

Dietary Supplements

Collection date of dietary supplement information:

(DD-MM-YYYY)

DIETARY SUPPLEMENTS

Did the participant take any dietary supplements during the past year, at least once a week?

☐ Yes

☐ No

For each of the following:

Multivitamin: How often have you been taking this supplement?

☐ Daily

☐ 4-6 times a week

☐ 1-3 times a week

☐ Never

Multivitamin: For how many years have you been taking this supplement?

☐ 1 year or less

☐ 2 to 4 years

☐ 5 to 9 years

☐ 10 years or more

Vitamin B6: How often have you been taking this supplement?

☐ Daily

☐ 4-6 times a week

☐ 1-3 times a week

☐ Never

Vitamin B6: For how many years have you been taking this supplement?

☐ 1 year or less

☐ 2 to 4 years

☐ 5 to 9 years

☐ 10 years or more

Vitamin B12: How often have you been taking this supplement?

☐ Daily

☐ 4-6 times a week

☐ 1-3 times a week

☐ Never

Vitamin B12: For how many years have you been taking this supplement?

☐ 1 year or less

☐ 2 to 4 years

☐ 5 to 9 years

☐ 10 years or more

Vitamin C: How often have you been taking this supplement?

☐ Daily

☐ 4-6 times a week

☐ 1-3 times a week

☐ Never

Vitamin C: For how many years have you been taking this supplement?

☐ 1 year or less

☐ 2 to 4 years

☐ 5 to 9 years

☐ 10 years or more

Vitamin D: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Vitamin D: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Vitamin E: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Vitamin E: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Folic Acid: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Folic Acid: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Calcium: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Calcium: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Iron: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Iron: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Magnesium: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Magnesium: For how many years have you been taking this supplement?

- ☐ 1 year or less
 - ☐ 2 to 4 years
 - ☐ 5 to 9 years
 - ☐ 10 years or more
-

Protein Supplement: How often have you been taking this supplement?

- ☐ Daily
 - ☐ 4-6 times a week
 - ☐ 1-3 times a week
 - ☐ Never
-

Protein Supplement: For how many years have you been taking this supplement?

- ☐ 1 year or less
 - ☐ 2 to 4 years
 - ☐ 5 to 9 years
 - ☐ 10 years or more
-

Selenium: How often have you been taking this supplement?

- ☐ Daily
 - ☐ 4-6 times a week
 - ☐ 1-3 times a week
 - ☐ Never
-

Selenium: For how many years have you been taking this supplement?

- ☐ 1 year or less
 - ☐ 2 to 4 years
 - ☐ 5 to 9 years
 - ☐ 10 years or more
-

Zinc: How often have you been taking this supplement?

- ☐ Daily
 - ☐ 4-6 times a week
 - ☐ 1-3 times a week
 - ☐ Never
-

Zinc: For how many years have you been taking this supplement?

- ☐ 1 year or less
 - ☐ 2 to 4 years
 - ☐ 5 to 9 years
 - ☐ 10 years or more
-

Coenzyme Q-10: How often have you been taking this supplement?

- ☐ Daily
 - ☐ 4-6 times a week
 - ☐ 1-3 times a week
 - ☐ Never
-

Coenzyme Q-10: For how many years have you been taking this supplement?

- ☐ 1 year or less
 - ☐ 2 to 4 years
 - ☐ 5 to 9 years
 - ☐ 10 years or more
-

Flaxseed: How often have you been taking this supplement?

- ☐ Daily
 - ☐ 4-6 times a week
 - ☐ 1-3 times a week
 - ☐ Never
-

Flaxseed: For how many years have you been taking this supplement?

- ☐ 1 year or less
- ☐ 2 to 4 years
- ☐ 5 to 9 years
- ☐ 10 years or more

Garlic: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Garlic: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Glucosamine: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Glucosamine: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Probiotics: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Probiotics: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Saw Palmetto: How often have you been taking this supplement?

- ☐ Daily
☐ 4-6 times a week
☐ 1-3 times a week
☐ Never

Saw Palmetto: For how many years have you been taking this supplement?

- ☐ 1 year or less
☐ 2 to 4 years
☐ 5 to 9 years
☐ 10 years or more

Dietary Supplements - Instrument Version 2.0 Released September 2022
H3ABioNet & H3Africa Phenotype Standards