**Supplementary table 1.** Sociodemographic, training habits, and anthropometric characteristics of gym users who performed biochemical analysis (n=242)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **All** | **No-supplement use** | **Supplement use** | **p** |
| **n (%)** | **n (%)** | **n (%)** |
| **Number of individuals** | 242 | 144 | 98 |  |
| **Sex** |  |  |  | 0.395 |
| Female | 129 (53.3) | 80 (62.0) | 49 (38.0) |  |
| Male | 113 (46.7) | 64 (55.6) | 49 (43.4) |  |
| **Age (average±SD)**  | 40.35±14.18 | 42.09±15.13 | 37.8±14.00 | 0.027 |
| **Education level** |  |  |  | 0.455 |
| Middle school | 4 (2.0) | 2 (1.4) | 2 (2.0) |  |
| High school | 80 (33.1) | 52 (26.1) | 28 (28.9) |  |
| Higher education | 158 (65.3) | 90 (62.5) | 68 (69.4) |  |
| **Time of exercise** |  |  |  | 0.116 |
| <1 year | 24 (39.3) | 12 (46.2) | 12 (34.3) |  |
| 1-3 years | 14 (23.0) | 8 (30.8) | 6 (17.1) |  |
| ≥4 years | 23 (37.7) | 6 (23.1) | 17 (48.6) |  |
| **Physical exercise intensity** |  |  |  | 0.778 |
| Moderate | 203 (83.9) | 120 (83.3) | 83 (84.7) |  |
| Intense | 39 (16.1) | 24 (16.7) | 15 (15.3) |  |
| **Type of physical exercise** |  |  |  | 0.092 |
| Aerobic exercisesa | 4 (1.7) | 4 (2.8) | 0 |  |
| Anaerobic exercisesb | 123 (50.8) | 67 (46.5) | 56 (57.1) |  |
| Combined exercises | 115 (47.5) | 73 (50.7) | 42 (42.9) |  |
| **Extra activities performed** |  |  |  | 0.052 |
| None | 174 (71.9) | 108 (75.0) | 66 (67.3) |  |
| Walking/running | 28 (11.6) | 17 (11.8) | 11 (11.2) |  |
| Team sports | 24 (9.9) | 8 (5.6) | 16 (16.3) |  |
| Othersc | 16 (6.6) | 11 (7.6) | 5 (5.1) |  |
| **Dietary supplement intake** |  | -- | 98 (100.0%) |  |
| **Time of exercise** |  |  |  |  |
| <1 year |  | -- | 101 (38.0) |  |
| 1-3 years |  | -- | 86 (32.3) |  |
| ≥4 years |  |  | 79 (29.7) |  |
| **Number of dietary supplements used** |  |  |  |  |
| No use |  | -- | 153 (57.5) |  |
| 1-4 types |  | -- | 91 (34.2) |  |
| ≥5 types |  | -- | 22 (8.3) |  |
| **Supplement prescription** |  |  |  |  |
| Nutritionist |  | -- | 26 (23.0) |  |
| Doctor |  | -- | 9 (8.0) |  |
| Coaches |  | -- | 15 (13.3) |  |
| Self-prescribed |  | -- | 48 (42.5) |  |
| Others fontsd |  | -- | 15 (13.3) |  |
| **Type of dietary supplements used** |  |  |  |  |
| **Whey Protein** |  |  |  |  |
| Yes |  | -- | 88 (33.1) |  |
| No |  | -- | 178 (66.9) |  |
| **Creatine** |  |  |  |  |
| Yes |  | -- | 60 (22.6) |  |
| No |  | -- | 206 (77.4) |  |
| ***Branched-chain amino acids* (BCAA)** |  |  |  |  |
| Yes |  | -- | 46 (17.3) |  |
| No |  | -- | 220 (82.7) |  |
| **Glutamine** |  |  |  |  |
| Yes |  | -- | 18 (6.8) |  |
| No |  | -- | 248 (93.2) |  |
| **Maltodextrine** |  |  |  |  |
| Yes |  | -- | 12 (4.5) |  |
| No |  | -- | 254 (95.5) |  |
| **Vitamin/Minerals complex** |  |  |  |  |
| Yes |  | -- | 34 (12.1) |  |
| No |  | -- | 232 (87.2) |  |
| **Reasons attributed to the use of dietary supplements** |  |  |  |  |
| **Increase muscles mass** |  |  |  |  |
| Yes |  | -- | 86 (32.3) |  |
| No |  | -- | 180 (67.7) |  |
| **Muscles mass recovery** |  |  |  |  |
| Yes |  | -- | 41 (15.4) |  |
| No |  | -- | 225 (84.6) |  |
| **Health** |  |  |  |  |
| Yes |  | -- | 25 (9.4) |  |
| No |  | -- | 241 (90.6) |  |
| **Performance**  |  |  |  |  |
| Yes |  | -- | 36 (13.5) |  |
| No |  | -- | 230 (86.5) |  |
| **Body mass index (kg/m2)** | 25.23±3.65 | 25.54±3.28 | 24.92±4.02 | 0.217 |
| **Muscle mass (%±SD)** | 31.60±6.07 | 30.51±5.94 | 33.21±5.93 | 0.001 |
| **Body Fat (%±SD)** | 29.08±9.01 | 30.56±9.29 | 26.87±8.15 | 0.003 |

Note: aaerobics: treadmill; functional training; bicycle, dance; jump; step and localized gymnastics. bAnaerobic: Strength training; pilates; swimming; fight and yoga. cOthers fonts: bicycle, dance, fight, yoga and skating. dOthers fonts: internet, friends, pharmacist, or salesman of supplement store. \*Subset sample of 242 subject. SD: standard deviation.

Significant at p<0.05, according Chi-square test or Student’s t-test.