

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

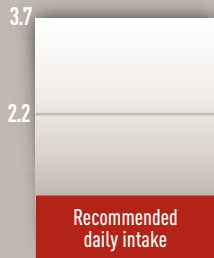
8.6% ENHANCE IMMUNITY

5.4% MEDICAL INDICATIONS

5.7% OTHER

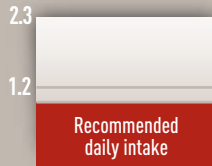
ATHLETES TAKE TOO MANY SUPPLEMENTS

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?



Lose weight fast!

Build muscle fast!

Certified free of banned substances.

All natural!

Really?

Hey what's in this stuff anyway?

By who?

What the heck is 1,3-dimethyl-pentylamine?



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