1. **why do or don't you take nutritional supplements?**

**People who take nutritional supplements, answered this question the following way:**

1. Because I want to be healthier and it seems to make me feel more mentally alert.
2. I am vegan and certain nutrients are not attainable without supplementation.
3. Since I'm busy, it's easier for me to take supplements
4. I take nutritional supplements because my system had been compromised by depression.
5. I do not eat healthy, so I get my vitamins from supplements
6. I take them because I don't get enough vitamin D.
7. I take vitamins and some other supplements to help if there are any deficiencies in my diet.
8. Taking supplements has a positive effect on maintaining my health.
9. I take them because food does not provide all the vitamins and minerals needed by the body.
10. I take fiber supplements because I had diverticulitis a few years ago and spent almost a week in the hospital.
11. I don't take them regularly but occasionally I take them when my stomach is acting up. It does seem to mildly help my gut health.
12. To maintain and improve my overall health, appearance, vitality, athletic performance, and sex drive.
13. Because sometimes I need the extra nutrients that food lack.
14. I want to be in optimum health.
15. I take them because my doctor has told me to.
16. For working out, having more energy, building muscle.
17. To address specific health concerns (inflammation, primarily)
18. To receive nutrients, I am not able to intake due to my diet.
19. I take a vitamin at my doctor's recommendation to take in more vitamin D.
20. I want to live a long and healthy life.
21. just a daily multivitamin
22. I TAKE THEM TO SUPPLEMENT ME NOT EATING BREAKFAST
23. to help with my diet
24. to help lose weight
25. I take them for health benefits and extra benefits of nutritional aspects, like antioxidants; flavonoids; etc. I believe a lot of things exist out there that many people don't bother incorporating in their diet for health boosts and pain and/or disease prevention/management/etc.
26. to maintain a well-balanced vitamin diet
27. To cover up for my poor eating habits mostly.
28. I take a vitamin D supplement because my level has got dangerously low before and I want to make sure it's okay.
29. I take them to maintain my health and be proactive about my well-being.
30. because I believe you can ingest things that will improve my performance.
31. To get what I miss in vitamins daily.
32. I like to make sure I get vitamins
33. I take B-12 because I eat a plant-based diet.
34. I take multi vitamins because I know I have poor eating habits and possibly they might help my health some.
35. To make sure I have all nutrients and the best health possible.
36. I know that I don't get enough nutrients and vitamins from my diet alone. It makes me feel like I am being healthy
37. I hope that they improve my daily nutrition.
38. I think they can help me get some nutrients that I don't get enough of with my diet.
39. I take them to better my health.
40. it is beneficial to the body to take supplements I like to take protein supplement when I finish exercising, I take it since is healthy for us
41. I take them to stay healthy.
42. poor diet
43. I don't think I get enough balanced nutrition through my food
44. build muscle, convenience of use
45. Doctors’ advice
46. to supplement my health and to make sure I get all the vitamins and nutrients I need
47. I believe it helps me be healthier by obtaining enough of my daily recommended vitamins.
48. I take for health reasons
49. My doctor recommended I do so for a genetic liver/heart problem.
50. I like to try different supplements to see if they have any effect. If I don't notice anything, I stop taking them.
51. TO IMPROVE HEALTH, PREVENT DISEASE
52. I take them to stay healthy.
53. I take them because I am a vegetarian. I find they are the easiest way to keep up my Iron and Vitamin B levels.
54. To make sure I am getting all of the nutrients that I need to be healthy
55. I take nutritional supplements to aid my diet and what I might be deficient in
56. To make sure I get enough vitamin D.
57. I take them to enhance cognition
58. they're helpful
59. I am vegetarian and need the B12 especially.
60. VITAMINS TO STAY HEALTHY
61. I need them for my eye health
62. to maximize my workout
63. I think they can help me out.
64. For better health
65. I am genetically disposed to a vitamin deficiency.
66. I have been encouraged to take a multi vitamin by my doctor.
67. Helps me keep vitamins in my body I don't have the healthiest diet
68. To get as much nutrition as possible
69. Because my doctor suggested it.
70. I take them because I don't believe in my normal preferred diet, I get some of the substances my body needs.
71. I don't get a lot of certain vitamins to remedy a deficiency in vitamin DI take fish oil and a multivitamin as I believe they have a positive benefit for me.
72. I think they help me be healthier overall and might make me live longer in the long term
73. **why do or don't you take nutritional supplements?**

**People who do not take nutritional supplements, answered this question the following way:**

1. I don't want to take anything that might interfere with my cancer meds.
2. I don't think there is any nutritional value in taking supplements.
3. never had the need for them
4. I do not think they are necessary if I eat a balanced diet. I also think there is not enough regulation for supplements.
5. I currently don’t have the spare money
6. To expensive for me.
7. I'm not sure they're affective.
8. I don't feel as though I need them. My health is good.
9. I am tired of taking pills and try to eat the right foods to get the proper nutrients
10. In the mouth and out the urine - literally, that has been my experience.
11. I've read that they don't do anything for you
12. I don't think I really need them
13. I should, but never to remember to take them when I get them.
14. to get sufficient nutrients
15. I think I need to educate myself more about them.
16. I used to when I was exercising regularly, but since I stopped running, I don't feel like I need so much vitamins and protein and supplements.
17. I don't have the extra money for it.
18. I don't feel like they are needed.
19. Don't see the need, try to eat healthy.
20. I don't take them because I feel like I get adequate nutrition from the food that I eat.
21. They tend to be more expensive than simply eating healthy food like leafy green vegetables.
22. I don't think I need them.
23. I do not take supplements because I do not believe they really do anything. I think it is just a big fake industry. I believe in eating healthy, especially lots of vegetables and herbs.
24. I don't feel like I need to take them, and I am also not really certain taking supplements will actually help me that much.
25. Expensive
26. I eat well and don't need them.
27. don't think I need them
28. I like natural ways
29. Don’t know what is really beneficial and what’s a waste of money
30. don’t need them
31. I have never thought of taking it.
32. I do not feel they are beneficial considering the cost, and I prefer to receive my vitamins through the natural consumption of foods.
33. I never thought about taking them before.
34. don't care
35. I get more of the vitamins and nutrients I need from the food that I eat.
36. there is no real proof that it actually works.
37. I don't take supplements because I've heard that your body doesn't really absorb them like it does when you eat the food with the same nutrients in it and you just pee the nutrients from supplements out.
38. I get my nutrients from food instead of pills.