



## Supplementary material

# Intake of Antioxidant Vitamins and Minerals in Relation to Body Composition, Skin Hydration and Lubrication in Young Women

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**Table S1.** Correlations between the consumption of ingredients with antioxidant activity ( $p < 0.001$ ).

Factors	A	C	D	E	Cu	Mn	Zn
A	-	0.46	0.39	0.56	0.52	0.27	0.46
C	0.46	-	-	0.51	0.39	0.32	0.32
D	0.39	-	-	0.38	0.37	-	0.41
E	0.56	0.51	0.38	-	0.58	0.35	0.52
Cu	0.52	0.39	0.37	0.58	-	0.66	0.74
Mn	0.27	0.32	-	0.35	0.66	-	0.62
Zn	0.46	0.32	0.41	0.52	0.74	0.62	-

**Table S2.** Correlations between skin hydration and lubrication ( $p < 0.05$ ).

Factors	H-Fa	H-Ne	H-Fh	H-No	H-Che	H-Chi	H-Ey	H-Total	L-Fh	L-No	L-Che	L-Chi	L-Total
H-Fa	-	0.52	0.16	-	0.26	0.28	-	0.46	-	-	-	-	-
H-Ne	0.52	-	0.23	-0.17	0.33	0.35	0.24	0.53	-	0.19	-	-	-
H-Fh	0.16	0.23	-	-	0.37	0.46	0.37	0.64	-	-	-	-	-
H-No	-	-0.17	-	-	-	-	-	0.34	-	-	-	-	-
H-Che	0.26	0.33	0.37	-	-	0.49	0.36	0.64	-0.26	-	-	-	-
H-Chi	0.28	0.35	0.46	-	0.49	-	0.37	0.74	-0.17	-	-0.15	-	-0.16
H-Ey	-	0.24	0.37	-	0.36	0.37	-	0.59	-0.30	-	-	-0.19	-0.22
H-Total	0.46	0.53	0.64	0.30	0.64	0.74	0.59	-	-0.19	-	-	-	-
L-Fh	-	-	-	-	-0.26	-0.17	-0.30	-0.19	-	0.32	0.46	0.50	0.73
L-No	-	0.19	-	-	-	-	-	-	0.32	-	0.52	0.44	0.75
L-Che	-	-	-	-	-	-0.15	-	-	0.46	0.52	-	0.48	0.79
L-Chi	-	-	-	-	-0.27	-	-0.19	-	0.50	0.44	0.48	-	0.76
L-Total	-	-	-	-	-0.24	-0.16	-0.22	-	0.73	0.75	0.79	0.76	-

H-Che – hydration of cheeks, H-Chi – hydration of chin, H-Ey – hydration of eyelids, H-Fa – hydration of forearm, H-Fh – hydration of forehead, H-Ne – hydration of neckline, H-No – hydration of nose, H-Total – hydration of all areas, L-Che – lubrication of cheeks, L-Chi – lubrication of chin, L-Fh – lubrication of forehead, L-No – lubrication of nose, L-Total – lubrication of all areas.