

CONSUMPTION PROFILE OF DIETARY SUPPLEMENTS AMONG UNDERGRADUATE STUDENTS

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The aim of this study was to contribute to clarify the knowledge and dietary supplements consumption behaviour of male and female undergraduate students. The data collection was performed through an anonymous, confidential, voluntary and specially designed self-administered questionnaire to 505 undergraduate students, mainly aged 18-29, 64.8% females and 34.9% males. The test-retest method was used in the reliability study of the questionnaire. Since the statistical results of test-retest method revealed high reliability of the majority of the questions, the questionnaires were applied. The questions concerning the general knowledge on dietary supplements and its consume showed that almost every student know or have heard about dietary supplements (94.1%). Despite this great value, only half of those students had taken supplements. Some of the students revealed that they did not know the difference between medicines (drugs) and dietary supplements. Doctors and other health professionals are the main advisors of the students (29.3%), followed by the students themselves (17.8%), their family (11.1%), and their classmates/friends (7.1%). Statistically significant differences between male and female students were found, considering their knowledge about food supplement categories, and about their food supplementation advisors. Future public health monitoring and nutrition intervention about food supplementation among undergraduate population is needed.

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