SQL SOLUTION:

```
SELECT c.customer_id, c.age, i.item_name, COALESCE(SUM(o.quantity), 0) AS total_quantity
FROM Customer c
JOIN Sales s ON c.customer_id = s.customer_id
JOIN Orders o ON s.sales_id = o.sales_id
JOIN Items i ON o.item_id = i.item_id
WHERE c.age BETWEEN 18 AND 35
GROUP BY c.customer_id, i.item_id
ORDER BY c.customer_id, i.item_id;
```

PYTHON WITH PANDAS SOLUTION:

```
import sqlite3
import pandas as pd
conn = sqlite3.connect('your_database.db')
query = """
   SELECT c.customer_id, c.age, i.item_name, COALESCE(SUM(o.quantity), 0) AS total_quantity
   FROM Customer c
   JOIN Sales s ON c.customer_id = s.customer_id
   JOIN Orders o ON s.sales_id = o.sales_id
   JOIN Items i ON o.item_id = i.item_id
   WHERE c.age BETWEEN 18 AND 35
   GROUP BY c.customer_id, i.item_id
   ORDER BY c.customer_id, i.item_id;
"""
df = pd.read_sql_query(query, conn)
conn.close()
df.to_csv('output.csv', sep=':', index=False)
```