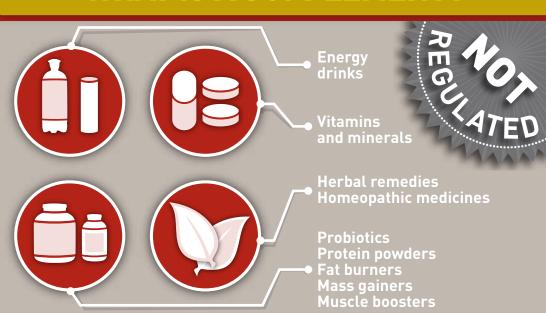
# SUPPLEMENTS

## WHAT IS A SUPPLEMENT?



### DO YOU USE THEM?

**WHO USES THEM?** 

**OF ATHLETES SAY THEY USE SUPPLEMENTS**  WHERE DO ATHLETES get their advice?



13.5% 19.8%



10.8%

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

#### DO YOU NEED THEM?



30.2% HEALTH MAINTENANCE/PREVENT

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

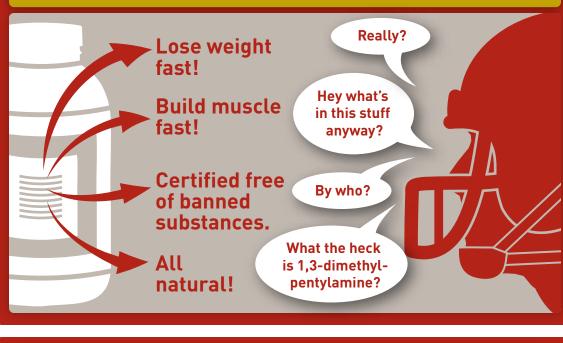
#### **ATHLETES TAKE TOO MANY SUPPLEMENTS**

**MINERALS VITAMINS** 

Recommended daily intake

Recommended daily intake

# **SHOULD YOU BELIEVE THE HYPE?**



# **ARE THEY SAFE?**

I'm made in a filthy basement.





with steroids.

I'm contaminated

I will make you test positive.





in Canada.

I'm illegal

WHAT SHOULD YOU DO?

# FACTS

Go to www.cces.ca