<table>
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<th>Nutrient</th>
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| Folic acid (and related B Vitamins) | - Folate deficiency causes DNA hypomethylation and increased oxidative stress, leading to increased steatohepatitis in animals  
- Negative studies for supplementation of S-adenosylmethionine (SAM) in humans | Halsted, 2002; Esfandiari, 2005; Rambaldi, 2006; Medici, 2011; Rajdl, 2016; Kharbanda, 2007; Ma, 2020; Medici, 2010; Diehl, 1987 | - Oxidative stress,  
- Epigenetic changes (DNA hypomethylation) |
| Vitamin D                      | - Vitamin D deficiency worsens alcohol-related liver injury in animals  
- Vitamin D deficiency correlates with liver disease severity and is associated with development of liver disease in humans  
- Vitamin D levels positively correlates with transaminase levels | Hu, 2020; Zhang, 2019; Blngul, 2021; Chen, 2015; Hu, 2019; Putz-Bankhuti, 2012; Skaaby, 2014; Shetata, 2016; Savic, 2018 | - Oxidative stress,  
Gut barrier function |
| Magnesium                      | - Magnesium supplementation reduces oxidative stress and liver injury in animals  
- Magnesium deficiency correlated with severe fibrosis in human observation studies  
- Magnesium supplementation reduces liver transaminases in humans | Markiewicz-Gorka, 2011; Rayssiguier, 1985; Gala, 2019; Riche, 1986; Wu, 2017; Tao, 2021; Gullestad, 1992; Poikolainen, 2008 | Oxidative stress |
| Zinc                           | - Zinc deficiency correlated with increased hepatic steatosis and fibrosis in animals  
- Zinc deficiency associated with elevated transaminases and reduced levels of antioxidant enzymes in humans | Conde-Martel, 1992; Kang, 2009; Zhou, 2002; Gimenez, 1992; Zhou, 2002; Saribal, 2019; Vatsalya, 2018; Prystupa, 2017 | - Oxidative stress,  
Inflammation |
| Selenium                       | - Selenium supplementation improves antioxidant function, reduces oxidative stress, transaminases and steatohepatitis in animals  
- Negative studies for selenium supplementation in humans | Kong, 1996; Lee, 2001; Sivaram, 2003; Markiewicz-Gorka, 2011; Wang, 2013; Ozkol, 2017; Fu, 2018; Adali, 2019; Oner, 1995; Tanner, 1986; Gonzalez-Reimers, 2008; Bjelakovic, 2010 | - Oxidative stress |