**Materials S1: Further information on those for whom blood data were available.**

***Vitamins and supplements***

The parents of 62/431 (14.4%) of children reported that their children currently took vitamins or supplements regularly, however only 20 (4.6%) of these children were currently taking an Omega 3 supplement.

***Medication***

82/440 (18.6%) of children’s parents reported that their child currently took medication. The majority, 61 (74%) of these children were taking medication for an atopic condition (i.e. asthma, eczema or hay fever). Other chronic conditions requiring medication were constipation, diabetes and a thyroid condition.