

Supplement table 1. The association of use of cod liver oil and multivitamin supplements with cumulative incidence of asthma over 11-year follow-up period, the HUNT Study, after excluding ever COPD, Chronic bronchitis or emphysema (n=16,711)

Regular use of cod liver oil and multivitamin supplements the previous year	No.	Cases	%	Crude OR (95% CI)	Adjusted OR (95% CI) Model I*	Adjusted OR (95% CI) Model II [†]	Adjusted OR (95% CI) Model III [#]
Reference group [§]	13,562	340	2.5	1.00	1.00	1.00	1.00
Cod liver oil only	1,143	39	3.4	1.37 (0.98-1.92)	1.55 (1.10-2.19)	1.55 (1.10-2.18)	1.49 (1.06-2.11)
Multivitamin supplements only	975	41	4.2	1.71 (1.23-2.38)	1.62 (1.16-2.27)	1.61 (1.15-2.26)	1.58 (1.12-2.22)
Use of both	1,031	39	3.8	1.53 (1.09-2.14)	1.61 (1.14-2.28)	1.61 (1.14-2.28)	1.56 (1.10-2.21)

Abbreviations: CI, confidence interval; HUNT, Nord-Trøndelag Health Study; OR, odds ratio.

*Model I adjusted for age, sex, smoking (current, former, never and unknown), light physical activity, education, social benefit, economic difficulties, family history of asthma, and body mass index.

[†]Model II adjusted for alcohol consumption in addition to the covariates in Model I.

[#]Model III adjusted for HADS of anxiety and HADS of depression and chronic disease at baseline in addition to the covariates in model I.

[§]Reference group refers to non-users or daily intake of cod liver oil or multivitamin supplements <3 months.

Supplement table 2. The association of use of cod liver oil and multivitamin supplements with cumulative incidence of asthma over 11-year follow-up period, the HUNT Study, in subjects <40 years at baseline (n=8,024)

Regular use of cod liver oil and multivitamin supplements the previous year	No.	Cases	%	Crude OR (95% CI)	Adjusted OR (95% CI) Model I*	Adjusted OR (95% CI) Model II [†]	Adjusted OR (95% CI) Model III [#]
Reference group [§]	6,830	198	2.9	1.00	1.00	1.00	1.00
Cod liver oil only	425	17	4.0	1.40 (0.84-2.31)	1.61 (0.96-2.70)	1.60 (0.95-2.68)	1.56 (0.93-2.63)
Multivitamin supplements only	412	26	6.3	2.26 (1.48-3.44)	2.03 (1.32-3.12)	2.00 (1.30-3.08)	1.89 (1.22-2.93)
Use of both	357	17	4.8	1.67 (1.01-2.78)	1.63 (0.97-2.75)	1.66 (0.98-2.79)	1.52 (0.90-2.57)

Abbreviations: CI, confidence interval; HUNT, Nord-Trøndelag Health Study; OR, odds ratio.

*Model I adjusted for age, sex, smoking (current, former, never and unknown), light physical activity, education, social benefit, economic difficulties, family history of asthma, and body mass index.

[†]Model II adjusted for alcohol consumption in addition to the covariates in Model I.

[#]Model III adjusted for HADS of anxiety and HADS of depression and chronic disease at baseline in addition to the covariates in Model I.

[§]Reference group refers to non-users or daily intake of cod liver oil or multivitamin supplements <3 months.

Supplement table 3. The association of use of cod liver oil and multivitamin supplements with cumulative incidence of asthma over 11-year follow-up period, the HUNT Study, in subjects with no chronic disease at baseline (n=14,332)

Regular use of cod liver oil and multivitamin supplements the previous year	No.	Cases	%	Crude OR (95% CI)	Adjusted OR (95% CI) Model I*	Adjusted OR (95% CI) Model II†	Adjusted OR (95% CI) Model III#
Reference group [§]	11,865	308	2.6	1.00	1.00	1.00	1.00
Cod liver oil only	939	36	3.8	1.50 (1.05-2.13)	1.71 (1.19-2.44)	1.71 (1.19-2.45)	1.71 (1.19-2.45)
Multivitamin supplements only	762	31	4.1	1.59 (1.09-2.32)	1.51 (1.03-2.21)	1.51 (1.02-2.21)	1.50 (1.02-2.20)
Use of both	766	30	3.9	1.53 (1.04-2.24)	1.68 (1.13-2.48)	1.68 (1.13-2.48)	1.67 (1.13-2.47)

Abbreviations: CI, confidence interval; HUNT, Nord-Trøndelag Health Study; OR, odds ratio.

*Model I adjusted for age, sex, smoking (current, former, never and unknown), light physical activity, education, social benefit, economic difficulties, family history of asthma, and body mass index.

†Model II adjusted for alcohol consumption in addition to the covariates in Model I.

#Model III adjusted for HADS of anxiety and HADS of depression in addition to the covariates in Model I.

§Reference group refers to non-users or daily intake of cod liver oil or multivitamin supplements <3 months.