

# Supplement Use Survey

UNLV Athletic Training

Name \_\_\_\_\_

Sport \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Why do you choose to take the supplements that you indicated taking at least once per month?**

(Check the box that applies or print your reason in "Other")

**Which of the following nutritional supplements are you currently taking?**

**How often do you take this supplement?**

Provide energy  
Enhance performance  
Enhance recovery  
Enhance muscle strength  
Build muscle  
Don't know  
Other

**Category 1**

(Circle times per month)

	0	1-10	11-15	>15	Provide energy	Enhance performance	Enhance recovery	Enhance muscle strength	Build muscle	Don't know	Other
Energy / Sport bar (i.e. Powerbar, protein bars (i.e. Pure Pro), Snickers Marathon bar)	0	1-10	11-15	>15							
Cereal / Fruit / Nut bar (i.e. Special K bar, Quaker Oats bar)	0	1-10	11-15	>15							
Gels and other related products (i.e. GU, Clif Shots, Sport Beans)	0	1-10	11-15	>15							
Sports Drinks (i.e. Gatorade Thirst Quencher, Propel fitness water, G2,)	0	1-10	11-15	>15							

**Category 2**

	0	1-10	11-15	>15	Provide energy	Enhance performance	Enhance recovery	Enhance muscle strength	Build muscle	Don't know	Other
Carnitine	0	1-10	11-15	>15							
Chitosan	0	1-10	11-15	>15							
<i>Citrus aurantium</i> (Bitter Orange)	0	1-10	11-15	>15							
Conjugated Linoleic Acid (CLA)	0	1-10	11-15	>15							
Guarana	0	1-10	11-15	>15							
Hydroxycitric Acid (HCA)	0	1-10	11-15	>15							
Ma Huang ( <i>Ephedra sinensis</i> , Ephedrine)	0	1-10	11-15	>15							
Pyruvate	0	1-10	11-15	>15							
Caffeine	0	1-10	11-15	>15							

**Category 3**

	0	1-10	11-15	>15	Provide energy	Enhance performance	Enhance recovery	Enhance muscle strength	Build muscle	Don't know	Other
Multivitamin/mineral supplement	0	1-10	11-15	>15							
B-complex	0	1-10	11-15	>15							
Ginseng	0	1-10	11-15	>15							
Calcium	0	1-10	11-15	>15							
Coenzyme Q10	0	1-10	11-15	>15							
<i>Ginkgo biloba</i>	0	1-10	11-15	>15							
St. John's Wort	0	1-10	11-15	>15							
β carotene	0	1-10	11-15	>15							
Green tea	0	1-10	11-15	>15							
Selenium	0	1-10	11-15	>15							
Vitamin C	0	1-10	11-15	>15							
Vitamin E	0	1-10	11-15	>15							
Echinacea	0	1-10	11-15	>15							
Chromium	0	1-10	11-15	>15							

**Why do you choose to take the supplements that you indicated taking at least once per month?**

(Check the box that applies or print your reason in "Other")

Category 4	How often do you take this supplement? (Circle times per month)				Provide energy	Enhance performance	Enhance recovery	Enhance muscle strength	Build muscle	Don't know	Other
	0	1-10	11-15	>15							
Amino acids	0	1-10	11-15	>15							
Glutamine	0	1-10	11-15	>15							
Protein (Casein, whey, soy, colostrum)	0	1-10	11-15	>15							
Androstenedione	0	1-10	11-15	>15							
Branched-Chain Amino Acids (BCAAs)	0	1-10	11-15	>15							
Creatine	0	1-10	11-15	>15							
DHEA (Dehydroepiandrosterone)	0	1-10	11-15	>15							
HMB ( $\beta$ -Hydroxy- $\beta$ -Methylbutyrate)	0	1-10	11-15	>15							
Tribulus	0	1-10	11-15	>15							
NO / arginine	0	1-10	11-15	>15							

**Category 5**

Chondroitin Sulfate	0	1-10	11-15	>15							
Glucosamine	0	1-10	11-15	>15							
MSM (Methylsulfonymethane)	0	1-10	11-15	>15							

**Category 6**

Energy drinks (i.e. Redbull, Rockstar)	0	1-10	11-15	>15							
Sugar-free drinks (i.e. Sugar-free Rockstar, 5-hour energy)	0	1-10	11-15	>15							

**Other** (Please list any other supplement that you take.)

	0	1-10	11-15	>15							
	0	1-10	11-15	>15							
	0	1-10	11-15	>15							
	0	1-10	11-15	>15							
	0	1-10	11-15	>15							

**How did/do you learn about using supplements?**

Check all that apply.

Television	
Internet	
Friends	
Coach	
Athletic Trainer	
Physician or Nurse	
Registered Dietitian	

Personal Trainer	
Magazines	
Parent	
Other:	
Other:	
Other:	
Other:	