

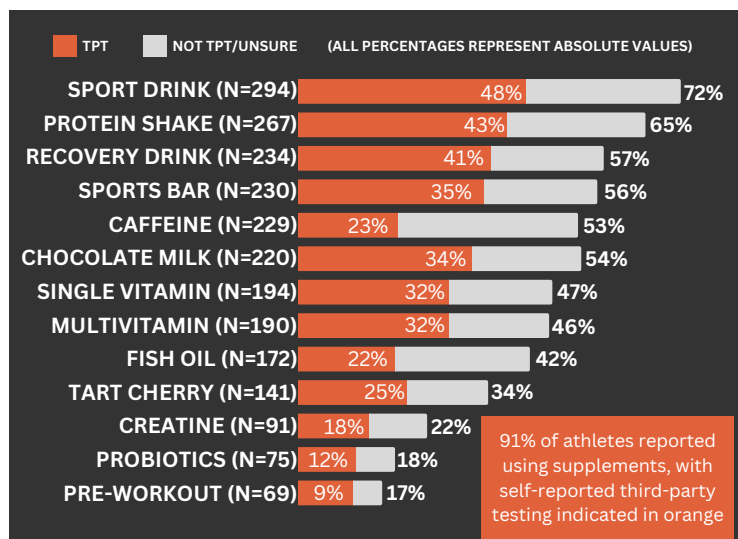
Safe Supplement Use In US Collegiate DI Athletes

What Sports RDs need to know about their athlete's behavior

How this data was collected

A total of 410 student-athletes (12% response rate, of which 53% female), from six NCAA DI athletic departments within the U.S., filled out a web-based questionnaire with a median duration of 16 minutes in 2022-2023. They answered questions about demographics, supplement use, supplement knowledge, and attitude towards (safe) supplement use. Some of the outcomes are reported in this factsheet. Regression models were applied to the data to identify predictors for the use of uncertified vs. third-party tested nutritional supplements.

Supplement use (n=410)



Use of Third-Party Tested Supplements (n=410)

Athletes using untested supplements are at higher risk of contamination and would benefit from (additional) Sports RD education.



*Does not include "food products" such as a general sports drink

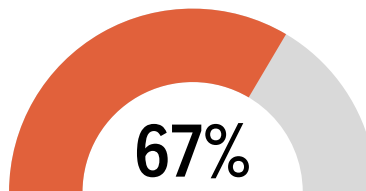
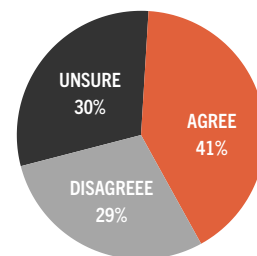


NO ATHLETES SCORED HIGHER THAN 50% ON THE SUPPLEMENT KNOWLEDGE SECTION WITH AN AVERAGE SCORE OF 29%

Purchasing (Safe) Supplements (n=410)

To ensure student-athletes can purchase safe third-party tested supplements they need to know where to find and how to purchase them.

DO YOU KNOW WHERE TO FIND & PURCHASE THIRD-PARTY TESTED SUPPLEMENTS?

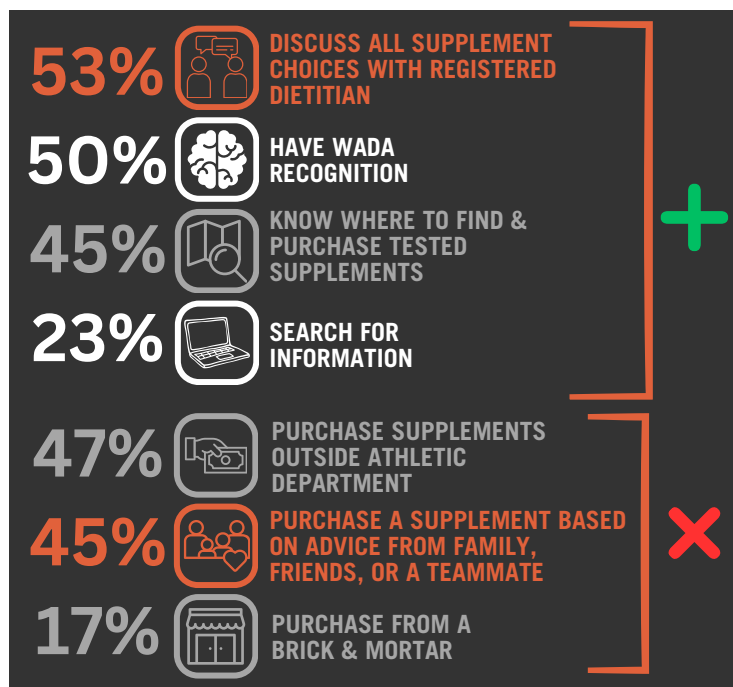


REPORTED RECOGNIZING AT LEAST ONE THIRD-PARTY TESTING ORGANIZATION LOGO

Third-party testing organizations testing for doping substances may help athletes make safer supplement choices.

Outcomes associated with third-party tested use based on subsample (n=320)

The items below are associated with having either a low (x) or a high (+) compliance to using third-party tested supplements consistently. Each percentage reflects the portion of athletes reporting an outcome.



The results of this factsheet have been based on research funded by an award from the Collegiate and Professional Sports Dietitians Association