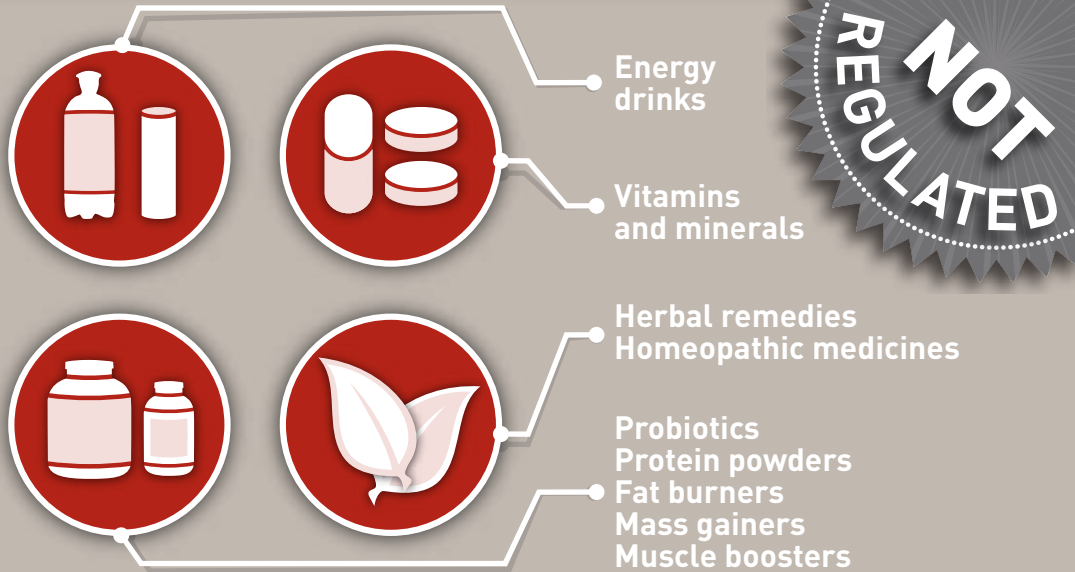


# QUESTION SUPPLEMENTS

## WHAT IS A SUPPLEMENT?



## DO YOU USE THEM?

### WHO USES THEM?

**87%**

OF ATHLETES SAY THEY USE SUPPLEMENTS

### WHERE DO ATHLETES get their advice?



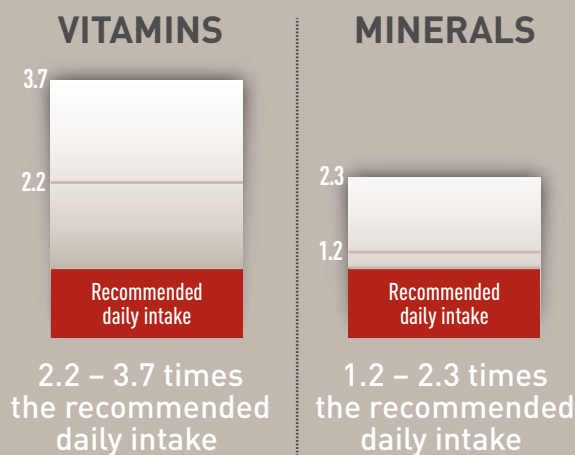
ONLY 4% ASK THEIR DOCTOR AND ONLY 0.8% ASK A DIETITIAN

## DO YOU NEED THEM?

### TOP REASONS ATHLETES GIVE FOR USING

- 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



## 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 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)