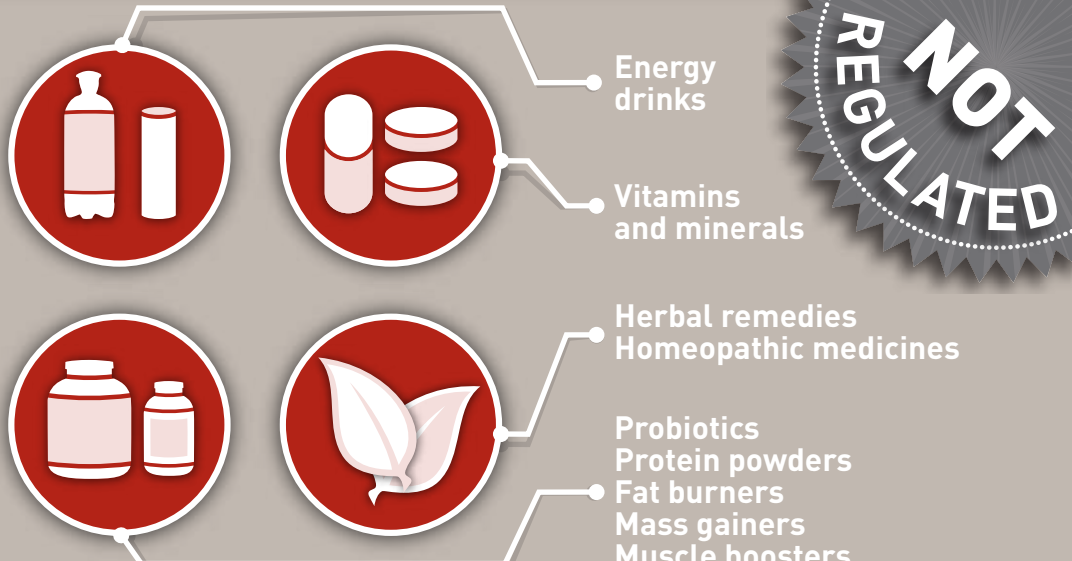


# QUESTION SUPPLEMENTS

## WHAT IS A SUPPLEMENT?



## DO YOU USE THEM?

### WHO USES THEM?

**87%**

OF ATHLETES  
SAY THEY USE  
SUPPLEMENTS

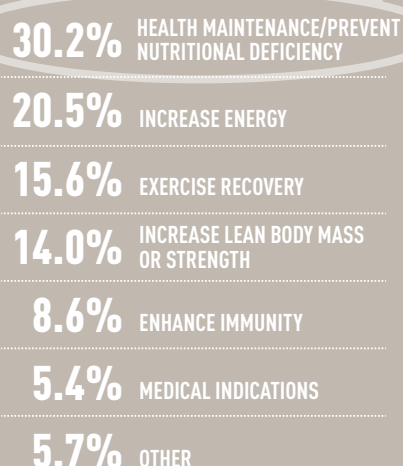
### WHERE DO ATHLETES get their advice?



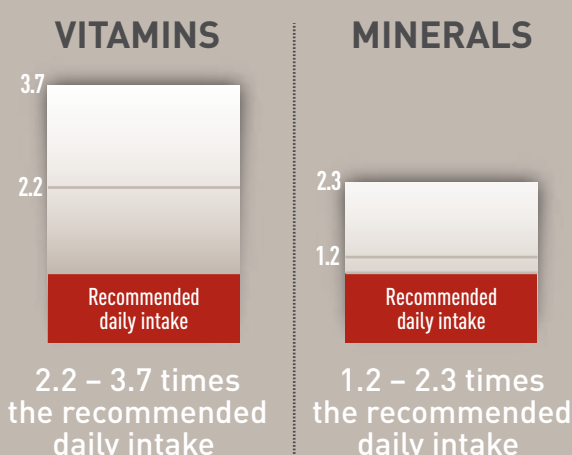
ONLY 4% ASK THEIR DOCTOR  
AND ONLY 0.8% ASK A DIETITIAN

## DO YOU NEED THEM?

### TOP REASONS ATHLETES GIVE FOR USING



### ATHLETES TAKE TOO MANY SUPPLEMENTS



## SHOULD YOU BELIEVE THE HYPE?



## ARE THEY SAFE?

I'm made in a filthy basement.



I'm contaminated with steroids.



I will make you test positive.



I'm illegal in Canada.



## WHAT SHOULD YOU DO?

# GET THE FACTS!

Go to [www.cces.ca](http://www.cces.ca)