass index; hsCRP, high-sensitivity C-reactive protein; WBC, white blood cell count; β , beta; CI, confidence interval.