

## Supplementary Materials

### Tables

**Supplementary Table S1.** Breakdown of reported sports disciplines by sex.

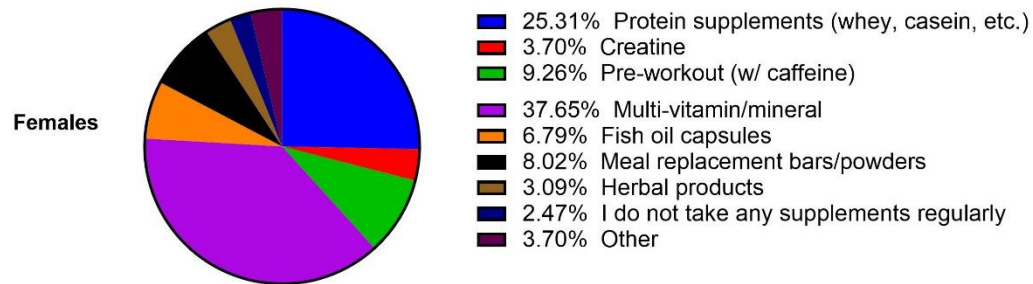
Sport	Males ( <i>n</i> =149) <sup>†</sup>	Females ( <i>n</i> =181) <sup>††</sup>	Not indicated ( <i>n</i> =1)
Baseball	41	—	—
Basketball	8	26	—
Cheerleading	—	4	—
Cross country/track and field	19	40	—
Field hockey	—	16	—
Football	36	—	1
Golf	2	1	—
Gymnastics	—	4	—
Ice Hockey	18	8	—
Lacrosse	6	21	—
Soccer	7	22	—
Softball	—	24	—
Swimming and diving	9	16	—
Tennis	4	—	—
Volleyball	—	3	—

<sup>†</sup>*n*=1 competed in soccer and track and field

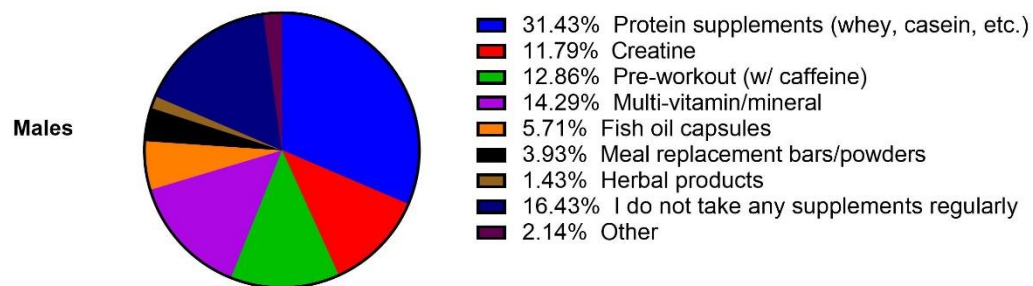
<sup>††</sup>*n*=1 competed in soccer and track and field; *n*=1 competed in soccer and softball; *n*=1 competed in field hockey and track and field; *n*=1 competed in track and field and volleyball

## Figures

A



B



**Supplementary Figure S1.** Supplements typically consumed by athletes. Athletes were asked to select all supplements they typically consume or if they do not take supplements regularly. Data is presented as percentage of all responses cast among all options (listed in figure). A:  $n=162$  total responses; B:  $n=280$  total responses.