**Supplementary Table 1:** Sociodemographic data of adult PKU patients in comparison to age-matched German population

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|  | **PKU patients** | **German population** |
| Mean age | 38 years | 41 years |
| Age range | 18-53 years | 18-65 years |
| Single living persons | 47% | 21.5% |
| Rate of children per person | 0.4 | 1.34 |
| Education:  A level | 40% | 33% |
| Advanced technical college | 10% | 12% |
| Secondary school | 31% | 23% |
| Junior high school | 14% | 17% |
| No graduation | 6% | 6% |