

Supplementary Survey Tool ST1

1 DEMOGRAPHIC AND GENERAL DATA

1.1 Sex:

1.1.1 Male

1.1.2 Female

1.2 Year of birth: _____

1.3 Body mass: _____ kg

1.4 Height: _____ cm

1.5 Rank or title:

1.5.1 Private

1.5.2 Non-commissioned officer

1.5.3 Warrant officer

1.5.4 Commissioned officer

1.5.5 Senior officer

1.5.6 General

1.5.7 Junior Military Specialist

1.5.8 Senior Military Specialist

1.5.9 Other: _____

1.6 What is the highest degree of education you have completed?

1.6.1 Primary school or lower

1.6.2 Lower secondary school or secondary specialized school

1.6.3 Four-year secondary school

1.6.4 Secondary school (general upper secondary school, secondary technical school, secondary school of economics, etc.)

1.6.5 Short-cycle college, college or First Cycle Bologna Degree Programme

1.6.6 University degree or Second Cycle Bologna Degree Programme

1.6.7 Master's Degree or Doctorate

1.7 Your last Army Physical Fitness Test (APFT) assessment mark? (Please, circle):

1.7.1 1

- 1.7.2 2
- 1.7.3 3
- 1.7.4 4
- 1.7.5 5
- 1.7.6 I have not had my APFT assessed.

2 PHYSICAL ACTIVITY ASSESSMENT

NOTE: If you have been absent in the last 7 days due to sick leave or paid leave, please consider the 7 days prior to the leave when completing the questionnaire.

2.1 Demanding physical activity

Please mark the hours and minutes of **VIGOROUS** physical activity you carried out in the last 7 days.

| | | Hours | | | | | Minutes | | | |
|-------|-----------|-------|---|---|---|----|---------|----|----|----|
| 2.1.1 | Monday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.2 | Tuesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.3 | Wednesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.4 | Thursday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.5 | Friday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.6 | Saturday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.1.7 | Sunday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |

Please include demanding physical activity during working hours, leisure time and sports training. Consider running, fast cycling, fast swimming, team sports, fast dancing and other activities which require major effort; **your heart rate and breathing increase severely and you begin to sweat.**

2.2 Moderate physical activity

Please mark the hours and minutes of **MODERATE** physical activity you carried out in the last 7 days.

| | | Hours | | | | | Minutes | | | |
|-------|-----------|-------|---|---|---|----|---------|----|----|----|
| 2.2.1 | Monday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.2 | Tuesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.3 | Wednesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.4 | Thursday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.5 | Friday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.6 | Saturday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.2.7 | Sunday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |

Please include commuting to and from work, activity during working hours and leisure time. Consider fast walking, slow cycling, slow swimming and other activities which require moderate effort; **your heart rate and breathing are slightly increased.**

2.3 Walking

Please mark the hours and minutes of **WALKING** you carried out in the last 7 days. Consider walking that has been carried out for **at least 15 minutes at the same time**.

| | | Hours | | | | | Minutes | | | |
|-------|-----------|-------|---|---|---|----|---------|----|----|----|
| 2.3.1 | Monday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.2 | Tuesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.3 | Wednesday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.4 | Thursday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.5 | Friday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.6 | Saturday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |
| 2.3.7 | Sunday | 0 | 1 | 2 | 3 | 4+ | 0 | 15 | 30 | 45 |

Please include commuting to and from work, activity during working hours and leisure time.

Consider normal walking speed at which you can still talk **without being out of breath**.

3. USE OF FOOD SUPPLEMENTS AND SIMILAR PRODUCTS

IMPORTANT: Food supplements are products intended to supplement the normal diet. They are concentrated sources of nutrients or other substances with a physiological effect and can be found in the market in measured quantitative units. In practice, they can be capsules, lozenges, tablets and other similar forms (e.g. powders, bars, liquid in ampoules, in drop dispensing bottles and in other forms). This research also covers other similar products enriched with nutrients or other substances with a physiological effect, in the form of portion control packaging, e.g. protein bars, protein drinks, isotonic drinks, energy drinks, etc.

3.1 Did you consume any food supplements or similar products within the last year (12 months)?

3.1.1 Yes

3.1.2 No, I have not consumed any food supplements. You have completed the interview. Thank you for participating!

3.2 Where did you purchase the food supplements or similar products within the last year from? (Multiple possible answers)

3.2.1 Pharmacy

3.2.2 Online shop

3.2.3 Fitness centres and specialized shops

3.2.4 Food shops (such as Mercator, Spar, DM, Müller, also food shops abroad)

- 3.2.5 Post Exchange (PX) shops
 - 3.2.6 Doorstep sales
 - 3.2.7 Friends/acquaintances
 - 3.2.8 Other (enter):
-

Please enter all the food supplements and similar products you have consumed within the last 12 months in the enclosed summary table on the following page. After that, continue with question 3.4. You will answer a set of questions for each individual food supplement separately. It is important that you answer all the questions for each food supplement you consumed within the last year accurately.

When you have completed the set of questions for each individual food supplement, **turn the interview questionnaire to the last page** and answer the questions there.

Summary table on consumption of food supplements and similar products within the last year

ID number:

| No. | Product name and manufacturer (provide detailed description if the data is not available) | Form of food supplement | Your daily dose* (for example 2 capsules, 2 gels, etc.) | Photo** | Product website |
|-----|---|---|---|---------|-----------------|
| 1 | | 3.3.1 capsule 3.3.2 powder 3.3.3 tablet | | YES | |
| | | 3.3.4 syrup 3.3.5 gel 3.3.6 bar | | NO | |
| | | 3.3.7 fizzy tablet 3.3.8 drops | | | |
| | | 3.3.9 spray 3.3.10 plastic bottle/can | | | |
| | | 3.3.11 other: _____ | | | |
| 2 | | 3.3.1 capsule 3.3.2 powder 3.3.3 tablet | | YES | |
| | | 3.3.4 syrup 3.3.5 gel 3.3.6 bar | | NO | |
| | | 3.3.7 fizzy tablet 3.3.8 drops | | | |
| | | 3.3.9 spray 3.3.10 plastic bottle/can | | | |
| | | 3.3.11 other: _____ | | | |
| 3 | | 3.3.1 capsule 3.3.2 powder 3.3.3 tablet | | YES | |
| | | 3.3.4 syrup 3.3.5 gel 3.3.6 bar | | NO | |
| | | 3.3.7 fizzy tablet 3.3.8 drops | | | |
| | | 3.3.9 spray 3.3.10 plastic bottle/can | | | |
| | | 3.3.11 other: _____ | | | |
| 4 | | 3.3.1 capsule 3.3.2 powder 3.3.3 tablet | | YES | |
| | | 3.3.4 syrup 3.3.5 gel 3.3.6 bar | | NO | |
| | | 3.3.7 fizzy tablet 3.3.8 drops | | | |
| | | 3.3.9 spray 3.3.10 plastic bottle/can | | | |
| | | 3.3.11 other: _____ | | | |

* Please enter your daily dose on the day when you consumed the food supplement or similar product. ** Please mark YES if you have the product with you or if you have a photo of the product. ***Note: if there are more supplements consumed, add an identical row from the table for each

FOOD SUPPLEMENTS no. 1* (*sequence number from the summary table)

3.4 Please mark how often you consumed this food supplement within the last year, for each season separately.

| | Several times a day | Once a day | 4-6 times per week | 1-3 times per week | 1-3 times per month | Less frequentl y | Never |
|--------------|---------------------------|---------------|-----------------------------|-----------------------------|------------------------------|------------------------|-------|
| 3.4.1 Winter | | | | | | | |
| 3.4.2 Spring | | | | | | | |
| 3.4.3 Summer | | | | | | | |
| 3.4.4 Autumn | | | | | | | |
| | A | B | C | D | E | F | N |

3.5 Please mark whether you consumed the mentioned food supplement in any of the periods featured below within the last year.

*Note: Please select 'not applicable' if you were not in such situation within the last year (for example, if you have not been on a military mission within the last 12 months, mark 'not applicable' when answering 'during a military mission').

| | Yes | No | Not applicable* |
|---|-----|----|--------------------|
| 3.5.1 During a period which required greater physical capability | | | |
| 3.5.2 During a military operation abroad | | | |
| 3.5.3 During movement skills assessment | | | |
| 3.5.4 During an illness | | | |
| | A | B | N |

**3.6 Please identify the reasons for your decision to use this food supplement?
(Multiple possible answers)**

- 3.6.1 Deficiency of certain substances in my regular nutrition
- 3.6.2 Increased physical capability (strength, muscles, gaining muscle mass)

- 3.6.3 Recovery
- 3.6.4 Improving the functioning of the immune system
- 3.6.5 Increased concentration and/or mental capacity
- 3.6.6 Rehydration or electrolyte replenishment
- 3.6.7 Improved metabolism of nutrients
- 3.6.8 Reducing fatigue
- 3.6.9 Prevention of drowsiness
- 3.6.10 Improved sleep
- 3.6.11 Lack of appetite
- 3.6.12 Weight management
- 3.6.13 Bone and/or teeth health
- 3.6.14 Skin, hair and/or nail health
- 3.6.15 Other (enter): _____

3.7 Who recommended you take an individual food supplement from the summary table?

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| 3.7.1 Consumption at my own discretion | | | | | | | | | | |
| 3.7.2 Doctor | | | | | | | | | | |
| 3.7.3 Pharmacist | | | | | | | | | | |
| 3.7.4 Other expert (for example a fitness coach, etc.) | | | | | | | | | | |
| 3.7.5 Co-workers | | | | | | | | | | |
| 3.7.6 Relatives, friends, acquaintances | | | | | | | | | | |
| 3.7.7 Commercials (TV, radio, etc.) | | | | | | | | | | |
| 3.7.8 Online information | | | | | | | | | | |
| 3.7.9 Other: _____ | | | | | | | | | | |

3.8 Have you noticed any positive effects while consuming an individual food supplement from the summary table?

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|---|---|---|---|---|---|---|---|---|----|
| 3.8.1 Yes, the effects were noticeable. | | | | | | | | | | |
| 3.8.2 The effects were hardly perceptible. | | | | | | | | | | |
| 3.8.3 There were no positive effects. | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

3.9 Have you noticed any negative effects while consuming an individual food supplement from the summary table? (Please, mark the effects you have noticed)
(Multiple possible answers)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------------------------------|---|---|---|---|---|---|---|---|---|----|
| 3.9.1 Headache | | | | | | | | | | |
| 3.9.2 Nausea | | | | | | | | | | |
| 3.9.3 Digestive disorders | | | | | | | | | | |
| 3.9.4 Skin problems | | | | | | | | | | |
| 3.9.5 Cardiovascular problems | | | | | | | | | | |
| 3.9.6 Allergic reactions | | | | | | | | | | |
| 3.9.7 Reduced general wellbeing | | | | | | | | | | |
| 3.9.8 Reduced mental wellbeing | | | | | | | | | | |
| 3.9.9 Other: _____ | | | | | | | | | | |
| 3.9.10 No negative effects | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Thank you for participating!

Supplementary Table S1: Number and frequency of study participants who used supplements based on demographic and anthropometric data (n=448)

| | | Vitamin-minerals ^a | p- χ^2 value | Vitamin supplements ^b | p- χ^2 value | Mineral supplements ^b | p- χ^2 value | Protein supplements ^b | p- χ^2 value | Fatty acids supplements ^b | p- χ^2 value | Energy drinks and caffeine ^a | p- χ^2 value | Sports drinks and similar ^a | p- χ^2 value | Creatine ^b | p- χ^2 value | Herbal supplements ^b | p- χ^2 value |
|--------------------------------|--------------------------|-------------------------------|-------------------|----------------------------------|-------------------|----------------------------------|-------------------|----------------------------------|-------------------|--------------------------------------|-------------------|---|-------------------|--|-------------------|-----------------------|-------------------|---------------------------------|-------------------|
| All | | 46% | | 36% | | 30% | | 36% | | 18% | | 19% | | 9% | | 5% | | 4% | |
| Sex | Male | 45% | ns | 35% | ns | 29% | ns | 37% | ns | 18% | ns | 19% | ns | 10% | ns | 6% | ns | 3% | ns |
| | Female | 53% | | 45% | | 37% | | 31% | | 16% | | 12% | | 8% | | 0% | | 12% | |
| Military mission | Yes | 36% ^a | <0.0001 | 31% ^a | 0.0118 | 21% ^a | 0.0001 | 29% ^a | 0.0019 | 15% | ns | 25% ^b | 0.0002 | 7% | ns | 4% | ns | 3% | ns |
| | No | 55% ^b | | 42% ^b | | 38% ^b | | 43% ^b | | 21% | | 11% ^a | | 11% | | 6% | | 5% | |
| Age | 18-29 years | 39% ^a | 0.0059 | 31% ^{ab} | 0.0146 | 27% ^{ab} | 0.0235 | 35% | ns | 16% | ns | 29% ^b | 0.0005 | 7% | ns | 11% | na | 5% | na |
| | 30-39 years | 54% ^b | | 44% ^b | | 36% ^b | | 32% | | 22% | | 21% ^{ab} | | 10% | | 6% | | 5% | |
| | ≥ 40 years | 39% ^a | | 31% ^a | | 23% ^a | | 41% | | 14% | | 10% ^a | | 10% | | 1% | | 2% | |
| Rank | Private | 44% | ns | 34% | ns | 31% | ns | 32% | ns | 19% | ns | 21% | ns | 7% | ns | 7% | na | 4% | na |
| | Non-commissioned officer | 43% | | 37% | | 25% | | 43% | | 18% | | 13% | | 9% | | 4% | | 5% | |
| | Higher ranks | 54% | | 45% | | 33% | | 37% | | 16% | | 21% | | 16% | | 1% | | 1% | |
| Education | Lower secondary school | 30% ^a | 0.013 | 20% ^a | 0.011 | 25% | ns | 39% | ns | 11% | ns | 25% | ns | 5% | na | 2% | na | 2% | na |
| | Secondary school | 44% ^b | | 35% ^{ab} | | 28% | | 37% | | 20% | | 17% | | 8% | | 6% | | 4% | |
| | Higher education | 55% ^b | | 45% ^b | | 35% | | 33% | | 17% | | 20% | | 15% | | 3% | | 3% | |
| BMI | <25 | 50% | ns | 39% | ns | 35% | ns | 36% | ns | 16% | ns | 17% | ns | 10% | ns | 7% | na | 9% | na |
| | 25-30 | 43% | | 35% | | 28% | | 35% | | 18% | | 19% | | 10% | | 5% | | 2% | |
| | >30 | 48% | | 38% | | 25% | | 41% | | 25% | | 20% | | 5% | | 2% | | 2% | |
| MSAM score | <3 | 39% | ns | 34% ^{ab*} | 0.0495 | 22% | ns | 39% | ns | 15% ^{ab*} | 0.0312 | 11% | ns | 5% | ns | 1% | na | 2% | na |
| | 4 | 40% | | 27% ^{a*} | | 29% | | 32% | | 11% ^{a*} | | 18% | | 6% | | 5% | | 2% | |
| | 5 | 50% | | 41% ^{b*} | | 33% | | 37% | | 22% ^{b*} | | 21% | | 12% | | 6% | | 5% | |
| Physical activity ¹ | Low | 35% | ns | 35% | ns | 24% | ns | 54% | ns | 20% | ns | 37% ^a | <0.0001 | 6% | na | 4% | na | 7% | na |
| | Medium | 46% | | 38% | | 30% | | 34% | | 18% | | 17% ^b | | 10% | | 6% | | 31% | |
| | High | 51% | | 36% | | 34% | | 39% | | 18% | | 8% ^c | | 12% | | 2% | | 5% | |

na – not assessed; ns – no statistically significant differences; a – Pearson's χ^2 test with continuity correction; b – Proportions data comparisons using sample test for equality of proportions with continuity correction: p-values adjusted with Holm procedure; (*) p-values not adjusted

¹Self reported physical activity, assigned using DEEPA (Daily Energy Expenditure for Physical Activity) score

Supplementary Table S2: Self-reported reason for using food supplements and similar products (FSSP) for study participants recruited from the Slovenian Armed Forces

| | Vitamin/ mineral suppleme nts | Vitamin suppleme nts | Mineral suppleme nts | Protein suppleme nts | Faty acids suppleme nts | Energy drinks, caffeine suppleme nts | Sports drinks and similar |
|--|--|----------------------------|----------------------------|----------------------------|-------------------------------|--|------------------------------------|
| Deficiency of certain substances in my regular nutrition | 60% | 44% | 69% | 49% | 83% | 5% | 15% |
| Increased physical capability | 19% | 14% | 31% | 68% | 26% | 16% | 34% |
| Recovery | 47% | 36% | 75% | 79% | 33% | 6% | 51% |
| Improving the functioning of the immune system | 66% | 40% | 44% | 29% | 52% | 6% | 13% |
| Increased concentration and/or mental capacity | 15% | 3% | - | 4% | 13% | 23% | 9% |
| Rehydration or electrolyte | 23% | 43% | 31% | 16% | 5% | 16% | 66% |
| Improved metabolism of nutrients | 13% | 5% | 13% | 9% | 21% | 3% | 4% |
| Reducing fatigue | 23% | 13% | 13% | 20% | 9% | 60% | 17% |
| Prevention of drowsiness | 2% | 1% | - | 1% | - | 61% | 4% |
| Improved sleep | 8% | 1% | 13% | 2% | - | - | - |
| Lack of appetite | - | - | - | 1% | - | - | - |
| Weight management | 11% | 2% | 13% | 26% | 20% | 8% | 2% |
| Bone and/or teeth health | 11% | 8% | 25% | 3% | 10% | - | - |
| Skin, hair and/or nail health | 11% | 7% | 6% | 1% | 12% | - | - |

Supplementary Table S3. Prevalence of use of food supplements and similar products (FSSP) and odds ratios (95% confidence interval) for study participants recruited from the Slovenian Armed (12-month period)

| Constituent | N | Prevalence | | Median | Mean | SD |
|-------------------------------|-----|------------|-----------------------|---------|------|------|
| | | Prevalence | (among users of FSSP) | | | |
| Omega-3 fatty acids | 79 | 18% | 26% | 0.61 g | 1.19 | 1.39 |
| - EPA/DHA | 70 | 16% | 23% | N/A | | |
| Proteins and amino acids | 205 | 46% | 67% | N/A | | |
| L-carnitine | 15 | 3% | 5% | N/A | | |
| Creatine | 39 | 9% | 13% | N/A | | |
| Vitamins | 243 | 54% | 80% | N/A | | |
| - Vitamin B6 | 202 | 45% | 18% | 4 mg | 10.7 | 59.0 |
| - Vitamin B12 | 190 | 42% | 23% | 5 µg | 35 | 147 |
| - Vitamin C | 180 | 40% | 57% | 80.5 mg | 270 | 483 |
| - Niacin | 178 | 40% | 10% | 16.3 mg | 29.7 | 42.6 |
| - Vitamin E | 174 | 39% | 59% | 10.4 mg | 27.8 | 96.0 |
| - Riboflavin | 168 | 38% | 54% | 1.4 mg | 6.7 | 30.2 |
| - Thiamin | 164 | 37% | 55% | 1.1 mg | 6.6 | 34.8 |
| - Pantothenic acid | 150 | 33% | 59% | 6.00 mg | 13.2 | 35.4 |
| - Folic acid | 145 | 32% | 66% | 200 mg | 282 | 279 |
| - Biotin | 73 | 16% | 49% | 50 µg | 145 | 239 |
| - Vitamin D | 69 | 15% | 24% | 12.5 µg | 21.5 | 29.8 |
| - Vitamin A | 55 | 12% | 48% | 1050 µg | 1666 | 2026 |
| - Vitamin K | 29 | 6% | 63% | 75 µg | 108 | 102 |
| Minerals | 222 | 50% | 73% | N/A | | |
| - Mg | 186 | 42% | 30% | 200 mg | 293 | 402 |
| - Ca | 129 | 29% | 42% | 160 mg | 329 | 824 |
| - K | 92 | 21% | 61% | 130 mg | 260 | 426 |
| - Zn | 69 | 15% | 14% | 15 mg | 21.4 | 26.0 |
| - Fe | 58 | 13% | 19% | 7.0 mg | 13.2 | 14.3 |
| - Se | 55 | 12% | 11% | 55 µg | 69 | 56 |
| - Cr | 50 | 11% | 23% | 55.0 µg | 165 | 294 |
| - Mn | 45 | 10% | 14% | 2 mg | 3.2 | 3.9 |
| - Cu | 44 | 10% | 15% | 1 mg | 1.5 | 1.9 |
| - P | 42 | 9% | 16% | 141 mg | 360 | 934 |
| - I | 32 | 7% | 9% | 150 µg | 173 | 147 |
| - Mo | 27 | 6% | 18% | 30 µg | 57 | 91 |
| Caffeine | 94 | 21% | 31% | 170 mg | 198 | 282 |
| Flavonoids and polyphenols | 15 | 3% | 5% | N/A | | |
| Coenzyme Q10 | 10 | 2% | 3% | N/A | | |
| Lycopene | 19 | 4% | 6% | N/A | | |
| Lutein/Zeaxanthin/Astaxanthin | 17 | 4% | 6% | N/A | | |
| Botanical ingredients | 69 | 15% | 23% | N/A | | |

Notes: N/A – not assessed