Table II. **Use of vitamin/mineral combination supplements by regular users and related information (*N* = 168)**

Supplement type	Frequency of use (%)		Gender		Main reason (%)		Main source of information (%)		Main reason for using supplement instead of food (%)	
	7 d/week	< 7 d/week	Male	Female						
Vitamin-mineral combination (*N* = 107, 63.7%)	72.9	27.1	42.1	57.9	Physical health	32.7	Family or friends	33.6	Dietary*	39.3
					Body conditioning and energy	25.2	Pharmacist	23.4	Convenience	30.8
					Dietary related	24.3	Doctor	15.9	Food depleted	9.3
					Don't know	10.3	Advertising	15.0	Supplement more effective	6.5
					Mental health	4.7	Other	6.5	Food source unknown	6.5
					Other	2.8	Other non-medical persons	2.8	Don't know	5.6
							Don't know	2.8	Vegetarian	1.9
Vitamin B complex (*N* = 22, 13.1%)	72.7	27.3	36.4	63.6	Body conditioning and energy	36.4	Pharmacist	27.3	Dietary	54.5
					Physical health	27.3	Family or friends	22.7	Convenience	18.2
					Mental health	18.2	Doctor	18.2	Food depleted	9.1
					Dietary	9.1	Advertising	9.1	Don't know	9.1
					Don't know	4.5	Other non-medical persons	9.1	Supplement more effective	4.5
					Other	4.5	Don't know	9.1	Vegetarian	4.5
							Other	4.5		
Other vitamin combination (*N* = 3, 1.8%)	33.3	66.6	66.7	33.3	Body conditioning and energy	33.3	Family or friends	66.7	Dietary	33.3
					Mental health	33.3	Pharmacist	33.3	Convenience	33.3
					Don't know	33.3			Food depleted	33.3
Calcium + magnesium (*N* = 8, 4.8%)	75.0	25.0	50	50	Physical health	37.5	Family or friends	50.0	Convenience	37.5
					Don't know	25.0	Advertising	25.0	Dietary	25.0
					Dietary	12.5	Doctor	12.5	Food depleted	25.0
					Mental health	12.5	Other	12.5	Food source unknown	12.5
					Other	12.5				
Other mineral combination (*N* = 1, 0.6%)	100	0	1	100	Physical health	100	Doctor	100	Food depleted	100

*

*Reasons given differed significantly with regard to gender ($\chi 2 = 13.51$; df = 6; $p = 0.036$; results need to be interpreted with caution).

Table III. **Use of single vitamins by regular supplement users and related information (*N* = 168)**

Supplement type	Frequency of use (%)		Gender		Main reason (%)		Main source of information (%)		Main reason for using supplement instead of food (%)	
	7 d/week	< 7 d/week	Male	Female						
Vitamin C (*N* = 26, 15.5%)	68.0	32.0	42.3	57.7	Physical health	68.0	Family or friends	52.0	Dietary	28.0
					Don't know	20.0	Doctor	24.0	Convenience	24.0
					Dietary	4.0	Advertising	8.0	Food depleted	12.0
					Body conditioning and energy	4.0	Pharmacist	8.0	Food source unknown	12.0
					Other	4.0	Other non-medical persons	4.0	Supplement more effective	12.0
							Other	4.0	Don't know	12.0
Vitamin A (*N* = 3, 1.8%)	66.7	33.3	33.3	66.7	Dietary	33.3	Advertising	33.3	Dietary	33.3
					Body conditioning and energy	33.3	Family or friends	33.3	Convenience	33.3
					Don't know	33.3	Pharmacist	33.3	Food depleted	33.3
Vitamin E (*N* = 1, 0.6%)	100	0	0	100	Dietary	100	Advertising	100	Dietary	100
Vitamin D (*N* = 2, 1.2%)	100	0	50	50	Dietary	50	Advertising	50	Dietary	100
					Other	50	Family or friends	50		
Vitamin B_{12} (*N* = 3, 1.8%)	100	0	33.3	66.7	Body conditioning and energy	66.7	Advertising	33.3	Dietary	33.3
					Dietary	33.3	Family or friends	33.3	Food source unknown	33.3
							Doctor	33.3	Supplement more effective	33.3
Vitamin B_6 (*N* = 1, 0.6%)	100	0	100	0	Don't know	100	Family or friends	100	Dietary	100

Table IV. **Use of single mineral supplements by regular users and related information (*N* = 168)**

Supplement type	Frequency of use (%)		Gender		Main reason (%)		Main source of information (%)		Main reason for using supplement instead of food (%)	
	7 d/week	< 7 d/week	Male	Female						
Calcium (*N* = 6, 3.6%)	100	0	16.7	83.3	Dietary	33.3	Family or friends	33.3	Dietary*	66.7
					Physical health	33.3	Other	33.3	Convenience	16.7
					Body conditioning and energy	16.7	Other non-medical persons	16.7	Don't know	16.7
					Don't know	16.7	Don't know	16.7		
Iron (*N* = 9, 5.4%)	55.6	44.4	11.1	88.9	Physical health†	55.6	Doctor	44.4	Food depleted	33.3
					Dietary	22.2	Advertising	22.2	Dietary	33.3
					Don't know	11.1	Pharmacist	22.2	Vegetarian	22.2
					Other	11.1	Family or friends	11.1	Food source unknown	11.1
Magnesium (*N* = 3, 1.8%)	66.7	33.3	33.3	66.7	Body conditioning and energy	66.7	Doctor	66.7	Food depleted	66.7
					Don't know	33.3	Pharmacist	33.3	Dietary	33.3
Zinc (*N* = 4, 2.4%)	75.0	25.0	0	100	Body conditioning and energy	50.0	Family or friends	50.0	Dietary	75.0
					Physical health	25.0	Advertising	25.0	Food depleted	25.0
					Don't know	25.0	Doctor	25.0		

* Reasons given differed significantly with regard to gender ($\chi^2 = 6.0$; df = 2; $p = 0.05$; results need to be interpreted with caution).
† Reasons given differed significantly with regard to gender ($\chi^2 = 9$; df = 3; $p = 0.029$; results need to be interpreted with caution).

Table V. **Use of NVNM supplements by regular users and related information (*N* = 168)**

Supplement type	Frequency of use (%)		Gender		Main reason (%)		Main source of information (%)		Main reason for using supplement instead of food (%)	
	7 d/week	< 7 d/week	Male	Female						
Spirulina (*N* = 8, 4.8%)	75.0	25.0	50.0	50.0	Body conditioning and energy	25.0	Family or friends	50.0	NA	
					Mental health	25.0	Advertising	37.5		
					Dietary	12.5	Doctor	12.5		
					Physical health	12.5				
					Don't know	12.5				
					Other	12.5				
Ginkgo biloba (*N* = 4, 2.4%)	75.0	25.0	25.0	75.0	Mental health	50.0	Advertising	25.0	NA	
					Physical health	25.0	Family or friends	25.0		
					Don't know	25.0	Doctor	25.0		
							Pharmacist	25.0		
Moducare (*N* = 4, 2.4%)	100	0	25.0	75.0	Physical health	75.0	Family or friends	50.0	NA	
					Don't know	25.0	Doctor	50.0		
Fatty acids (*N* = 3, 1.8%)	100	0	66.7	33.3	Dietary	33.3	Family or friends	66.7	Convenience	66.7
					Physical health	33.3	Doctor	33.3	Food source unknown	33.3
					Don't know	33.3				
Other (*N* = 1, 7.7%)	84.6	15.4	15.4	84.6	Physical health	69.2	Family or friends	61.5	Dietary	33.3
					Body conditioning and energy	15.4	Pharmacist	15.4	Convenience	16.7
					Don't know	15.4	Advertising	7.7	Food source unknown	16.7
							Doctor	7.7	Supplement more effective	16.7
							Other	7.7	Vegetarian	16.7

NVNM = non-vitamin, non-mineral supplements.