

Supplementary Table S1. Main consumer purposes for SS consumption by total sample and each category.

	Total (n=1055)	S-23 (n=99)	Elite (n=195)	M-30 (n=182)	M-40 (n=174)	M-50 (n=176)	Cyclotourist (n=229)
Health Status	78.2	65.7 ^{abc}	68.7 ^{def}	84.6 ^{adgh}	93.1 ^{be}	97.7 ^{cfi}	60.3 ^{ghi}
Sport Performance	67.9	47.5 ^{ab}	100.0 ^{acde}	51.1 ^{cf}	62.1 ^{dg}	97.7 ^{bfi}	44.1 ^{egi}
Nutritional Deficit	47.5	45.5 ^a	64.1 ^{bcd}	67.0 ^{aef}	43.1 ^{be}	31.8 ^{cf}	34.1 ^d

Data presented as %. Differences between categories using a generalized linear model. The same superscript (letters) indicates differences in pairs (Bonferroni $p < 0.05$).

Supplementary Table S2. Most common place of purchase of SS by total sample and each category.

	Total (n=1055)	S-23 (n=99)	Elite (n=195)	M-30 (n=182)	M-40 (n=174)	M-50 (n=176)	Cyclotourist (n=229)
Pharmacies	62.5	66.7	69.9 ^{ab}	67.4 ^c	55.1 ^a	69.9 ^d	50.0 ^{bcd}
Nutrition Stores	58.3	74.7 ^a	1.0 ^{abcde}	71.8 ^b	79.8 ^{cf}	76.7 ^{dg}	61.4 ^{efg}
Internet	46.8	42.4 ^{abc}	69.9 ^{adef}	60.2 ^{bgh}	37.1 ^{dgi}	15.9 ^{cehij}	48.7 ^{fj}
Own Sport Team	26.0	84.8 ^{abcde}	61.7 ^{afghi}	11.6 ^{bfjkl}	25.8 ^{cgjmn}	0.0 ^{dhkmo}	0.0 ^{eilno}

Data presented as %. Differences between categories using a generalized linear model. The same superscript (letters) indicates differences in pairs (Bonferroni $p < 0.05$).

Supplementary Table S3. Main advisors or sources of information about the consumption of SS by total sample and each category.

	Total (n=1055)	S-23 (n=99)	Elite (n=195)	M-30 (n=182)	M-40 (n=174)	M-50 (n=176)	Cyclotourist (n=229)
Medical doctor	45.7	44.4 ^{ab}	48.2 ^{cd}	44	52.3 ^e	69.3 ^{acf}	22.3 ^{bdef}
Sport Coach	30.2	26.3 ^{ab}	0 ^{acdef}	39.6 ^{bcg}	54.6 ^{dhi}	36.9 ^{eh}	26.6 ^{fgi}
D-N	29.7	40.4 ^a	3.1 ^{abcde}	36.8 ^b	35.6 ^c	39.8 ^d	29.7 ^e
Teammate	21.4	8.1 ^{ab}	37.9 ^{acde}	40.1 ^{bfgh}	17.8 ^{cfi}	5.1 ^{dgi}	13.5 ^{ehj}
Internet	21.1	11.1 ^a	21.5	31.3 ^{ab}	23.6 ^c	10.8 ^{bcd}	23.1 ^d

D-N: Dietitian-Nutritionist. Data presented as %. Differences between categories using a generalized linear model. The same superscript (letters) indicates differences in pairs (Bonferroni $p < 0.05$).