

WHAT IS A SUPPLEMENT?



Energy
drinks



Vitamins
and minerals



Herbal remedies
Homeopathic medicines



Probiotics
Protein powders
Fat burners
Mass gainers
Muscle boosters

**NOT
REGULATED**

DO YOU USE SUPPLEMENTS?

WHO USES THEM?

87%

OF ATHLETES
SAY THEY USE
SUPPLEMENTS

WHERE DO ATHLETES get their advice?



Family and friends

19.8%



Strength trainers

13.5%



Teammates

10.8%

ONLY 4% ASK THEIR DOCTOR
AND ONLY 0.8% ASK A DIETITIAN

DO YOU NEED SUPPLEMENTS?

TOP REASONS ATHLETES GIVE FOR USING

30.2% HEALTH MAINTENANCE/PREVENT NUTRITIONAL DEFICIENCY

20.5% INCREASE ENERGY

15.6% EXERCISE RECOVERY

14.0% INCREASE LEAN BODY MASS OR STRENGTH

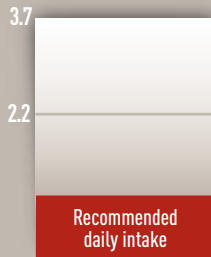
8.6% ENHANCE IMMUNITY

5.4% MEDICAL INDICATIONS

5.7% OTHER

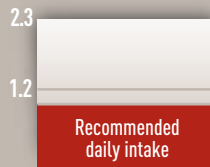
ATHLETES TAKE TOO MANY SUPPLEMENTS

VITAMINS



2.2 – 3.7 times
the recommended
daily intake

MINERALS



1.2 – 2.3 times
the recommended
daily intake

SHOULD YOU BELIEVE THE HYPE?



ARE SUPPLEMENTS SAFE?

I'm made in a filthy basement.



I'm contaminated with steroids.



I will make you test positive.



I'm illegal in Canada.



QUESTION SUPPLEMENTS

**GET THE
FACTS!**

Go to www.cces.ca