INTRODUCTION

The FDA defines a dietary supplement (DS) as, “a product intended for ingestion that contains a ‘dietary ingredient’ intended to add further nutritional value to (supplement the diet)” [1].

- Students report taking DS to promote health, provide energy, increase muscle strength, endurance and performance [2].
- 68% of 18-34 year-olds used a DS in the past year [1].
  - Most commonly used included vitamins, protein or amino acids, and herbal products [7].
  - 4% of DS users report at least one adverse event during the past year including sleep problems [3].
- 66% of college students report taking DS compared to 30% for the general population [2].
- DS use associated with the “muscular ideal,” which has led to an increase in body dissatisfaction and dangerous behaviors including use of anabolic steroids [6,7].
- Anabolic steroid is a gateway to other substances including heroin, cocaine and tobacco [8].
- DS use has been linked to depression, anxiety, and sedentary behavior among those with low level of body-image satisfaction [9].
- Misguided chronic overuse of DS may lead to serious adverse health effects including death [2,4,5].
- In summary, misuse of DS in college students may lead to significant health risks. Identifying behavioral predictors of DS use and abuse can be used to develop interventions to prevent DS misuse.

REFERENCES