**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% |