Figure S1. CONSORT diagram.

Excluded (n=238)

Survey incomplete.

**Survey responses received n=1,176**

Invited to participate in video tech and eligibility check n=85

**Data reviewed to identify priority groups based on food/supplement use and demographic diversity n=397**

Invited to join focus group sessions n=46

Data Analyzed

Ages 19-30

n=19

Data Analyzed

Ages 31-59

n=20

Participation in Two Discussion Groups

Ages 19-30

n=19

Participation in Two Discussion Groups

Ages 31-59

n=20

**Assessed for eligibility n=938**

Excluded (n=39)

* Non-responsive (n=17)
* No show for scheduled appointment (n=11)
* Identified as scammer (n=4)
* Determined lower priority based on response to supplement/food survey items (n=7)

Excluded (n=312)

Not selected for diversity of supplement/food use or demographic diversity

Excluded (n=541)

* Did not consume both foods and supplements for brain health (n=376)
* Flagged as international IP address (n=37)
* Duplicates identified through fraud software (n=105)
* Reported profession or higher education in nutrition and/or supplement industry n=23