

Supplementary Table 2. Characteristic for nutrients of each PMS pattern

	Affective type (n = 23)	Mixed type (n = 36)	Somatic type (n = 42)
Physical activity (kcal/day)	314.75 ± 321.25	338.80 ± 452.76	352.36 ± 321.93
Manganese (mg/day)	2.73 ± 1.25	2.96 ± 1.80	2.46 ± 0.93
Folic acid (µg/day)	329.06 ± 151.86	348.95 ± 223.02	257.98 ± 110.40
Vitamin C (mg/day)	118.90 ± 60.10	136.26 ± 108.57	93.17 ± 49.87
Dietary fiber (g/day)	11.11 ± 4.30	11.71 ± 6.67	9.08 ± 3.14