

SUPPLEMENTARY FIGURES AND TABLES

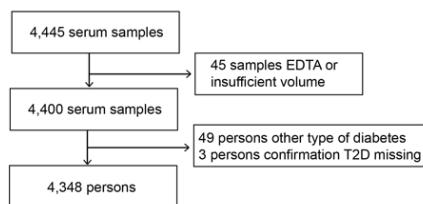
Supplementary table 1. Macro- and microvascular incidents during follow-up per Mg²⁺ quartile.

| | | Quartile 1 Mg ²⁺ <0.75 | Quartile 2 Mg ²⁺ 0.75-0.80 | Quartile 3 Mg ²⁺ 0.80-0.85 | Quartile 4 Mg ²⁺ ≥ 0.80 |
|--|----------------|--------------------------------------|--|--|---------------------------------------|
| | | Mg ²⁺ <0.75 | Mg ²⁺ 0.75-0.80 | Mg ²⁺ 0.80-0.85 | Mg ²⁺ ≥ 0.80 |
| Major macrovascular (AMI, CHD, HF, CVA, PAD) | Yes | 110 (12.3) | 79 (9.3) | 72 (8.3) | 67 (8.1) |
| | No | 787 (87.7) | 766 (90.7) | 794 (91.7) | 756 (91.5) |
| | Not registered | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| AMI | Yes | 31 (2.9) | 17 (1.7) | 26 (2.5) | 17 (1.8) |
| | No | 1,017 (96.0) | 952 (97.0) | 994 (95.5) | 921 (96.5) |
| | Not registered | 11 (1.0) | 12 (1.2) | 10 (1.0) | 16 (1.7) |
| CHD | Yes | 57 (5.9) | 35 (3.9) | 41 (4.4) | 36 (4.1) |
| | No | 904 (93.0) | 854 (94.8) | 884 (94.5) | 826 (94.1) |
| | Not registered | 11 (1.1) | 12 (1.3) | 10 (1.1) | 16 (1.8) |
| HF | Yes | 58 (5.2) | 37 (3.6) | 30 (2.7) | 30 (3.0) |
| | No | 1,055 (93.9) | 973 (95.2) | 1,061 (96.4) | 945 (95.4) |
| | Not registered | 11 (1.0) | 12 (1.2) | 10 (0.9) | 16 (1.6) |
| CVA | Yes | 43 (3.9) | 25 (2.5) | 26 (2.4) | 24 (2.4) |
| | No | 1,060 (95.2) | 978 (96.4) | 1,043 (96.7) | 958 (96.0) |
| | Not registered | 11 (1.0) | 12 (1.2) | 10 (0.9) | 16 (1.6) |
| PAD | Yes | 33 (3.0) | 28 (2.8) | 29 (2.7) | 23 (2.3) |
| | No | 1,050 (96.0) | 966 (96.0) | 1,047 (96.4) | 940 (96.0) |
| | Not registered | 11 (1.0) | 12 (1.2) | 10 (0.9) | 16 (1.6) |
| AF | Yes | 69 (6.5) | 38 (3.9) | 30 (2.8) | 20 (2.1) |
| | No | 990 (93.5) | 936 (96.1) | 1030 (97.2) | 929 (97.9) |
| | Not registered | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| Major microvascular | Yes | 368 (58.7) | 316 (49.4) | 323 (47.5) | 278 (45.6) |
| | No | 259 (41.3) | 324 (50.6) | 357 (52.5) | 332 (54.4) |
| | Not registered | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| CKD | Yes | 361 (37.5) | 267 (28.9) | 263 (27.2) | 202 (24.3) |
| | No | 600 (62.4) | 667 (71.1) | 703 (72.8) | 629 (75.7) |
| | Not registered | 1 (0.1) | 0 (0) | 0 (0) | 0 (0) |

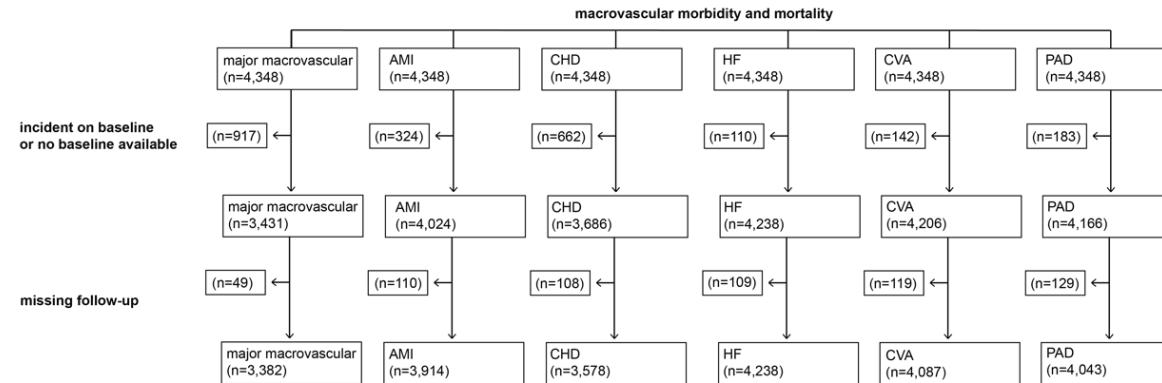
| | | | | | |
|----------------------|----------------|------------|------------|------------|------------|
| Diabetic retinopathy | Yes | 45 (4.0) | 36 (3.5) | 18 (1.6) | 15 (1.5) |
| | No | 959 (85.0) | 898 (87.1) | 989 (88.7) | 864 (85.8) |
| | Not registered | 124 (11.0) | 97 (9.4) | 108 (9.7) | 128 (12.7) |
| Diabetic foot | Yes | 336 (45.3) | 268 (38.1) | 287 (37.0) | 256 (35.3) |
| | No | 405 (54.7) | 436 (61.9) | 489 (63.0) | 470 (64.7) |
| | Not registered | 0 (0) | 0 (0) | 0 (0) | 0 (0) |

Incidents registered in n (%). Morbidity and mortality or complications that are registered after the inclusion date. AF= atrial fibrillation. AMI= acute myocardial infarction, CHD= coronary heart disease, CKD= chronic kidney disease, CVA= cerebrovascular accident, HF= heart failure, Mg²⁺= magnesium, PAD= peripheral arterial disease.

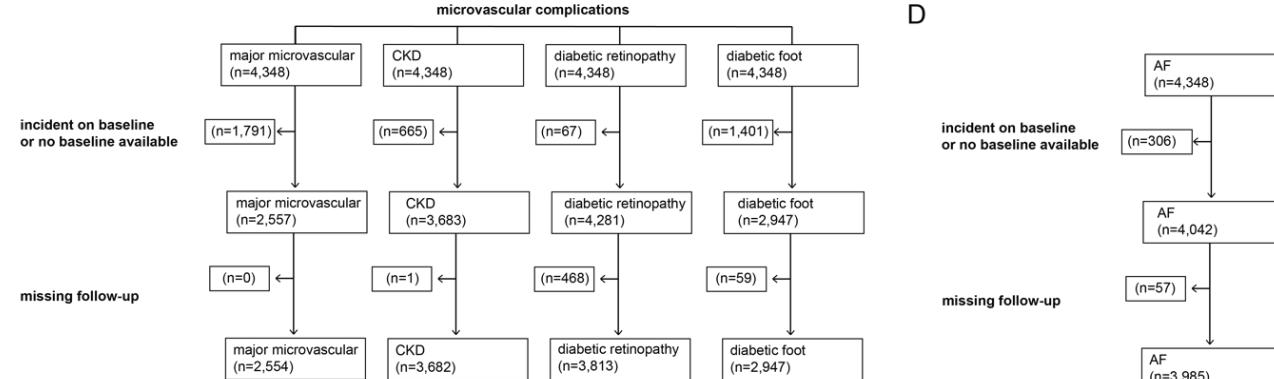
A



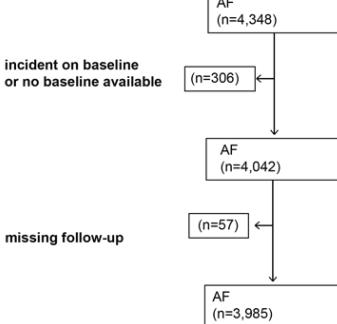
B



C



D



Supplementary figure 1. Flowchart of (A) sample exclusion and flowcharts of the persons excluded for (B) macrovascular disease and mortality, (C) microvascular complications and (D) AF Cox regression analysis. AF=atrial fibrillation, AMI= acute myocardial infarction, CHD= coronary heart disease, CKD= chronic kidney disease, CVA=cerebrovascular accident, HF= heart failure, PAD= peripheral arterial disease,

Supplementary table 2. Sensitivity Cox regression analyses in the linear association of Mg²⁺ with macrovascular disease and mortality, AF, and microvascular complications.

| | Main model 2 ¹ | | Adjusting for AF at baseline | | Adjusting for migration background, BMI, serum creatinine | | Separating medication ² | | Exclusion of Mg ²⁺ supplement use ³ | |
|--|---------------------------|---------|------------------------------|---------|---|---------|------------------------------------|---------|---|---------|
| | HR (95% CI) | P-value | HR (95% CI) | P-value | HR (95% CI) | P-value | HR (95% CI) | P-value | HR (95% CI) | P-value |
| Major macrovascular (AMI, CHD, HF, CVA, PAD) | 0.87 (0.76-1.00) | 0.054 | 0.88 (0.76-1.01) | 0.077 | 0.87 (0.75-1.00) | 0.052 | 0.87 (0.75-1.00) | 0.049 | 0.87 (0.76-1.01) | 0.060 |
| AMI | 0.89 (0.68-1.17) | 0.402 | 0.90 (0.69-1.18) | 0.448 | 0.90 (0.68-1.17) | 0.442 | 0.91 (0.70-1.19) | 0.489 | 0.89 (0.68-1.17) | 0.406 |
| CHD | 0.97 (0.79-1.18) | 0.733 | 0.97 (0.80-1.19) | 0.797 | 0.95 (0.77-1.16) | 0.588 | 0.97 (0.79-1.18) | 0.761 | 0.96 (0.79-1.18) | 0.704 |
| HF | 0.76 (0.62-0.93) | 0.008 | 0.78 (0.64-0.95) | 0.015 | 0.77 (0.63-0.95) | 0.012 | 0.74 (0.60-0.90) | 0.003 | 0.76 (0.62-0.93) | 0.008 |
| CVA | 0.83 (0.66-1.04) | 0.105 | 0.83 (0.66-1.05) | 0.113 | 0.83 (0.66-1.05) | 0.115 | 0.85 (0.67-1.07) | 0.165 | 0.82 (0.65-1.04) | 0.104 |
| PAD | 1.02 (0.80-1.30) | 0.880 | 1.03 (0.80-1.31) | 0.837 | 0.97 (0.76-1.23) | 0.774 | 1.01 (0.79-1.29) | 0.926 | 1.02 (0.80-1.31) | 0.870 |
| AF | 0.59 (0.49-0.72) | <0.001 | - | - | 0.60 (0.50-0.73) | <0.001 | 0.59 (0.48-0.71) | <0.001 | 0.59 (0.49-0.72) | <0.001 |

| | | | | | | | | | | |
|---|---------------------|--------|------------------|--------|------------------|--------|---------------------|--------|------------------|--------|
| Major microvascular (CKD, diabetic retinopathy, diabetic foot) ⁴ | 0.85 (0.78-0.91) | <0.001 | 0.85 (0.78-0.91) | <0.001 | 0.84 (0.78-0.90) | <0.001 | 0.86 (0.80-0.93) | <0.001 | 0.84 (0.78-0.91) | <0.001 |
| CKD ⁴ | 0.89 (0.82-0.96) | 0.003 | 0.89 (0.82-0.96) | 0.005 | 0.88 (0.81-0.95) | 0.001 | 0.89 (0.82-0.97) | 0.008 | 0.89 (0.82-0.96) | 0.003 |
| Diabetic retinopathy ⁴ | 0.77 (0.61-0.98) | 0.031 | 0.77 (0.62-0.98) | 0.035 | 0.79 (0.63-1.00) | 0.057 | 0.78 (0.61-0.99) | 0.038 | 0.78 (0.61-0.98) | 0.035 |
| Diabetic foot ⁴ | 0.85 (0.78-0.92) | <0.001 | 0.85 (0.78-0.92) | <0.001 | 0.84 (0.78-0.91) | <0.001 | 0.86 (0.80-0.93) | <0.001 | 0.84 (0.78-0.91) | <0.001 |

¹Main model 2= age, sex, duration of diabetes (years), SBP (mmHg), TG (mmol/L), LDL cholesterol (mmol/L), albumin/creatinine ratio (mg/mmol), education (low, medium, high), smoking (current, former, never), glucose-lowering drugs (yes/no) and CVD medication (yes/no), ²Separating medication= insulin use (A10A), glucose-lowering drugs excluding insulins (A10B), antihypertensives (C02), diuretics (C03), and rest CVD medication (C01, C04, C05, C08, C09), ³Exclusion of Mg²⁺ supplement use= 25 people using a type of Mg²⁺ excluded from the analysis. Major macrovascular (n=3,361); AMI (n=3,889); CHD (n=3,554); HF (n=4,105); CVA (n=4,062); PAD (n=4,020); AF (n=3,961); major microvascular (n=2,547); CKD (n=3,662); diabetic retinopathy (n=3,792); diabetic foot (n=2,874). ⁴CKD is defined as an eGFR<60 mL/min/1.73m², diabetic retinopathy is grade ≥2 and diabetic foot complications grade ≥1. Major macrovascular (n=3,382); AMI (n=3,914); CHD (n=3,578); HF (n=4,129); CVA (n=4,087); PAD (n=4,043); AF (n=3,985); major microvascular (n=2,557); CKD (n=3,682); diabetic retinopathy (n=3,813); diabetic foot (n=2,888). ⁴AF= atrial fibrillation, AMI= acute myocardial infarction, CHD= coronary heart disease, CI= confidence interval, CKD= chronic kidney disease, CVA= cerebrovascular accident, CVD= cardiovascular, HF= heart failure, HR= hazard ratio, Mg²⁺= magnesium, PAD= peripheral arterial disease.