

**Table 1:** The demographic and clinical characteristics of healthy subjects, individuals with mild cognitive impairment and Alzheimer's disease who were included in the study.

Characteristic	HS	MCI	AD	HS vs MCI*	HS vs AD*	MCI vs AD*
Number	103	109	138			
Male gender	50 (48.5)	46 (42.2)	61 (44.2)	0.354	0.504	0.753
Age (years)	74.00 $\pm$ 5.41	74.52 $\pm$ 5.48	75.51 $\pm$ 6.72	0.488	0.214	0.062
BMI (kg/m <sup>2</sup> )	27.87 $\pm$ 2.21	27.74 $\pm$ 2.84	27.21 $\pm$ 3.09	0.697	0.394	0.168
Education level				0.572	0.132	0.122
Low	15 (14.6)	19 (17.4)	34 (24.6)			
Medium	52 (50.5)	59 (54.1)	57 (41.3)			
High	36 (35.0)	31 (28.4)	47 (34.1)			
VRF (%)	26 (25.2)	27 (24.8)	34 (24.6)	0.937	0.914	0.981
CAMGOG	84.23 $\pm$ 9.21	80.69 $\pm$ 12.19	64.36 $\pm$ 16.98	0.018	<0.001	<0.001
Season tested 25(OH)D				0.222	0.169	0.930
Winter-Spring	49 (47.6)	61 (56.0)	78 (56.5)			
Summer-Autumn	54 (52.4)	48 (44.0)	60 (43.5)			
MMSE	27.88 $\pm$ 1.54	26.03 $\pm$ 2.14	16.36 $\pm$ 5.51	<0.001	<0.001	<0.001

Values are given as numbers and percentage in brackets or mean  $\pm$  standard deviation, HS: healthy subjects, MCI: individuals with mild cognitive impairment, AD: individuals with Alzheimer's disease, \*: p values, BMI: body mass index, VRF: vascular risk factors, CAMCOG: Cambridge Cognition Examination, 25(OH)D: 25-hydroxyvitamin D, MMSE: Mini Mental State Examination.