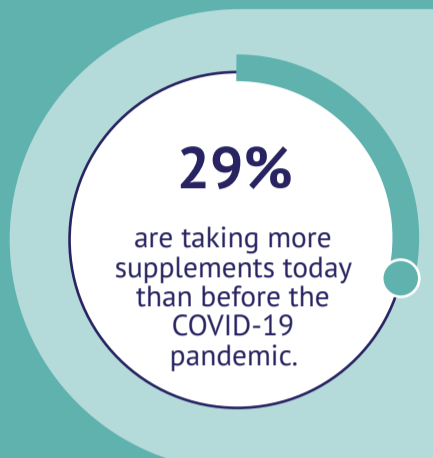


# The State Of Supplements

Americans' knowledge and use of supplements.



A large majority of Americans take supplements, and many have increased usage since the COVID-19 pandemic started, notably to enhance their immunity and improve their sleep.



## Most common reasons for supplement use:

|  |     |
|--|-----|
| Enhance immunity                       | 57% |
| Take their health into their own hands | 42% |
| Improve sleep                          | 41% |
| Fill any nutritional gaps              | 40% |
| Protect from contracting COVID-19      | 36% |
| Improve physical fitness               | 35% |
| Improve mental health                  | 34% |



Increase in supplement use was highest among **men (35-44), Hispanics, and parents with children under 18**

While most Americans take supplements, many lack knowledge on safe use recommendations.

**Nearly 9 in 10 (87%)**

are confident the supplements they are taking are safe for them



**But...**

about half of supplement users mistakenly believe that most dietary supplements available for purchase have been declared safe and effective by the FDA

Contrary to national guidelines, many Americans do not discuss their supplement use with their health care providers.

ONLY

**47%**



say they consulted with their health care provider before taking supplements.

**46%**



of Americans currently taking prescription medications say they have not discussed potential interactions supplements could have with their prescription medications with their health care provider.

**40%**



say a conversation with their health care provider has changed their supplements use.

## Americans identify various barriers to discussing supplements with their health care providers

**41%** of those currently taking supplements said that it **hasn't occurred to them**.

**35%** of all Americans said they **don't think their health care provider is interested** in whether or not they take supplements.

**32%** of Americans **don't think their health care provider knows enough about supplements** to advise them properly.

**26%** of those currently taking supplements are **worried that their health care provider will judge them** based on the supplements they are taking.

## About This Study

The survey was conducted online by The Harris Poll on behalf of Samueli Integrative Health Programs among 2,053 U.S. adults ages 18+, including 1,531 who are currently taking supplements, surveyed from June 15-17, 2021. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete research methods, including weighting variables and subgroup sample sizes, please visit [DrWayneJonas.com/SupplementSurvey](http://DrWayneJonas.com/SupplementSurvey).