

National Health and Nutrition Examination Survey

2017-March 2020 Data Documentation, Codebook, and Frequencies

Dietary Supplement Use 30-Day - Individual Dietary Supplements (P_DSQIDS)

Data File: P_DSQIDS.xpt

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Component Description

The NHANES program suspended field operations in March 2020 due to the coronavirus disease 2019 (COVID-19) pandemic. As a result, data collection for the NHANES 2019-2020 cycle was not completed and the collected data are not nationally representative. Therefore, data collected from 2019 to March 2020 were combined with data from the NHANES 2017-2018 cycle to form a nationally representative sample of NHANES 2017-March 2020 pre-pandemic data. These data are available to the public. Please refer to the Analytic Notes section for more details on the use of the data.

The Dietary Supplement and Prescription Medication (DSQ) Section of the Sample Person (SP) Questionnaire, collects information on: 1) prescription and non-prescription dietary supplements (DS), 2) non-prescription antacids, 3) prescription medications, and 4) low-dose aspirin.

The dietary supplement sub-section collects personal interview data on use of DS during the 30-day period prior to the survey date. The NHANES 2017-2018 and 2019-2020 dietary supplement questions are similar to the NHANES 1999–2016 and NHANES III 1988–1994 questions, although, there have been additional questions added over the cycles. Analysts are encouraged to read the documentation in order to understand the names and structure of the files as well as the variables.

Questions about non-prescription antacids, which contained calcium and/or magnesium (antacids), are also included in this data file.

The DS reported in NHANES 2017-2018 and 2019-2020 are detailed in the NHANES Dietary Supplement Database (NHANES-DSD) 1999-2020.

30-Day Dietary Supplements Data Files: Two data files were produced from the 30-day dietary supplement and non-prescription antacid sub-sections of the DSQ interview: Total Dietary Supplements file and Individual Dietary Supplements file.

File Name	
Individual Dietary Supplements	P_DSQIDS
Total Dietary Supplements	P_DSQTOT

Individual Dietary Supplements File (P_DSQIDS): Contains detailed information about the types and amounts of individual DS and antacids reported by each participant. The names of the variables included in this file are listed in **Appendix 1**.

The Individual Dietary Supplements File includes one record for each dietary supplement or antacid reported by a survey participant. Only participants' that had reported taking a dietary supplement or an antacid are included in these files. Each dietary supplement or antacid is identified by a supplement ID number

(DSDPID) and each record contains, but is not limited to, the information listed below:

- Name and ID number of the supplement
- Reason(s) for using the supplement
- Amount of dietary supplement consumed, which is calculated as the reported amount consumed divided by the serving size from the product label
- Amounts of 34 nutrients/dietary components (listed in **Appendix 2**) from each dietary supplement and antacid, as calculated using the NHANES-DSD. If data is missing for any of the variables needed to calculate the amounts consumed for the selected nutrients, this information will be missing for individuals, even though they reported a supplement(s).

This file only includes intake for a select group of nutrients. These records can be linked to the NHANES-DSD, using supplement ID numbers (DSDPID), to obtain more detailed information on reported products. The NHANES-DSD datasets provide information on nutrients in the dietary supplement as reported on the product label. Botanical ingredients would be an example of nutrients not released in the Individual Dietary Supplements files but can be obtained from the NHANES-DSD files.

Total Dietary Supplements Files (P_DSQTOT): Contains, for each participant, average daily total nutrient intakes from DS and antacids. The names for the variables are listed in **Appendix 3**.

The Total Dietary Supplement File provides a summary record of total nutrient intakes from DS and antacids for each individual. This includes users and non-users of DS and antacids. Each total intake record contains, but is not limited to, the following information:

- Whether a dietary supplement was consumed in the past 30 days
- Whether an antacid was consumed in the past 30 days
- Total number of supplements and antacids reported for that participant
- Mean daily intake aggregates of 34 nutrients/dietary components (listed in **Appendix 2**) from all supplements and antacids, as calculated using the NHANES-DSD. If data is missing for any of the variables needed to calculate mean daily intakes, this information will be missing for individuals, even though they may have reported a supplement(s).
- Starting from the 2017-2018 survey cycle, the new variable DSDPID, which indicates supplement ID, was added. The variable DSDSUPID now indicates the old version for supplement ID.

Eligible Sample

All survey participants were eligible for the DSQ.

Interview Setting and Mode of Administration

The DSQ was asked by trained interviewers, in the home, using the Computer-Assisted Personal Interview (CAPI) system. Participants over 16 years of age answered for themselves. A proxy provided information for survey participants who were under 16 years of age and for individuals who could not answer the questions themselves. The 2017-2018 and 2019-2020 [survey questionnaires](#) can be found on the NHANES website.

Quality Assurance & Quality Control

Data were routinely examined for discrepancies and erroneous entries. Trained nutritionists reviewed incoming data and matched reported dietary supplement entries to known supplements from the in-house NCHS Product Label Database (PLD), where possible; sought additional product labels if feasible; assigned generic or default supplements as appropriate; transferred or removed products that were not considered DS (i.e., prescription medication); and assigned matching codes (confidence codes). All coding was reviewed by NCHS.

Data Processing and Editing

Data Collection Methods

Dietary Supplements (prescription and non-prescription)

During the household interview, survey participants were asked if they had taken a dietary supplement in the past 30 days. Participants were shown a hand card that listed examples of DS (**Appendix 4**). Those who answered “yes” were asked to show the interviewer the dietary supplement containers of all the products used. For DS listed on the “Strength Only” List, only the nutrient was selected, and the strength was recorded (see **Appendix 5**). For all other DS reported, the interviewer entered the product’s complete name from the container into a computer. The interviewer entered the name a second time as verification. Interviewers could record up to 20 DS. If the container(s) was not available, the interviewer asked the participant to report verbally the name of the dietary supplement. The manufacturer was either selected from the manufacturer list or entered manually.

Non-prescription antacids

During the household interview, survey participants were asked if they had taken non-prescription antacids in the past 30 days and were shown a hand card that listed examples of non-prescription antacids. Those who answered “yes” were asked to show the interviewer the containers of all the products used. For each antacid reported, the interviewer entered the product’s complete name from the container into a computer. If the containers were not available, the interviewer asked the participant to verbally report the name of the antacid.

When the interviewer entered the antacids name into the computer, the name was automatically matched to a prescription drug database (which also contained non-prescription antacid products) on the computer to identify an exact match or similar text matches. The interviewer then selected the best match from a list of possible matches. The original entry of the interviewer and the product selected from the computer list were saved under separate variables for quality control purposes. If an exact match of the product was not found, the interviewer was instructed to select “drug not found on list” from the list. Interviewers recorded up to 20 non-prescription antacids. Nutritionist at NCHS then processed the data collected to determine which products contained calcium and/or magnesium. The non-prescription antacids that contained calcium and/or magnesium were released with the dietary supplement data files.

Participants were also asked how long they had been taking each dietary supplement or non-prescription antacid reported, how many days it was taken in the past 30 days, the amount that was taken on those days and the reason(s) that they were taking the dietary supplement. For a non-prescription antacid, participants were asked whether they were taking it as an antacid, as a calcium supplement, or both.

Matching reported dietary supplements to known products

Trained nutritionists, at NCHS, matched the product names entered by the interviewer (including prescription supplement, non-prescription supplement, and antacids) to a known product when possible. NCHS nutritionists first determined if the product is in our in-house PLD. If it is, then the nutritionist verified whether the product label was entered into the system within the 2-year cycle of data collection. If the product label was not entered into the PLD, or the product label was entered before the beginning of the 2-year data collection cycle, NCHS nutritionist attempted to obtain a new product label. NCHS obtained labels for each dietary supplement or non-prescription antacid containing calcium and/or magnesium reported by participants from sources such as the manufacturer, distributor or retailer, the Internet, company catalogs, and the Physician’s Desk Reference (PDR). Label information was also obtained from [The Dietary Supplement Label Database \(DSLDB\)](#), which is a joint project of the National Institutes of Health (NIH) Office of Dietary Supplements (ODS) and National Library of Medicine (NLM). The DSLDB contains the full label contents from a sample of dietary supplement products marketed in the U.S.

NCHS communicates with many major manufacturing company representatives to determine when various product re-formulations become available. Based upon manufacturer advice, we have used a lag time of 5 months after the new re-formulated product hit the market and matched products to participants’ accordingly. Despite these precautions, there is no guarantee that the product taken by participants’ is matched to the correct formulation in our release files.

NCHS nutritionist attempted to find the exact product(s) reported by participants'; however, this was done with varying degrees of precision. A "matching code or confidence code" (DSDMTCH located in file P_DSQIDS) accompanied each record to indicate the degree of matching certainty. The matches were: 1) Exact or near exact match; 2) Probable match; 3) Generic match; 4) Reasonable match; or 5) Default match. In some cases, no match was made with any certainty. These products were coded 6) No match. Products whose names were reported as "Refused" (DSDSUPP=7777) or "Don't know" (DSDSUPP=9999) have matching codes (DSDMTCH) of 7 and 9, respectively.

NCHS created generic and default DS and antacids, which were also maintained in the database. Generics were created in the database and used when we had collected information about a reported supplement, such as strength of all ingredients, but no brand name. These were generally single ingredient supplements, which included a strength (e.g., vitamin C 500 mg) or multiple vitamins and/or mineral supplements made by a private label manufacturer that was known to us and for which we had a label with identical ingredients and strengths (e.g., brand X all-purpose multivitamin was reported, and we had a label for brand Y, made by the same manufacturer). When all ingredient strengths were not known, a default supplement in the database was used to code the reported supplement. Defaults were created for single ingredient and multiple ingredient supplements based on our own data of most frequently reported supplements of that type, based on the survey cycle in which the data was collected. Created default and generic products and the actual products or strengths that were assigned to these defaults are listed in **Appendix 6**.

After the dietary supplement data was coded and matched to a product in our in-house database, various types of reviews were conducted to ensure the quality of the data. Interviewers' comments are reviewed to ensure that they have been accounted for in coding. Decisions were made about how to code new or unusual dietary supplement products or unusual quantities or units reported by survey participants. Dietary supplements that could not be matched to items in the database were resolved by NCHS nutritionist.

Product information is released from the in-house PLD as the NHANES-DSD, which contains detailed information on the DS and antacids reported by survey participants since NHANES 1999. The NHANES-DSD release consists of three datasets, which contain information on products:

Dietary Supplement Product Information (DSPI)
Dietary Supplement Ingredient Information (DSII)
Dietary Supplement Blend Information (DSBI)

The supplement ID numbers (DSDPID) located in the Individual Dietary Supplements File can be used to merge with the NHANES-DSD files. For more information on the NHANES-DSD, please refer to the documentation and release files located on the [NHANES dietary website](#).

Data Editing

Non-prescription antacids containing calcium and/or magnesium that were reported in the non-prescription antacid section of the DSQ are included in the dietary supplement files.

Prescription medications, including prescription antacids, are released in the Prescription Medication Data File.

The following prescription products are included in the dietary supplement files:

- All calcium products except calcium acetate;
- All fluoride products except those in topical gel or cream forms (e.g., stannous fluoride);
- Over-the-counter niacin, niacinamide, and nicotinic acid;
- All vitamin D products, with the exception of records for Paricalcitol (D2) were retained in the 2017-2020 prescription medication data file; and
- All prenatal products, most prescription vitamins taken by mouth.

All prescription niacin, potassium, and sodium products were retained in the prescription medication file. Combination products that include prescription drug(s) and dietary supplement ingredients are retained in the

prescription medication file (e.g., combination drug alendronate with cholecalciferol or Fosamax with vitamin D3).

Specific variables and edits:

DSD010: Have you used or taken any vitamins, minerals or other dietary supplements in the past 30 days?
Include prescription and non-prescription supplements

Participants with a record of having taken a product determined to be a dietary supplement in the last 30 days are coded "1." This variable was edited and takes into account DS reported in any of the sub-sections of the DSQ. Some products were mistakenly recorded in the prescription medication sub-section. These data were moved to the dietary supplement files and are counted as supplements for DSD010 and DSDCOUNT. Participants who reported an antacid containing calcium or magnesium as part of the dietary supplement sub-section are also coded "1"; this product was considered to be taken as a calcium supplement. Participants who reported taking an antacid containing calcium or magnesium in the last 30 days that was recorded only in the non-prescription antacid sub-section but did not take any dietary supplement are coded "2." Participants who did not take any product that was determined to be a dietary supplement in the last 30 days are also coded "2," even if they originally reported having taken a supplement. Examples of products that were determined not to be supplements included foods (garlic cloves, raisin bran cereal, PowerBar®), drinks (Ensure®, Gatorade®, tea), over the counter drugs (aspirin, laxatives, electrolyte replacement fluids), homeopathic medicines, and prescription medicines. Prescription medicines were moved from the dietary supplement files to the appropriate prescription medication files. A small number of persons refused to answer this question (coded 7) or did not know whether they used a dietary supplement in the 30 days (coded 9).

DSDCOUNT: The number of DS taken

This variable was computed at NCHS and represents the total number of DS reported by the participant including those DS identified as unknown (DSDPID = 6666666XXX). Antacids that were reported in the dietary supplement sub-section were assumed to be taken as a dietary supplement and also included in the count. Antacids reported in the non-prescription antacid or the prescription medication sub-sections of the DSQ do not contribute to this count. There were also participants who reported the use of a dietary supplement in the past 30 days but did not know the name of the dietary supplement (DSDSUPP = 99999) or refused to report the name of the dietary supplement (DSDSUPP = 77777). Each product reported as refused or don't know is still included in the total count of DS.

DSD010AN: Any non-prescription antacids taken?

This variable was created at NCHS to indicate whether or not an antacid was reported. This variable only takes into account these types of antacids reported in the non-prescription antacid sub-section of the DSQ. In previous data releases, there were a few antacids reported in the dietary supplement sub-section of the DSQ and these were considered to be taken as DS and included in the DSD010 and DSDCOUNT. There was 2 antacids reported in the dietary supplement sub-section in 2017-2020.

DSDANCNT: The number of non-prescription calcium and/or magnesium - containing antacids taken

This variable was computed at NCHS and represents the total number of antacids reported by the participant. Only these antacids reported in the non-prescription antacid sub-section of the DSQ contributed to this count. Antacids that were reported in the dietary supplement sub-section were assumed to be taken as a supplement and included in the dietary supplement count.

DSDANTA: Created variable that indicates whether an antacid was reported in the DS sub-section or the non-prescription antacid sub-section of the DSQ.

Information on use of non-prescription antacids was sometimes recorded in the dietary supplement sub-section of the DSQ; other times in the non-prescription antacid sub-section. Due to their nutrient content, antacids that contain calcium and/or magnesium are released with the dietary supplement data, irrespective of where they were reported. Only non-prescription antacids that contain calcium and/or magnesium are released in these files; this is not a complete accounting of all non-prescription antacids. Thus, users are

cautioned that analyses of these data to estimate the percentage of non-prescription antacids used would not be appropriate.

DSDPID: Supplement ID Number

New Supplement ID is a unique number assigned to each product entered in the inhouse PLD.

DSDSUPP: Name of Supplement

This is the name from the front of the product label. The brand name was generally entered first (i.e., Nature's Way) and then the actual product name (i.e., lutein). Information such as the strength (i.e., 60 mg extract) of the product and other qualifiers that help distinguish a product from a similar product (i.e., mega, super, high potency, time release, chewable, extract) were also listed if they were on the front of the product label. Words like "dietary supplement" and health claims were not entered as part of the name.

DSDMTCH: Matching code confidence codes

Supplements were recorded during the DSQ of the SP questionnaire with varying degrees of accuracy and completeness. NCHS had created a system to specify how certain we were with matching a supplement recorded during the interview with the actual product label.

Exact or near exact match (DSDMTCH=1) indicated that this was the only product that could match this entry.

Probable match (DSDMTCH=2) indicated that the match was not exact, but knowledge of the company's products strongly suggested that this was the only possible match choice. For example, the entry may not have specified strength or include words such as timed release, but no other options were available for this brand according to manufacturer or retailer information.

Generic match (DSDMTCH=3) indicated we had information on the strength for all ingredients, either: a) as part of name (e.g., vitamin C 500 mg) or b) because the manufacturer was known and NCHS had an identical product made by this manufacturer for a different distributor or retailer. Thus, the ingredients and amounts were considered to be accurate despite an exact brand match.

Reasonable match (DSDMTCH=4) indicated that the product name may have been incomplete or could have been complete, but other products of this brand also started with these same words so this could not be assured. In these cases, the entered name was matched to either: a) the most frequently reported of these products in the NHANES 2017-2018 and 2019-2020 data, if this could be determined; b) the best-selling product by this company that matched the entered name; or c) the most basic product by this company, as assessed by label wording.

Default match (DSDMTCH=5) indicated that the exact product could not be obtained because the name was imprecise, or the exact brand product could not be located, and no generic was assigned. In these cases, the entered product was matched to a created default product based upon: a) the most commonly reported strengths for single ingredients; b) the most commonly reported brands for major multiple ingredient products such as multivitamins and multivitamin/multi-minerals for children, seniors, or adults, if available; or c) products manufactured by a large, private-label manufacturer.

Finally, a match codes of No match (DSDMTCH=6) indicated that no product was found and there was not enough detail in the name to assign a generic or default match with any confidence. The words "no product information available" were listed as the product name (DSDSUPP).

Analysts should be aware that for default matches and matches that chose between several similarly named supplements, there was less certainty that the ingredients and ingredient amounts in the supplement assigned exactly matched those in the supplement actually taken. Additionally, NCHS cannot guarantee in any case that the matched product was the exact product taken or even that any product actually was taken, as these data were self-reported.

DSD070: Dietary supplement container seen by interviewer?

This variable indicated whether the product container was seen by the interviewer. Containers were seen for approximately 87% of the records. A more precise name for a supplement could be recorded by the interviewer, and thus a more precise match to a known supplement can be made, when the interviewer saw the supplement container rather than recording the participant's report of the supplement name (for example, multivitamin/multimineral were often reported as multivitamins). In general, this was reflected in the matching code, but analysts should be aware that precision was greater when a container was seen.

This variable was mostly unedited. Interviewers asked to see the containers in all three sub-sections of the DSQ. Therefore, most records included in the dietary supplement file contained this information.

DSD090: For how long have you been taking this product or a similar type of product?

This information was collected using two-part (number and unit) questions to allow participants to report how long they had been taking the product or similar product in days, weeks, months, or years. The released variables were edited to standardize the reported length of time to number of days, using the following conversion factors: 7 days per week, 30.4 days per month, and 365 days per year.

There were persons who reported the use of a dietary supplement or antacid but did not know how long they had been using the product (DSD090 = 99999) or refused to report the length of use (DSD090 = 77777).

DSD103: In the past 30 days, on how many days did you take the product?

This variable was unedited. Information was missing for dietary supplement data that was recorded in the prescription medication sub-section, since this question was not asked in that sub-section of the DSQ.

DSD122Q and DSD122U: On the days that you took the product how much did you usually take on a single day?

The data was edited to standardize the amount the participant reported taking and the amount according to the product label serving size. For example, if a participant reported taking 1 tablespoon of a supplement and the label serving size was 3 teaspoons, then the variable was edited to 3 teaspoons (1 tablespoon = 3 teaspoons). There were 581 records in which data was edited.

In most of the cases, using the alternative serving size (information available on some product labels), using simple conversions (i.e., teaspoons to tablespoons) or contacting the manufacturer for information on label serving size (i.e., actual amount for a "capful") provided enough information to make clear edits. However, in some cases the reported amount taken was very different from the product label serving size (n=23). For example, the participant may have reported 1 tablet, but the label serving size is 1 tablespoon. This was assumed to be an error in reporting or an interviewer data entry error. In these cases, the reported amount taken was assumed to be the label serving size. Additionally, all records that were assigned a default product were edited and the label serving size was assigned for DSD122Q and DSD122U.

Information was missing for dietary supplement data that was recorded in the prescription medication sub-section, since this question was not asked in that sub-section of the DSQ.

DSDACTSS: Reported serving size/label serving size

This variable was derived using the information from DSD122Q (reported quantity taken) and information from variable DSDSERVQ (serving size quantity from product label) from the "Dietary Supplement Product Information" file (DSPI) of the NHANES-DSD. File DSPI provided information on the serving size from the product label's supplement facts panel for which the nutrient amounts were based on. The reported amount taken (DSD122Q) was divided by the serving size amount from DSPI (variable DSDSERVQ). Values were set to missing if any information was missing for DSD122Q or DSDSERVQ.

DSD124: Took product on own or doctor advised

NHANES asked participants the reason or reasons that they were taking DS. For every supplement reported,

participants were asked if they were taking the supplement for their own reasons or because a doctor or other healthcare provider told them to. A follow-up question was then asked in order to collect specific reason(s) why the participant was taking the supplement or why their doctor or other healthcare provider told them to take the supplement. The participant was given a handcard with a list of reasons for taking DS and asked to select the reason or reasons. This information has been collected since the NHANES 2007-2008 survey cycle.

DSQ128A- DSD128NN: Reason(s) for taking dietary supplement

These variables indicated the reason(s) for taking each dietary supplement reported. Participants' were able to choose more than one reason. The participant was shown a handcard (**Appendix 7**) with a list of reasons. The list was created based on a pilot study done during the NHANES 2006 survey, in which an open-ended question asking about the reason(s) for taking each dietary supplement reported was added. The answers were then used to develop the hand card. If the participant could not find the reason, they were taking the dietary supplement on the hand card, the interviewer indicated "other specified" (which was indicated under variable DSQ128S) and then typed in the reason given by the participant. Based on similar "other specified" reasons given in the NHANES 2007-2008, 2009-2010 and 2011-2012 survey, more answer categories were also added to the hand card. Analyst should note that answer categories were slightly modified for the 2013-2014 cycle, "to build muscle" was removed from "muscle related issues, muscle cramps" and provided as a separate category on the hand card. Additionally, "for weight gain" was added as a category on the hand card. Items were added to the hand card when they were reported in "other, specify" at a frequency of 20 or more times during a NHANES cycle. Two new categories "for inflammation" and "for fluid/water balance" were added for the 2017-2018 cycle compared to the 2015-2016 cycle.

Additionally, based on responses given in "other specified," many were able to be coded into the original response categories. Some other categories were created after data collection (denoted by a DSD instead of a DSQ in the variable name) based on many similar responses given. However, there are some exceptions. Variables DSD128T, DSD128AA, DSD128V, DSD128Z, DSD128BB, DSD128DD, and DSD128FF were categories created for the NHANES 2007-2008 and 2009-2010 release but were added to the hand card for the 2011-2012, 2013-2014, 2015-2016, 2017-2018 and 2019-2020 NHANES. Variable names were retained to make it easier for analyst to combine and use data, but they should be aware that these were categories that were on the hand card beginning in 2011. It should be noted that "for weight gain" was a category that was provided as a category post collection in the data release files for 2007-2012. However, for the 2013-2014 NHANES cycle, it was a category on the hand card. Responses that were not able to be categorized were indicated in variable DSQ128S (other specified) as a code 91.

A few participants entered into "other specified" that they needed to take a supplement because they didn't get enough sunlight. These responses were back-edited into the "to supplement my diet, food not enough."

RXQ215A: Antacid, calcium supplement or both?

This variable has been discontinued starting survey cycle 2019-2020.

Nutrient variables in the Individual Dietary Supplements file, P_DSQIDS

These variables were created by using files from the NHANES_DSD that contain information on the serving size and the quantity of each nutrient from the product label's supplement facts panel. The participants reported usual amount taken was divided by the serving size from the label in order to determine the actual amount of nutrient consumed. For example, a participant may have reported taking one tablet, but the serving size amount was 2 tablets. Therefore, only half of the nutrients on the label were being consumed. The variable DSDACTSS (Reported serving size/label serving size) indicated the actual amount of product that was consumed. The actual amount of product consumed was then multiplied by the ingredient amount for each dietary supplement or antacid. In the example above, 0.5 would be multiplied by each ingredient/nutrient to estimate the nutrient intake.

Analysts do need to be aware that in some cases data is missing for the amount consumed. In these cases, nutrients could not be calculated and are missing. Analyst should be aware of this, especially when estimating the prevalence of use of certain nutrients by using only the nutrient variables.

DSQIFDFE: Folate, DFE (mcg)

Dietary Folate Equivalents (DFE) were calculated by using a conversion factor of 1.7. This conversion is based on recommendations set by the Institute of Medicines Dietary Reference Intakes¹.

Nutrient variables in the Total Dietary Supplements file, P_DSQTOT

These variables were created by calculating a mean daily intake. The calculation was based on the number of days the participant reported taking each dietary supplement (variable DSD103). For example, if participant X took calcium 600 mg 15 days out of the month, the calculation would be 600mg*15 reported days/30 days per month. If participant X took more than one supplement or antacid containing calcium, they would then be added up for the total mean daily calcium intake from DS.

Analysts do need to be aware that in some cases data is missing for the amount consumed and the number of days the supplement was taken. In these cases, nutrients could not be calculated or mean daily intake could not be estimated and therefore values are missing. Analyst should be aware of this, especially when estimating the prevalence of use of certain nutrients by using only the nutrient variables.

Analytic Notes

The COVID-19 pandemic required suspension of NHANES 2019-2020 field operations in March 2020 after data were collected in 18 of the 30 survey locations in the 2019-2020 sample. Because the collected data from 18 locations were not nationally representative, these data were combined with data from the previous cycle (2017-2018) to create a 2017-March 2020 pre-pandemic data file. A special weighting process was applied to the 2017-March 2020 pre-pandemic data file. The resulting sample weights in the present file should be used to calculate estimates from the combined cycles. These sample weights are not appropriate for independent analyses of the 2019-2020 data and will not yield nationally representative results for either the 2017-2018 data alone or the 2019-March 2020 data alone. Please refer to the NHANES website for additional information for the NHANES 2017-March 2020 pre-pandemic data, and for the previous 2017-2018 public use data file with specific weights for that 2-year cycle.

In NHANES 2017-2020, a total of 16,728 dietary supplements or antacids were reported by survey participants as taken in the last 30 days prior to the interview. Approximately 4.0% of these reported records are missing information on the number of days the supplement was taken and/or the amount usually consumed. This is because either no product information was available, or the product was originally recorded in the prescription medication sub-section (which did not ask for this type of information for reported products). Therefore, even though the use of particular supplements was reported, no nutrient content or mean daily intake data for selected nutrients was calculated because of the missing information on the amount usually consumed. Analysts should be cautious when estimating the prevalence of supplement use for specific nutrients. Nutrient variables released in the Individual or Total Dietary Supplements file (P_DSQIDS or P_DSQTOT) should not be used alone to produce such prevalence estimation. It is recommended that analysts merge participant datasets with the NHANES Dietary Supplement Database files to identify the reported supplements containing the nutrients of interest.

In some cases, it may appear as though a participant reported the same dietary supplement more than once. There are a several reasons for these duplications. Participants' may have reported DS with the same generic ingredient but different brand names (i.e., 2 different brands of calcium, but calcium is collected generically with only the strength) or the supplement may have been different forms or dosages of the same product. There were a few cases where the participant did report the exact same dietary supplement, with the same length of use, frequency of use or amount used. In these cases, since the interviewer recorded that a separate dietary supplement container was seen for each reported dietary supplement both mentions of the dietary supplement were retained in the file.

During the data editing process, outlier values were examined. When there was insufficient information to conclude that values were invalid, they were left in the data set. Analysts should examine the distribution of the data and consider whether or not it is appropriate to include or exclude extreme values in a given analysis.

NCHS collects brand name information on supplements whenever feasible, to ensure as much accuracy as possible in finding the label information for the exact product taken and providing exact ingredient information for this product to data users. Brand names are not collected for DS listed on the "Strength Only" List (see

Appendix 5: Vitamins/Minerals). Only the nutrient is selected, and the strength is recorded. Analyst should be aware that for these specific nutrients, NCHS releases generic information (i.e., calcium 600 mg). Thus, analyses of consumer usage by brand name using NHANES data may not be accurate and is not recommended. Brand names that are available in a limited geographic area of the U.S. are not released; generic names are used for these products.

Deriving nutrient estimates from dietary supplement data

Thirty-four nutrients have already been computed for this release. In order to compute average daily intakes for nutrients or bioactives other than these 34, analyst will need to combine the Individual Dietary Supplements File (P_DSQIDS) with the NHANES-DSD files (DSPI, DSII and DSBI), which contain information on each product and ingredients and amounts in those products.

Intake of multiple supplements with the same nutrient(s), multiple use of the same supplement on the same day, and nutrients in blends should be taken into account in nutrient calculations. Nutrient names and the quantity units need to be harmonized and nutrient amounts from all these calculations must then be summed. Some nutrient amounts are for a nutrient compound (generally a foreign-made product or an antacid) and these must be converted to a nutrient elemental amount.

Analysts need to be aware of question changes over the cycles when looking at trends. Dietary supplement data was reported as times per month in 1999-2000, days in the past month in 2001-2002, and days in the past 30 days in 2003-2020.

Please refer to the on-line [NHANES Dietary Tutorial](#), which is available on the [NHANES website](#), for further details on how to use these datasets.

Estimating total nutrient intakes from all sources (foods, beverages and DS)

Beginning in the NHANES 2007-2008 survey cycle, data on the usage of all vitamins, minerals, herbals and other DS as well as non-prescription antacids, are collected during the Dietary Interviews, which consists of two 24-hour dietary recalls. Prior to the NHANES 2007-2008 release, estimating total nutrient intakes from all sources (foods, beverages and DS), had been difficult because of the different data collection methods, referent time frames, and data formats. These data are now collected using similar methods over the same period, and nutrients from all sources can be easily combined. The 24-hour dietary supplement data are released in separate files available on the NHANES dietary website. They can be linked to the dietary files by the respondent sequence number (SEQN). For more information on the data, refer to the documentations accompanying the 24-hour dietary intakes and dietary supplement datasets.

References

- Institute of Medicine. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC. National Academies Press, 2006

Codebook and Frequencies

SEQN - Respondent sequence number

Variable Name:	SEQN
SAS Label:	Respondent sequence number
English Text:	Respondent sequence number.
Target:	Both males and females 0 YEARS - 150 YEARS

DSDPID - Supplement ID Number

Variable Name: DSDPID
SAS Label: Supplement ID Number
English Text: Supplement ID Number
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
275 to 6666667174	Range of Values	16728	16728	
.	Missing	0	16728	

DSDSUPP - Supplement Name

Variable Name: DSDSUPP**SAS Label:** Supplement Name**English Text:**
Target:

Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
Supplement Name	Value was recorded	16726	16726	
< blank >	Missing	2	16728	

DSDANTA - Antacid reported as a dietary supplement

Variable Name: DSDANTA

SAS Label: Antacid reported as a dietary supplement

English Text: Antacid reported as a dietary supplement

English Instructions: Antacids that are reported with dietary supplements (DSQ) are coded 1, antacids reported with medications in the antacid section are coded 2, dietary supplements that are not antacids are coded 0.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0	Non-antacid supplement	15218	15218	
1	Antacid reported with dietary supplement (DSQ)	2	15220	
2	Antacid reported with medication (RXQ)	1508	16728	
.	Missing	0	16728	

DSD070 - Was container seen?

Variable Name: DSD070
SAS Label: Was container seen?
English Text: Was container seen?
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	14265	14265	
2	No	2335	16600	
.	Missing	128	16728	

DSDMTCH - Matching code

Variable Name: DSDMTCH
SAS Label: Matching code
English Text: Matching code
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Exact or near exact match	6705	6705	
2	Probable match	1353	8058	
3	Generic match	4219	12277	
4	Reasonable match	2183	14460	
5	Default match	1884	16344	
6	No match	263	16607	
7	Refused	32	16639	
9	Don't know	89	16728	
.	Missing	0	16728	

DSD090 - How long supplement taken (days)?

Variable Name: DSD090**SAS Label:** How long supplement taken (days)?**English Text:** For how long have you been taking {PRODUCT NAME} or a similar type of product?**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 28470	Range of Values	16508	16508	
7777777	Refused	7	16515	
9999999	Don't know	85	16600	
.	Missing	128	16728	

DSD103 - Days supplement taken, past 30 days

Variable Name: DSD103**SAS Label:** Days supplement taken, past 30 days**English Text:** In the past 30 days, on how many days did you take {PRODUCT NAME}?**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 30	Range of Values	16105	16105	
7777	Refused	4	16109	
9999	Don't know	29	16138	
.	Missing	590	16728	

DSD122Q - Quantity of supplement taken daily

Variable Name: DSD122Q**SAS Label:** Quantity of supplement taken daily**English Text:** On the days that (you/SP) took (PRODUCT NAME), how much did (you/SP), usually take on a single day?**English Instructions:** CAPI INSTRUCTIONS: RESPONSE FIELD SHOULD ALLOW FOR 3 NUMERIC ENTRIES AND INCLUDE A DECIMAL. ALLOW 0 OR 1 ENTRIES TO THE LEFT OF THE DECIMAL AND 0,1 OR 2 ENTRIES TO THE RIGHT OF THE DECIMAL. ENTER NUMBER**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.017 to 237	Range of Values	16528	16528	
777777	Refused	1	16529	
999999	Don't know	7	16536	
.	Missing	192	16728	

DSD122U - Dosage form

Variable Name:	DSD122U
SAS Label:	Dosage form
English Text:	On the days that {you/SP} took {PRODUCT NAME}, how much did {you/SP} usually take on a single day?
English Instructions:	<p>CAPI INSTRUCTION: RESPONSE FIELD SHOULD ALLOW FOR 3 NUMERIC ENTRIES AND INCLUDE A DECIMAL. ALLOW 0 OR 1 ENTRIES TO THE LEFT OF THE DECIMAL AND 0, 1 OR 2 ENTRIES TO THE RIGHT OF THE DECIMAL. IF FORM CODE 1 THROUGH 8 IN DSQ.077, AUTOMATICALLY CODE THE UNIT CODE 1 AND SKIP TO BOX NEW 4A. IF FORM CODE 12 IN DSQ.077, AUTOMATICALLY CODE THE UNIT CODE 13 FOR DSQ.123U AND SKIP TO BOX NEW 4A. IF FORM CODE 13 IN DSQ.077, AUTOMATICALLY CODE THE UNIT CODE 20 FOR DSQ.123U AND SKIP TO BOX NEW 4A. IF FORM CODE 14 IN DSQ.077, AUTOMATICALLY CODE THE UNIT CODE 17 FOR DSQ.123U AND SKIP TO BOX NEW 4A. IF FORM CODE 16 IN DSQ.077, AUTOMATICALLY CODE THE UNIT CODE 6 FOR DSQ.123U AND SKIP TO BOX NEW 4A. IF FORM CODE 9 IN DSQ.077, DISPLAY THE UNIT CODES 1, 6, 7, 11, 12, 13, 15, 16, 17, 18, 20, 21, 23, 27, 28, 30, 91, 77, 99 FOR DSQ.123U. IF FORM CODE 10, 17 IN DSQ.077, DISPLAY THE UNIT CODES 2, 3, 5, 7, 11, 12, 15, 18, 19, 23, 27, 29, 91, 77, 99 FOR DSQ.123U. IF FORM CODE 11, 15 IN DSQ.077, DISPLAY THE UNIT CODES 11, 12, 15, 16, 18, 21, 23, 27, 28, 91, 77, 99 FOR DSQ.123U. IF FORM CODE 91, 77, 99 IN DSQ.077, DISPLAY ENTIRE PICK LIST FOR DSQ.123U. IF CONTAINER NOT SEEN (CODE 2 IN DSQ.071), DISPLAY ENTIRE PICK LIST FOR DSQ.123U. ENTER UNIT/FORM.</p>
Target:	Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	TABLETS, CAPSULES, PILLS, CAPLETS, SOFTGELS, GEL CAPS, VEGICAPS, CHEWABLE TABLETS	13577	13577	
2	Droppers	16	13593	
3	Drops	40	13633	
5	Injections/shots	0	13633	
6	LOZENGES/COUGH DROPS	12	13645	
7	Milliliters	259	13904	
11	Tablespoons	63	13967	
12	Teaspoons	190	14157	
13	Wafers	6	14163	
15	Cans	1	14164	
16	Grams	22	14186	
17	Dots	0	14186	
18	Cups	1	14187	
19	Sprays/Squirts	9	14196	
20	CHEWS/GUMMIES	1969	16165	
21	Scoop	149	16314	
22	CC	0	16314	
23	Capful	15	16329	
27	Ounces	25	16354	
28	Packages/Packets	166	16520	
29	Vial	2	16522	
30	Gumball	0	16522	
31	Strips	0	16522	
32	Bottle	3	16525	
77	Refused	1	16526	
99	Don't know	10	16536	
.	Missing	192	16728	

DSDACTSS - Reported serving size/label serving size

Variable Name: DSDACTSS
SAS Label: Reported serving size/label serving size
English Text: Reported serving size/label serving size
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.02 to 30	Range of Values	16270	16270	
.	Missing	458	16728	

DSDDAY1 - Reported Product during Day 1

Variable Name: DSDDAY1
SAS Label: Reported Product during Day 1
English Text: Was Supplement taken during the 24 Hour Recall, Day 1?
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	8323	8323	
2	No	5174	13497	
7	Refused	11	13508	
9	Don't know	34	13542	
.	Missing	3186	16728	

DSDDAY2 - Reported Product during Day 2

Variable Name: DSDDAY2
SAS Label: Reported Product during Day 2
English Text: Was Supplement taken during the 24 Hour Recall, Day 2?
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	7857	7857	
2	No	4057	11914	
7	Refused	0	11914	
9	Don't know	12	11926	
.	Missing	4802	16728	

DSQ124 - Took product on own or doctor advised

Variable Name: DSQ124**SAS Label:** Took product on own or doctor advised**English Text:** What is the reason you take {PRODUCT NAME}? (Did you decide to take it for reasons of your own or did a doctor or other health provider tell you to take it?)**English Instructions:** HAND CARD DSQ2**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Decided to take it for reasons of my own	9498	9498	
2	A doctor or other health provider told me to	5122	14620	
7	Refused	2	14622	
9	Don't know	35	14657	
.	Missing	2071	16728	

DSQ128A - For good bowel/colon health

Variable Name: DSQ128A

SAS Label: For good bowel/colon health

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
10	FOR GOOD BOWEL/COLON HEALTH	449	449	
77	Refused	3	452	
99	Don't know	201	653	
.	Missing	16075	16728	

DSQ128B - For prostate health

Variable Name: DSQ128B**SAS Label:** For prostate health**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Males only 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
11	FOR PROSTATE HEALTH	149	149	
.	Missing	16579	16728	

DSQ128C - For mental health

Variable Name: DSQ128C**SAS Label:** For mental health**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
12	FOR MENTAL HEALTH	401	401	
.	Missing	16327	16728	

DSQ128D - To prevent health problems

Variable Name: DSQ128D

SAS Label: To prevent health problems

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
13	TO PREVENT HEALTH PROBLEMS	1864	1864	
.	Missing	14864	16728	

DSQ128E - To improve my overall health

Variable Name: DSQ128E

SAS Label: To improve my overall health

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
14	TO IMPROVE MY OVERALL HEALTH	3688	3688	
.	Missing	13040	16728	

DSQ128F - For teeth, prevent cavities

Variable Name: DSQ128F

SAS Label: For teeth, prevent cavities

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
15	FOR TEETH, PREVENT CAVITIES	155	155	
.	Missing	16573	16728	

DSQ128G - To supplement my diet, food not enough

Variable Name: DSQ128G**SAS Label:** To supplement my diet, food not enough**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
16	TO SUPPLEMENT MY DIET, FOOD NOT ENOUGH	1836	1836	
.	Missing	14892	16728	

DSQ128H - To maintain health (to stay healthy)

Variable Name: DSQ128H**SAS Label:** To maintain health (to stay healthy)**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
17	TO MAINTAIN HEALTH (TO STAY HEALTHY)	4018	4018	
.	Missing	12710	16728	

DSQ128I - To prevent colds, boost immune system

Variable Name: DSQ128I**SAS Label:** To prevent colds, boost immune system**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
18	TO PREVENT COLDS, BOOST IMMUNE SYSTEM	1823	1823	
.	Missing	14905	16728	

DSQ128J - For heart health, cholesterol

Variable Name: DSQ128J

SAS Label: For heart health, cholesterol

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
19	FOR HEART HEALTH, CHOLESTEROL	1125	1125	
.	Missing	15603	16728	

DSQ128K - For eye health

Variable Name: DSQ128K

SAS Label: For eye health

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
20	FOR EYE HEALTH	532	532	
.	Missing	16196	16728	

DSQ128L - For healthy joints, arthritis

Variable Name: DSQ128L

SAS Label: For healthy joints, arthritis

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
21	FOR HEALTHY JOINTS, ARTHRITIS	875	875	
.	Missing	15853	16728	

DSQ128M - For healthy skin, hair and nails

Variable Name: DSQ128M**SAS Label:** For healthy skin, hair and nails**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
22	HEALTHY SKIN, HAIR, AND NAIL	1028	1028	
.	Missing	15700	16728	

DSQ128N - For weight loss

Variable Name: DSQ128N**SAS Label:** For weight loss**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
23	FOR WEIGHT LOSS	275	275	
.	Missing	16453	16728	

DSQ128O - For bone health

Variable Name: DSQ128O**SAS Label:** For bone health**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
24	FOR BONE HEALTH, BUILD STRONG BONES, OSTEOPOROSIS	1903	1903	
.	Missing	14825	16728	

DSQ128P - To get more energy

Variable Name: DSQ128P

SAS Label: To get more energy

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
25	TO GET MORE ENERGY	1697	1697	
.	Missing	15031	16728	

DSQ128Q - For pregnancy/breastfeeding

Variable Name: DSQ128Q

SAS Label: For pregnancy/breastfeeding

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
26	FOR PREGNANCY/BREASTFEEDING	185	185	
.	Missing	16543	16728	

DSQ128R - For anemia, such as low iron

Variable Name: DSQ128R

SAS Label: For anemia, such as low iron

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
27	FOR ANEMIA, SUCH AS LOW IRON	627	627	
.	Missing	16101	16728	

DSD128T - To maintain blood sugar, diabetes

Variable Name: DSD128T

SAS Label: To maintain blood sugar, diabetes

English Text: What is the reason you take {PRODUCT NAME}? (Did you decide to take it for reasons of your own or did a doctor or other health provider tell you to take it?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
28	TO MAINTAIN BLOOD SUGAR, DIABETES	500	500	
.	Missing	16228	16728	

DSD128V - For kidney and bladder health

Variable Name: DSD128V

SAS Label: For kidney and bladder health

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
30	FOR KIDNEY AND BLADDER HEALTH	253	253	
.	Missing	16475	16728	

DSD128W - For respiratory health, asthma

Variable Name: DSD128W**SAS Label:** For respiratory health, asthma**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
31	FOR RESPIRATORY HEALTH, ASTHMA	9	9	
.	Missing	16719	16728	

DSD128X - For allergies

Variable Name: DSD128X

SAS Label: For allergies

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
32	FOR ALLERGIES	9	9	
.	Missing	16719	16728	

DSD128Z - To improve digestion

Variable Name: DSD128Z

SAS Label: To improve digestion

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
34	IMPROVE DIGESTION	743	743	
.	Missing	15985	16728	

DSD128AA - For menopause, hot flashes

Variable Name: DSD128AA**SAS Label:** For menopause, hot flashes**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Females only 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
35	FOR MENOPAUSE, HOT FLASHES	77	77	
.	Missing	16651	16728	

DSD128BB - For muscle related issues, muscle cramps**Variable Name:** DSD128BB**SAS Label:** For muscle related issues, muscle cramps**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
36	FOR MUSCLE RELATED ISSUES, MUSCLE CRAMPS	382	382	
.	Missing	16346	16728	

DSD128DD - For relaxation, stress, sleep

Variable Name: DSD128DD**SAS Label:** For relaxation, stress, sleep**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
38	FOR RELAXATION, STRESS, SLEEP	453	453	
.	Missing	16275	16728	

DSD128EE - For nervous system health

Variable Name: DSD128EE**SAS Label:** For nervous system health**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
39	FOR NERVOUS SYSTEM HEALTH	39	39	
.	Missing	16689	16728	

DSD128FF - For liver health, detoxification

Variable Name: DSD128FF**SAS Label:** For liver health, detoxification**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
40	FOR LIVER HEALTH, DETOXIFICATION, CLEANSE SYSTEM	251	251	
.	Missing	16477	16728	

DSD128GG - For antioxidants

Variable Name: DSD128GG**SAS Label:** For antioxidants**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
41	FOR ANTIOXIDANTS	7	7	
.	Missing	16721	16728	

DSD128HH - Word of mouth, advertisement

Variable Name: DSD128HH**SAS Label:** Word of mouth, advertisement**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
42	WORD OF MOUTH, ADVERTISEMENT	35	35	
.	Missing	16693	16728	

DSD128II - For thyroid health, gout

Variable Name: DSD128II

SAS Label: For thyroid health, gout

English Text: For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)

English Instructions: CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.

Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
43	FOR THYROID HEALTH, GOUT	26	26	
.	Missing	16702	16728	

DSD128JJ - For weight gain

Variable Name: DSD128JJ**SAS Label:** For weight gain**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
44	FOR WEIGHT GAIN	138	138	
.	Missing	16590	16728	

DSD128KK - Low levels in blood

Variable Name: DSD128KK**SAS Label:** Low levels in blood**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
45	LOW LEVELS IN BLOOD	247	247	
.	Missing	16481	16728	

DSD128LL - For support after surgery

Variable Name: DSD128LL**SAS Label:** For support after surgery**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
46	FOR SUPPORT AFTER SURGERY	4	4	
.	Missing	16724	16728	

DSD128MM - Headaches and dizziness

Variable Name: DSD128MM**SAS Label:** Headaches and dizziness**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
47	HEADACHES AND DIZZINESS	35	35	
.	Missing	16693	16728	

DSQ128NN - To build muscle

Variable Name: DSQ128NN**SAS Label:** To build muscle**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
48	TO BUILD MUSCLE	470	470	
.	Missing	16258	16728	

DSD128OO - For inflammation

Variable Name: DSD128OO**SAS Label:** For inflammation**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
49	FOR INFLAMMATION	44	44	
.	Missing	16684	16728	

DSD128PP - For fluid/water balance

Variable Name: DSD128PP**SAS Label:** For fluid/water balance**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
50	FOR FLUID/WATER BALANCE	16	16	
.	Missing	16712	16728	

DSQ128S - Other

Variable Name: DSQ128S**SAS Label:** Other**English Text:** For what reason or reasons do you take {PRODUCT NAME}? (For what reason or reasons did the doctor or other health professional tell you to take {PRODUCT}?)**English Instructions:** CAPI INSTRUCTION: IF CODE 1 IN DSQ.124, DISPLAY For what reason or reasons {do you/does SP} take {PRODUCT NAME}? IF CODE 2 IN DSQ.124, DISPLAY For what reason or reasons did the doctor or other health professional tell {you/SP} to take {PRODUCT}? HAND CARD DSQ3. CODE ALL THAT APPLY.**Target:** Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
91	OTHER SPECIFY	110	110	
.	Missing	16618	16728	

DSQIKCAL - Energy (kcal)

Variable Name: DSQIKCAL
SAS Label: Energy (kcal)
English Text: Energy (kcal)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 1250	Range of Values	3941	3941	
.	Missing	12787	16728	

DSQIPROT - Protein (gm)

Variable Name: DSQIPROT
SAS Label: Protein (gm)
English Text: Protein (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.002 to 64	Range of Values	404	404	
.	Missing	16324	16728	

DSQICARB - Carbohydrate (gm)

Variable Name: DSQICARB
SAS Label: Carbohydrate (gm)
English Text: Carbohydrate (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.001 to 252	Range of Values	3107	3107	
.	Missing	13621	16728	

DSQISUGR - Total sugars (gm)

Variable Name: DSQISUGR
SAS Label: Total sugars (gm)
English Text: Total sugars (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.2 to 43	Range of Values	2027	2027	
.	Missing	14701	16728	

DSQIFIBE - Dietary fiber (gm)

Variable Name: DSQIFIBE
SAS Label: Dietary fiber (gm)
English Text: Dietary fiber (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.01 to 26	Range of Values	323	323	
.	Missing	16405	16728	

DSQITFAT - Total fat (gm)

Variable Name: DSQITFAT
SAS Label: Total fat (gm)
English Text: Total fat (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.02 to 30	Range of Values	1357	1357	
.	Missing	15371	16728	

DSQISFAT - Total saturated fatty acids (gm)

Variable Name: DSQISFAT
SAS Label: Total saturated fatty acids (gm)
English Text: Total saturated fatty acids (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.0002 to 15	Range of Values	225	225	
.	Missing	16503	16728	

DSQIMFAT - Total monounsaturated fatty acids (gm)

Variable Name: DSQIMFAT
SAS Label: Total monounsaturated fatty acids (gm)
English Text: Total monounsaturated fatty acids (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.17 to 6	Range of Values	143	143	
.	Missing	16585	16728	

DSQIPFAT - Total polyunsaturated fatty acids (gm)

Variable Name: DSQIPFAT
SAS Label: Total polyunsaturated fatty acids (gm)
English Text: Total polyunsaturated fatty acids (gm)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.25 to 12	Range of Values	374	374	
.	Missing	16354	16728	

DSQICHOL - Cholesterol (mg)

Variable Name: DSQICHOL
SAS Label: Cholesterol (mg)
English Text: Cholesterol (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 250	Range of Values	735	735	
.	Missing	15993	16728	

DSQILYCO - Lycopene (mcg)

Variable Name: DSQILYCO
SAS Label: Lycopene (mcg)
English Text: Lycopene (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
50 to 100000	Range of Values	957	957	
.	Missing	15771	16728	

DSQILZ - Lutein + zeaxanthin (mcg)

Variable Name: DSQILZ
SAS Label: Lutein + zeaxanthin (mcg)
English Text: Lutein + zeaxanthin (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
3 to 48000	Range of Values	1185	1185	
.	Missing	15543	16728	

DSQIVB1 - Thiamin (Vitamin B1) (mg)

Variable Name: DSQIVB1
SAS Label: Thiamin (Vitamin B1) (mg)
English Text: Thiamin (Vitamin B1) (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.01 to 250	Range of Values	3037	3037	
.	Missing	13691	16728	

DSQIVB2 - Riboflavin (Vitamin B2) (mg)

Variable Name: DSQIVB2
SAS Label: Riboflavin (Vitamin B2) (mg)
English Text: Riboflavin (Vitamin B2) (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.02 to 400	Range of Values	3029	3029	
.	Missing	13699	16728	

DSQINIAC - Niacin (mg)

Variable Name: DSQINIAC
SAS Label: Niacin (mg)
English Text: Niacin (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.16 to 1500	Range of Values	3330	3330	
.	Missing	13398	16728	

DSQIVB6 - Vitamin B6 (mg)

Variable Name: DSQIVB6
SAS Label: Vitamin B6 (mg)
English Text: Vitamin B6 (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.03 to 500	Range of Values	4467	4467	
.	Missing	12261	16728	

DSQIFA - Folic acid (mcg)

Variable Name: DSQIFA
SAS Label: Folic acid (mcg)
English Text: Folic acid (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 16000	Range of Values	4362	4362	
.	Missing	12366	16728	

DSQIFDFE - Folate, DFE (mcg)

Variable Name: DSQIFDFE
SAS Label: Folate, DFE (mcg)
English Text: Folate, DFE (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
2 to 27200	Range of Values	4362	4362	
.	Missing	12366	16728	

DSQICHL - Total choline (mg)

Variable Name: DSQICHL
SAS Label: Total choline (mg)
English Text: Total choline (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.003 to 1058	Range of Values	836	836	
.	Missing	15892	16728	

DSQIVB12 - Vitamin B12 (mcg)

Variable Name: DSQIVB12
SAS Label: Vitamin B12 (mcg)
English Text: Vitamin B12 (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.2 to 15000	Range of Values	4908	4908	
.	Missing	11820	16728	

DSQIVC - Vitamin C (mg)

Variable Name: DSQIVC
SAS Label: Vitamin C (mg)
English Text: Vitamin C (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.2 to 30000	Range of Values	5614	5614	
.	Missing	11114	16728	

DSQIVK - Vitamin K (mcg)

Variable Name: DSQIVK
SAS Label: Vitamin K (mcg)
English Text: Vitamin K (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 10000	Range of Values	2125	2125	
.	Missing	14603	16728	

DSQIVD - Vitamin D (D2 + D3) (mcg)

Variable Name: DSQIVD
SAS Label: Vitamin D (D2 + D3) (mcg)
English Text: Vitamin D (D2 + D3) (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.01 to 2500	Range of Values	6208	6208	
.	Missing	10520	16728	

DSQICALC - Calcium (mg)

Variable Name: DSQICALC
SAS Label: Calcium (mg)
English Text: Calcium (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.2 to 7584	Range of Values	5217	5217	
.	Missing	11511	16728	

DSQIPHOS - Phosphorus (mg)

Variable Name: DSQIPHOS
SAS Label: Phosphorus (mg)
English Text: Phosphorus (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
6 to 1200	Range of Values	1342	1342	
.	Missing	15386	16728	

DSQIMAGN - Magnesium (mg)

Variable Name: DSQIMAGN
SAS Label: Magnesium (mg)
English Text: Magnesium (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.1 to 3390	Range of Values	2781	2781	
.	Missing	13947	16728	

DSQIIRON - Iron (mg)

Variable Name: DSQIIRON
SAS Label: Iron (mg)
English Text: Iron (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.0005 to 260	Range of Values	1965	1965	
.	Missing	14763	16728	

DSQIZINC - Zinc (mg)

Variable Name: DSQIZINC
SAS Label: Zinc (mg)
English Text: Zinc (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.0001 to 450	Range of Values	4092	4092	
.	Missing	12636	16728	

DSQICOPP - Copper (mg)

Variable Name: DSQICOPP
SAS Label: Copper (mg)
English Text: Copper (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.0001 to 7.5	Range of Values	2377	2377	
.	Missing	14351	16728	

DSQISODI - Sodium (mg)

Variable Name: DSQISODI
SAS Label: Sodium (mg)
English Text: Sodium (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.1 to 1820	Range of Values	1442	1442	
.	Missing	15286	16728	

DSQIPOTA - Potassium (mg)

Variable Name: DSQIPOTA
SAS Label: Potassium (mg)
English Text: Potassium (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.01 to 6750	Range of Values	1555	1555	
.	Missing	15173	16728	

DSQISELE - Selenium (mcg)

Variable Name: DSQISELE
SAS Label: Selenium (mcg)
English Text: Selenium (mcg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0.3 to 2100	Range of Values	2250	2250	
.	Missing	14478	16728	

DSQICAFF - Caffeine (mg)

Variable Name: DSQICAFF
SAS Label: Caffeine (mg)
English Text: Caffeine (mg)
Target: Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
20 to 1200	Range of Values	34	34	
.	Missing	16694	16728	

DSQIIODI - Iodine (mcg)

Variable Name: DSQIIODI**SAS Label:** Iodine (mcg)**English Text:**
Target:

Both males and females 0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
2 to 12500	Range of Values	3147	3147	
.	Missing	13581	16728	

Appendix 1: Variables in the Individual Dietary Supplements File (P_DSQIDS)

Variables	Variable Label
SEQN	Respondent sequence number
DSDPID	NCHS Supplement ID
DSDANTA	Antacid reported as a dietary supplement
DSD070	Was container seen?
DSDMTCH	Matching code
DSD090	How long supplement taken (days)
DSD103	Days supplement taken, past 30 days
DSD122Q	Quantity of supplement taken per day
DSD122U	Dosage form
DSDACTSS	Reported serving size/label serving size
DSD124	Took product on own or doctor advised
DSQ128A	FOR GOOD BOWEL/COLON HEALTH , REFUSED, DON'T KNOW
DSQ128B	FOR PROSTATE HEALTH
DSQ128C	FOR MENTAL HEALTH
DSQ128D	TO PREVENT HEALTH PROBLEMS
DSQ128E	TO IMPROVE MY OVERALL HEALTH
DSQ128F	FOR TEETH, PREVENT CAVITIES
DSQ128G	TO SUPPLEMENT MY DIET (BECAUSE I DON'T GET ENOUGH FROM FOOD OR FROM SUNLIGHT)
DSQ128H	TO MAINTAIN HEALTH (TO STAY HEALTHY)
DSQ128I	TO PREVENT COLDS, BOOST IMMUNE SYSTEM
DSQ128J	FOR HEART HEALTH, CHOLESTEROL
DSQ128K	FOR EYE HEALTH
DSQ128L	FOR HEALTHY JOINTS, ARTHRITIS
DSQ128M	HEALTHY SKIN, HAIR, AND NAILS
DSQ128N	FOR WEIGHT LOSS
DSQ128O	FOR BONE HEALTH, BUILD STRONG BONES, OSTEOPOROSIS
DSQ128P	TO GET MORE ENERGY
DSQ128Q	FOR PREGNANCY/BREASTFEEDING
DSQ128R	FOR ANEMIA, SUCH AS LOW IRON
DSQ128S	OTHER SPECIFY
DSD128T	TO MAINTAIN HEALTHY BLOOD SUGAR LEVEL, DIABETES
DSD128V	FOR KIDNEY AND BLADDER HEALTH, URINARY TRACT HEALTH, NEUROPATHY
DSD128W	FOR RESPIRATORY HEALTH, ASTHMA
DSD128X	FOR ALLERGIES
DSD128Z	TO IMPROVE DIGESTION
DSD128AA	FOR MENOPAUSE, HOT FLASHES
DSD128BB	FOR MUSCLE RELATED ISSUES, MUSCLE CRAMPS
DSD128DD	FOR RELAXATION, DECREASE STRESS, IMPROVE SLEEP
DSD128EE	FOR NERVOUS SYSTEM HEALTH

Variables	Variable Label
DSD128FF	FOR LIVER HEALTH, DETOXIFICATION, CLEANSE SYSTEM
DSD128GG	FOR ANTIOXIDANTS
DSD128HH	WORD OF MOUTH, ADVERTISEMENT
DSD128II	FOR THYROID HEALTH, GOUT
DSD128JJ	FOR WEIGHT GAIN
DSD128KK	LOW LEVELS IN BLOOD
DSD128LL	FOR SUPPORT AFTER SURGERY
DSD128MM	HEADACHES AND DIZZINESS
DSQ128NN	TO BUILD MUSCLE
DSD128OO	FOR INFLAMMATION
DSD128PP	FOR FLUID/WATER BALANCE
DSQIKCAL	Energy (kcal)
DSQIPROT	Protein (gm)
DSQICARB	Carbohydrate (gm)
DSQISUGR	Total sugars (gm)
DSQIFIBE	Dietary fiber (gm)
DSQITFAT	Total fat (gm)
DSQISFAT	Total saturated fatty acids (gm)
DSQIMFAT	Total monounsaturated fatty acids (gm)
DSQIPFAT	Total polyunsaturated fatty acids (gm)
DSQICHOL	Cholesterol (mg)
DSQILYCO	Lycopene (mcg)
DSQILZ	Lutein + zeaxanthin (mcg)
DSQIVB1	Thiamin (Vitamin B1) (mg)
DSQIVB2	Riboflavin (Vitamin B2) (mg)
DSQINIAC	Niacin (mg)
DSQIVB6	Vitamin B6 (mg)
DSQIFA	Folic acid (mcg)
DSQIFDFE	Folate, DFE (mcg)
DSQICHL	Total choline (mg)
DSQIVB12	Vitamin B12 (mcg)
DSQIVC	Vitamin C (mg)
DSQIVK	Vitamin K (mcg)
DSQIVD	Vitamin D (D2 + D3) (mcg)
DSQICALC	Calcium (mg)
DSQIPHOS	Phosphorus (mg)
DSQIMAGN	Magnesium (mg)
DSQIIRON	Iron (mg)
DSQIZINC	Zinc (mg)
DSQICOPP	Copper (mg)

Variables	Variable Label
DSQISODI	Sodium (mg)
DSQIPOTA	Potassium (mg)
DSQISELE	Selenium (mcg)
DSQICAFF	Caffeine (mg)
DSQIIODI	Iodine (mcg)

Appendix 2: List of Nutrients/Dietary Components (Unit)

Energy and Macronutrients

Food energy (kcal) €
 Protein (g) €
 Carbohydrate (g) €
 Fat, total (g) €
 Alcohol (g)
 Sugars, total (g) €
 Dietary fiber, total (g) €
 Water (moisture) (g)*
 Saturated fatty acids, total (g) €
 Monounsaturated fatty acids, total (g) €
 Polyunsaturated fatty acids, total (g) €
 Cholesterol (mg) €

Individual fatty acids:

4:0 (g)
 6:0 (g)
 8:0 (g)
 10:0 (g)
 12:0 (g)
 14:0 (g)
 16:0 (g)
 18:0 (g)
 16:1 (g)
 18:1 (g)
 20:1 (g)
 22:1 (g)
 18:2 (g)
 18:3 (g)
 18:4 (g)
 20:4 (g)
 20:5 n-3 (g)
 22:5 n-3 (g)
 22:6 n-3 (g)

Vitamins, Minerals, and Other Components

Vitamin A as retinol activity equivalents (μg) ¥
 Retinol (μg) ¥
 Carotenoids:
 Carotene, alpha (μg) ¥
 Carotene, beta (μg) ¥
 Cryptoxanthin, beta (μg) ¥
 Lycopene (μg) €
 Lutein + zeaxanthin (μg) €
 Vitamin E as alpha-tocopherol (mg) ¥
 Added vitamin E as alpha-tocopherol (mg)
 Vitamin D (D2 + D3) (μg) €
 Vitamin K as phylloquinone (μg) €
 Vitamin C (mg) €
 Thiamin (mg) €
 Riboflavin (mg) €
 Niacin (mg) €
 Vitamin B-6 (mg) €
 Folate, total (μg)
 Folate as dietary folate equivalents (μg) €
 Folic acid (μg) €
 Food folate (μg)
 Choline, total (mg) €
 Vitamin B-12 (μg) €
 Added vitamin B-12 (μg)

Calcium (mg) €
Iron (mg) €
Magnesium (mg) €
Phosphorus (mg) €
Potassium (mg) €
Sodium (mg) €
Zinc (mg) €
Copper (mg) €
Selenium (µg) €
Caffeine (mg) €
Theobromine (mg)

Iodine (mcg)†

* Value reflects moisture present in all foods, beverages, and water consumed as a beverage (variables DR1IMOIS, DR2IMOIS, DR1TMOIS, DR2TMOIS)

€Indicates nutrients in which data is available for dietary supplements and non-prescription antacids containing calcium and/or magnesium

¥Indicates that data will be available in a later release cycle

† Only included in the dietary supplement files

Appendix 3: Variables in the Total Dietary Supplement File (P_DSQTOT)

Variables	Variable Label
SEQN	Respondent sequence number
DSD010	Any Dietary Supplements Taken?
DSDCOUNT	Total # of Dietary Supplements Taken
DSD010AN	Any Antacids Taken?
DSDANCNT	Total # of Antacids Taken
DSQTKCAL	Energy (kcal)
DSQTPROT	Protein (gm)
DSQTCARB	Carbohydrate (gm)
DSQTSUGR	Total sugars (gm)
DSQTFIBE	Dietary fiber (gm)
DSQTTFAT	Total fat (gm)
DSQTSFAT	Total saturated fatty acids (gm)
DSQTMFAT	Total monounsaturated fatty acids (gm)
DSQTPFAT	Total polyunsaturated fatty acids (gm)
DSQTCHOL	Cholesterol (mg)
DSQTLYCO	Lycopene (mcg)
DSQTLZ	Lutein + zeaxanthin (mcg)
DSQTVB1	Thiamin (Vitamin B1) (mg)
DSQTVB2	Riboflavin (Vitamin B2) (mg)
DSQTNIAAC	Niacin (mg)
DSQTVB6	Vitamin B6 (mg)
DSQTFA	Folic acid (mcg)
DSQTFDFE	Folate, DFE (mcg)
DSQTCHL	Total choline (mg)
DSQTVB12	Vitamin B12 (mcg)
DSQTVC	Vitamin C (mg)
DSQTVK	Vitamin K (mcg)
DSQTVD	Vitamin D (D2 + D3) (mcg)
DSQTCALC	Calcium (mg)
DSQTPHOS	Phosphorus (mg)
DSQTMAGN	Magnesium (mg)
DSQTIRON	Iron (mg)
DSQTZINC	Zinc (mg)
DSQTCOPP	Copper (mg)
DSQTSODI	Sodium (mg)
DSQTPOTA	Potassium (mg)
DSQTSELE	Selenium (mcg)
DSQTCAFF	Caffeine (mg)
DSQTIODI	Iodine (mcg)

Appendix 4: Dietary Supplement Hand card

VITAMINS MINERALS	Calcium, Vitamin C, Calcium and Iron, Vitamin E, Magnesium, Zinc, Calcium plus Vitamin D
MULTI-VITAMIN--MULTI- MINERALS	Flintstones, One a Day, Prenatals, Tri-Vi-Flor, B-Complex, Centrum
HERBALS AND BOTANICALS	Echinacea, Garlic, Saw Palmetto, Ginkgo, Ginseng
FIBER	Metamucil, Fibercon, Benefiber
AMINO ACIDS	Lysine, Methionine, Tryptophan
OTHERS	Fish Oil, Chondroitin, Glucosamine

Appendix 5: Vitamins/Minerals on the "Strength Only" List

- Vitamin A
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D (D3)
- Vitamin E
- Calcium
- Chromium (Chromium Picolinate)
- Folate (Folic Acid)
- Iron (Ferrous Xxxate)
- Magnesium
- Potassium
- Selenium
- Zinc (Zinc Gluconate)

Appendix 6: Created Default Supplements and Antacids

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Aloe Vera Gel	25 mg	Commonly Available Strength
Aloe Vera Liquid	15 ml	Commonly Available Strength
American Ginseng	500 mg	Commonly Available Strength
Apple Cider Vinegar Tablets	Nature's Bounty Apple Cider Vinegar 480 mg Per Serving	Commonly Available Product
Ashwagandha	500 mg	Commonly Available Strength
Astaxanthin	4 mg	Most Commonly Reported Strength
B-Complex With Vitamin C	Nature Made B-Complex with Vitamin C	Commonly Available Product
Bee Pollen	550 mg	Commonly Available Strength
Beet Powder	7 grams	Commonly Available Strength
Bilberry	80 mg	Commonly Available Strength
Biotin	1000 mcg	Most Commonly Reported Strength
Black Seed Oil (Black Cumin Seed Oil)	Amazing Herbs Black Seed 100% Pure Cold-Pressed Black Cumin Seed Oil	Commonly Available Product
Black Seed Oil Softgels (Black Cumin Seed Oil)	Amazing Herbs Black Seed 100% Pure Cold-Pressed Black Cumin Seed Oil 500 Mg	Commonly Available Product
Calcium	600 mg	Most Commonly Reported Strength
Calcium & Magnesium	Calcium 500 mg, Magnesium 250 mg	Most Commonly Reported Strengths
Calcium 500 mg With Vitamin D	Calcium 500 mg, Vitamin D 200 IU	Most Commonly Reported Strengths
Calcium 600 mg With Vitamin D	Calcium 600 mg, Vitamin D 800 IU	Most Commonly Reported Strengths
Calcium Magnesium & Zinc	Calcium 333 mg, Magnesium 133 mg & Zinc 5 mg	Commonly Available Strengths
Calcium Polycarbophil Caplets	Fibercon Calcium Polycarbophil Bulk-Forming Laxative Fiber Therapy For Regularity	Most Commonly Reported Product
Calcium With Vitamin D	Calcium 600 mg, Vitamin D 800 IU	Most Commonly Reported Strengths
Children's Multivitamin/ Multimineral	Flintstones Complete Children's Multivitamin	Most Commonly Reported Product
Chondroitin	600 mg	Commonly Available Strength
Cinnamon	500 mg	Most Commonly Reported Strength
Cistanche	200 mg	Commonly Available Strength
Cod Liver Oil Softgels	Finest Nutrition Cod Liver Oil 415 mg Per Serving	Commonly Available Product
Coenzyme Q-10	100 mg	Most Commonly Reported Strength
Collagen	1000 mg	Most Commonly Reported Strength
Collagen & Vitamin C	Neocell Super Collagen+C Collagen Type 1&3	Most Commonly Reported Product

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Collagen Powder	Neocell Super Collagen 6,000 Mg Collagen Type 1&3 Powder	Commonly Available Product
Cranberry	500 mg	Most Commonly Reported Strength
Creatine Monohydrate	5000 mg	Most Commonly Reported Strength
Curcumin	500 mg	Commonly Available Strength
Dairy Digestive Caplets	Lactaid Original Lactase Enzyme	Commonly Available Product
Echinacea	380 mg	Most Commonly Reported Strength
Echinacea Liquid	1.0 ml	Commonly Available Strength
Elderberry	575 mg	Commonly Available Strength
Elderberry & Zinc	Nature's Way Sambucus Elderberry Zinc Lozenges	Commonly Available Product
Elderberry Liquid	Nature's Way Sambucus Standardized Elderberry Original Syrup	Commonly Available Product
Enzymes	Genuine N-Zimes Dr. Howell's Original Formula Digestive Enzyme	Commonly Available Product
Evening Primrose Oil	1000 mg	Commonly Available Strength
Fiber Capsules	Metamucil Psyllium Fiber 3-In-1 Fiber Multiple Health Benefits	Most Commonly Reported Product
Fiber Powder	Metamucil Psyllium Fiber 4-In-1 Fiber Made With Real Sugar Unflavored Stone Ground Texture	Commonly Available Product
Fish Oil	Nature's Bounty Fish Oil 1000 Mg 300 mg Of Omega-3	Commonly Available Product
Flax Seed Oil	1000 mg	Most Commonly Reported Strength
Fluoride Tabs	0.5 mg	Commonly Available Strength
Folic Acid	1 mg	Most Commonly Reported Strength
Forskolin	250 mg	Commonly Available Strength
Foti Root Extract Powder	2.5 grams	Commonly Available Strength
Garcinia Cambogia	500 mg	Commonly Available Strength
Garlic	1000 mg	Most Commonly Reported Strength
Ginger	550 mg	Commonly Available Strength
Ginkgo Biloba	120 mg	Most Commonly Reported Strength
Ginseng	250 mg	Most Commonly Reported Strength
Glucosamine	1000 mg	Most Commonly Reported Strength
Glucosamine & MSM	750 mg & 750 mg	Most Commonly Reported Strengths
Glucosamine Chondroitin	750 mg & 600 mg	Most Commonly Reported Strengths

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Grape Seed	100 mg	Commonly Available Strength
Grapefruit Seed Extract Liquid	100 mg	Commonly Available Strength
Greens Powder	Newvitality Royal Greens Original Blend	Commonly Available Product
Gripe Water	Mommy's Bliss Gripe Water Original Liquid	Commonly Available Product
Gummy Adult Melatonin	Vitafusion Melatonin Sugarfree Gummy 3 Mg Of Melatonin Per Serving	Commonly Available Product
Gummy Adult Men's Multivitamin / Multimineral	Vitafusion Men's Powerful Multi Complete Multivitamin	Commonly Available Product
Gummy Adult Multivitamin / Multimineral	Vitafusion Multivites Essential Multi Complete Multivitamin Essential Daily Formula	Commonly Available Product
Gummy Adult Prenatal Multivitamin	Vitafusion Prenatal Essential Multi Folate & 50 Mg Dha Per Serving	Commonly Available Product
Gummy Adult Probiotic	Schiff Digestive Advantage Daily Probiotic Gummies	Commonly Available Product
Gummy Adult Vitamin C	Vitafusion Power C Gummy Vitamins High Potency Vitamin C	Commonly Available Product
Gummy Adult Women's Multivitamin / Multimineral	Vitafusion Women's Supercharged Multi Complete Multivitamin	Commonly Available Product
Gummy Bear Calcium + Vitamin D	L'il Critters Calcium + D3 Powered By Vitafusion	Most Commonly Reported Product
Gummy Bear Fiber	L'il Critters Fiber Powered By Vitafusion	Most Commonly Reported Product
Gummy Bear Multivitamin	L'il Critters Gummy Vites Complete Multivitamin With Lutein 50 Mcg Powered By Vitafusion	Most Commonly Reported Product
Gummy Bear Probiotic	Schiff Digestive Advantage Kids Daily Probiotic Gummies	Commonly Available Product
Hair, Skin And Nails	Nature's Bounty Optimal Solutions Hair, Skin & Nails With Biotin 3000 mcg Per Serving	Commonly Available Product
Hawaiian Spirulina	500 mg	Commonly Available Strength
Hyaluronic Acid	50 mg	Commonly Available Strength
Iron	65 mg	Most Commonly Reported Strength
Korean Ginseng	500 mg	Commonly Available Strength
Krill Oil	Schiff MegaRed Superior Omega-3 Krill Oil 350 mg	Commonly Available Product
Lactobacillus Acidophilus	0.5 mg	Commonly Available Strength
L-Arginine	1000 mg	Commonly Available Strength
L-Carnitine	500 mg	Most Commonly Reported Strength
Liquid B Complex	Nature's Bounty Sublingual Liquid B Complex With B12	Commonly Available Product
Liquid Calcium	500 mg	Commonly Available Strength
Liquid Flaxseed Oil	Barlean's Fresh Flax Oil Organic Pure & Unrefined Fresh Cold Pressed	Commonly Available Product
Liquid Trace Minerals	Trace Minerals Research Low Sodium Concentrace Trace Mineral Drops	Commonly Available Product

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Liquid Vitamin B-12	5000 mcg	Most Commonly Reported Strength
Liquid Vitamin B-6	10 mg	Commonly Available Strength
Liquid Vitamin C	1000 mg	Commonly Available Strength
Liquid Zinc	15 mg	Commonly Available Strength
Lutein	20 mg	Commonly Available Strength
Lycopene	10 mg	Commonly Available Strength
Lysine	500 mg	Most Commonly Reported Strength
Maca	500 mg	Most Commonly Reported Strength
Magnesium	250 mg	Most Commonly Reported Strength
Magnesium Liquid	250 mg	Commonly Available Strength
MCT Oil	Viva Naturals Organic MCT Oil	Commonly Available Product
Melatonin	1 mg	Most Commonly Reported Strength
Men's 50+ Multivitamin / Multimineral	One A Day Men's 50+ Complete Multivitamin Multivitamin/Multimineral Bayer	Commonly Available Product
Men's Multivitamin/ Multimineral	One A Day Men's Complete Multivitamin Multivitamin/Multimineral Bayer	Most Commonly Reported Product
Milk Thistle	175 mg	Most Commonly Reported Strength
Moringa Powder	6 grams	Commonly Available Strength
Multimineral	Puritan's Pride Super Chelated Multi-Mineral	Commonly Available Product
Multivitamin / Multimineral	Centrum Adults Multivitamin/Multimineral	Most Commonly Reported Product
Nettle	435 mg	Commonly Available Strength
Niacin (Vitamin B-3)	500 mg	Most Commonly Reported Strength
Omega 3	Carlson Wild Caught Super Omega-3 Gems 600 Mg Omega-3s	Commonly Available Product
Papaya Enzyme	Puritan's Pride Papaya Enzyme	Commonly Available Product
Pediatric Iron Drops	Enfamil Fer-In-Sol Essential Iron For Infants & Toddlers Iron Drops	Most Commonly Reported Product
Poly-Vitamin Drops	Enfamil Liquid Multivitamin Poly-Vi-Sol For Babies Transitioning To Solid Foods	Commonly Available Product
Potassium	99 mg	Most Commonly Reported Strength
Prenatal Vitamins	Spring Valley Prenatal Multivitamin / Multimineral With Folate	Commonly Available Product
Probiotic	Shaklee Bifidus & Acidophilus Optiflora Probiotic Complex	Commonly Available Product
Psyllium Fiber	Metamucil Psyllium Fiber 4-In-1 Fiber Made With Real Sugar Unflavored Stone Ground Texture	Commonly Available Product

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Red Ginseng Extract Liquid	Prince of Peace Red Panax Ginseng Extractum Ultra Strength	Commonly Available Product
Red Yeast Rice	600 mg	Most Commonly Reported Strength
Resveratrol	100 mg	Commonly Available Strength
Rhodiola Rosea	500 mg	Commonly Available Strength
Salmon Oil	1000 mg	Most Commonly Reported Strength
Saw Palmetto	450 mg	Commonly Available Strength
Selenium	200 mcg	Most Commonly Reported Strength
Senior Multivitamin / Multimineral	Centrum Silver Adults 50+ Multivitamin/ Multimineral	Most Commonly Reported Product
Sodium Fluoride Drops	0.5 mg	Commonly Available Strength
Stress B-Complex	Nature Made Stress B-Complex With Key B Vitamins +Vitamin C & Zinc	Commonly Available Product
Strontium	340 mg	Commonly Available Strength
Super B-Complex	Nature Made Super B-Complex Key B Vitamins + Vitamin C	Commonly Available Product
Super Papaya Enzyme Plus	Nature's Bounty Super Papaya Enzyme 45 Mg Of Papain Per Serving Contains 6 Naturally Sourced Enzymes	Commonly Available Product
Tribulus Terrestris	500 mg	Commonly Available Strength
Turkey Rhubarb	500 mg	Commonly Available Strength
Turmeric	500 mg	Most Commonly Reported Strength
Turmeric & Ginger	250 mg Turmeric & 250 mg Ginger	Commonly Available Strengths
Vitamin A	8000 IU	Most Commonly Reported Strength
Vitamin B-1 (Thiamin)	100 mg	Most Commonly Reported Strength
Vitamin B-12	1000 mcg	Most Commonly Reported Strength
Vitamin B-2 (Riboflavin)	100 mg	Most Commonly Reported Strength
Vitamin B-6	100 mg	Most Commonly Reported Strength
Vitamin B-Complex	GNC B-Complex 50	Commonly Available Product
Vitamin C	500 mg	Most Commonly Reported Strength
Vitamin C Packet	Emergen-C 1,000 mg Vitamin C Fizzy Drink Mix	Most Commonly Reported Product
Vitamin C Powder	1000 mg	Commonly Available Strength
Vitamin D	2000 IU	Most Commonly Reported Strength
Vitamin D Liquid	5000 IU	Most Commonly Reported Strength

Default Supplement	Assigned Strength or Supplement	Selection of Assigned Strength or Supplement Based On:
Vitamin E	400 IU	Most Commonly Reported Strength
Vitamin E Liquid	400 IU	Commonly Available Strength
Whey Protein	Body Fortress Super Advanced Whey Protein	Commonly Available Product
Women's 50+ Multivitamin / Multimineral	One A Day Women's 50+ Complete Multivitamin Multivitamin/Multimineral Bayer	Most Commonly Reported Product
Women's Multivitamin / Multimineral	One A Day Women's Complete Multivitamin Multivitamin/Multimineral Bayer	Most Commonly Reported Product
Zinc	50 mg	Most Commonly Reported Strength

Default Antacid	Antacid Assigned	Selection of Assigned Antacid Based On:
Default Antacid Liquid	Walgreens Advanced Antacid Liquid Regular Strength	Commonly Available Product
Default Antacid Plus Tablets	Rolaids Advanced Antacid Plus Anti-Gas Multi-Symptom	Commonly Available Product
Default Calcium Antacid	Tums Calcium Carbonate Antacid Regular Strength 500 GSK	Most Commonly Reported Product
Default Children's Antacid	Pepto Kids Chewables Calcium Carbonate / Antacid	Commonly Available Product

Appendix 7: Reasons for Using Dietary Supplements Hand card

To:

Build muscle
Gain weight
Get more energy
Improve digestion
Improve my overall health
Maintain health (to stay healthy)
Maintain healthy blood sugar level, diabetes
Prevent colds, boost immune system
Prevent health problems
Supplement my diet (because I don't get enough from food)

For:

Anemia, such as low iron
Bone health, build strong bones, osteoporosis
Eye health
Good bowel/colon health
Healthy Joints, arthritis
Healthy skin, hair, and nails
Heart health, cholesterol
Kidney and bladder health, urinary tract health
Liver health, detoxification, cleanse system
Menopause, hot flashes
Mental health
Muscle related issues, muscle cramps
Pregnancy/breastfeeding
Prostate health
Relaxation, decrease stress, improve sleep
Teeth, prevent cavities
Weight loss
Inflammation
Fluid/water balance