

1 **Supplementary material**

2

Supplementary Table 1. Demographics of participants

	Non-Supplement Users n (%)	Supplement Users n (%)	<i>P</i> value
Gender			
Male	21 (33.3)	42 (66.7)	0.21
Female	17 (45.9)	20 (54.1)	
Age Group			
20-29	28 (38.9)	44 (61.1)	0.769
30-40	10 (35.7)	18 (64.3)	
Level of Education			
Brevet	1 (33.3)	2 (66.7)	0.224
Lebanese Bachelor	1 (33.3)	2 (66.7)	
Technical Degree	0 (0.0)	4 (100.0)	
Bachelor	25 (47.2)	28 (52.8)	
Masters or Above	11 (29.7)	26 (70.3)	
Others	0 (0.0)	0 (0.0)	
Disease History			
None	34 (36.4)	55 (61.8)	1
Yes	4 (45.5)	7 (63.6)	
Smoking status			
Yes	11 (39.3)	17 (60.7)	0.869
No	27 (37.5)	45 (62.5)	
Alcohol Intake			
Daily	0 (0.0)	0 (0.0)	0.777
Weekly	11 (32.4)	23 (67.6)	
Monthly	9 (40.9)	13 (66.7)	
Yearly	4 (33.3)	8 (66.7)	
Never	14 (43.8)	18 (56.3)	

*P* value: Pearson's Chi-square test and Fisher exact test with more than 20% of expected counts less than 5 (disease history, calories consumed daily, and grams of food protein consumed daily)

3

4

Supplementary Table 2. Demographic and lifestyle characteristics of dietary supplement users

	NPSU n (%)	PSU n (%)	<i>P</i> value
Gender			
Male	28 (54.9)	35 (71.4)	0.087
Female	23 (45.1)	14 (28.6)	
Age Group			
20-29	36 (70.6)	36 (73.5)	0.748
30-40	15 (29.4)	13 (26.5)	
Level of Education			
Brevet	2 (3.9)	1 (2.0)	0.196
Lebanese Bachelor	2 (3.9)	1 (2.0)	
Technical Degree	0 (0.0)	4 (8.2)	
Bachelor	30 (58.8)	23 (436.9)	
Masters or Above	17 (33.3)	20 (40.8)	
Others	0 (0.0)	0 (0.0)	
Disease History			
None	45 (88.2)	44 (49.4)	0.803
Yes	6 (11.8)	5 (45.5)	
Smoking status			
Yes	14 (27.5)	14 (28.6)	0.901
No	37 (72.5)	35 (71.4)	
Alcohol Intake			
Daily	0 (0.0)	0 (0.0)	0.779
Weekly	18 (35.3)	16 (32.7)	
Monthly	12 (23.5)	10 (20.4)	
Yearly	7 (13.7)	5 (10.2)	
Never	14 (27.5)	18 (36.7)	
Type of diet			
Balanced	41 (80.4)	40 (81.6)	0.67
Vegetarian	1 (2.0)	1 (2.0)	
Vegan	1 (2.0)	0 (0.0)	
Ketogenic	0 (0.0)	2 (4.1)	
Carb Cycling	2 (3.9)	1 (2.0)	
Flexible Dieting	2 (3.9)	3 (6.1)	
Low Carb	4 (7.8)	1 (2.0)	
Pescatarian	0 (0.0)	1 (2.0)	
Calories Consumed daily			
I don't Know	15 (29.4)	14 (28.6)	0.087
<1000	1 (2.0)	1 (2.0)	
1001-1500	11 (21.6)	2 (4.1)	
1501-2000	14 (27.5)	15 (30.6)	
2001-2500	4 (7.8)	8 (16.3)	
2501-3000	3 (5.9)	6 (12.2)	
3001-3500	1 (2.0)	3 (6.1)	
3501-4000	2 (3.9)	0 (0.0)	
Grams of food protein consumed daily			
I don't Know	30 (58.8)	18 (36.7)	0.136
<50	1 (2.0)	0 (0.0)	
51-100	7 (13.7)	10 (20.4)	
101-150	8 (15.7)	14 (28.6)	
151-200	4 (7.8)	6 (12.2)	
201-250	1 (2.0)	0 (0.0)	
>250	0 (0.0)	1 (2.0)	

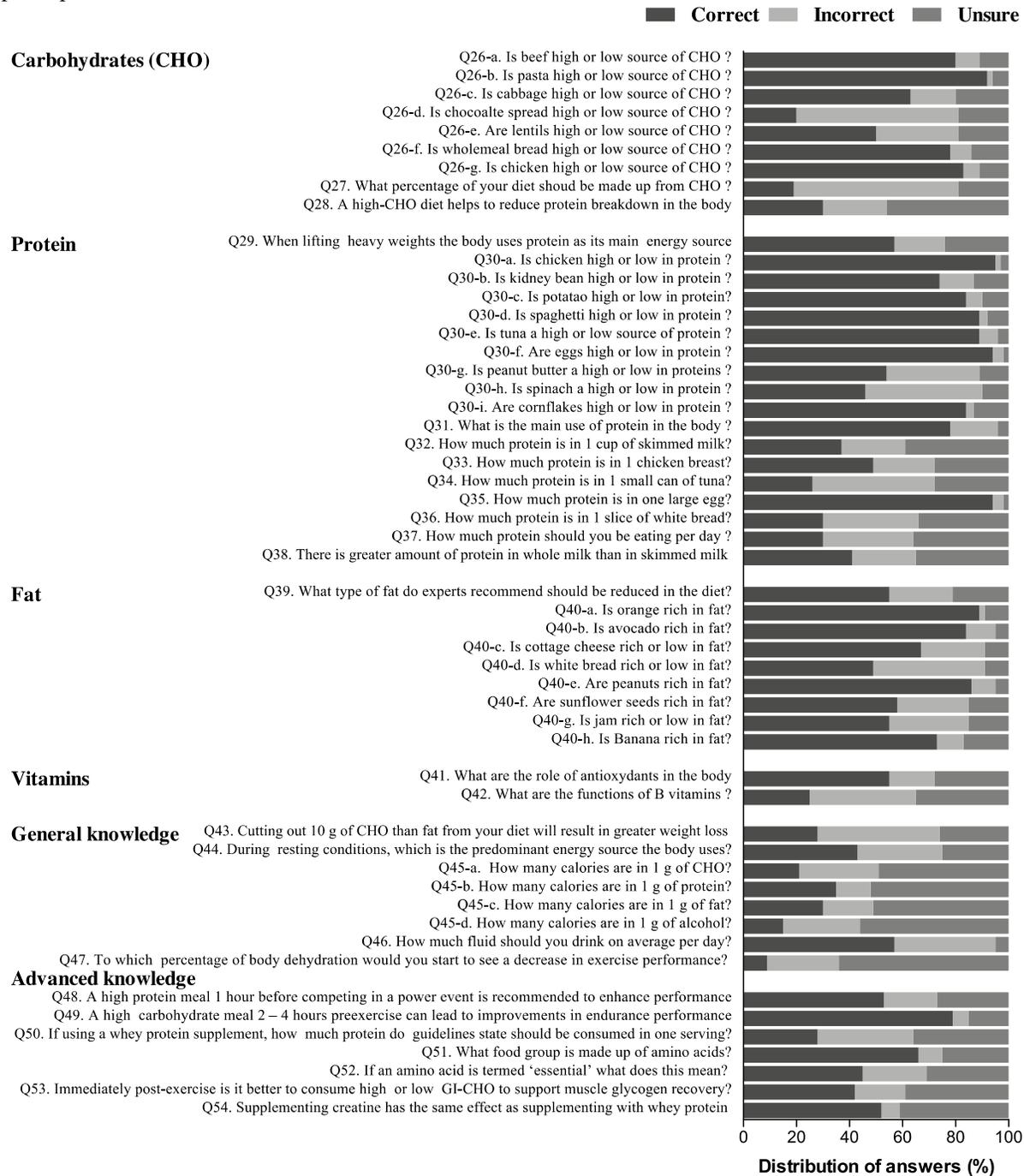
*P* value: Pearson's Chi-square test and Fisher exact test with more than 20% of expected counts less than 5 (level of education, calories consumed daily, and grams of food protein consumed daily).

Supplemental Table 3. Nutritional knowledge, information sources, and awareness of health risk reported by dietary supplement users among resistance trained individuals

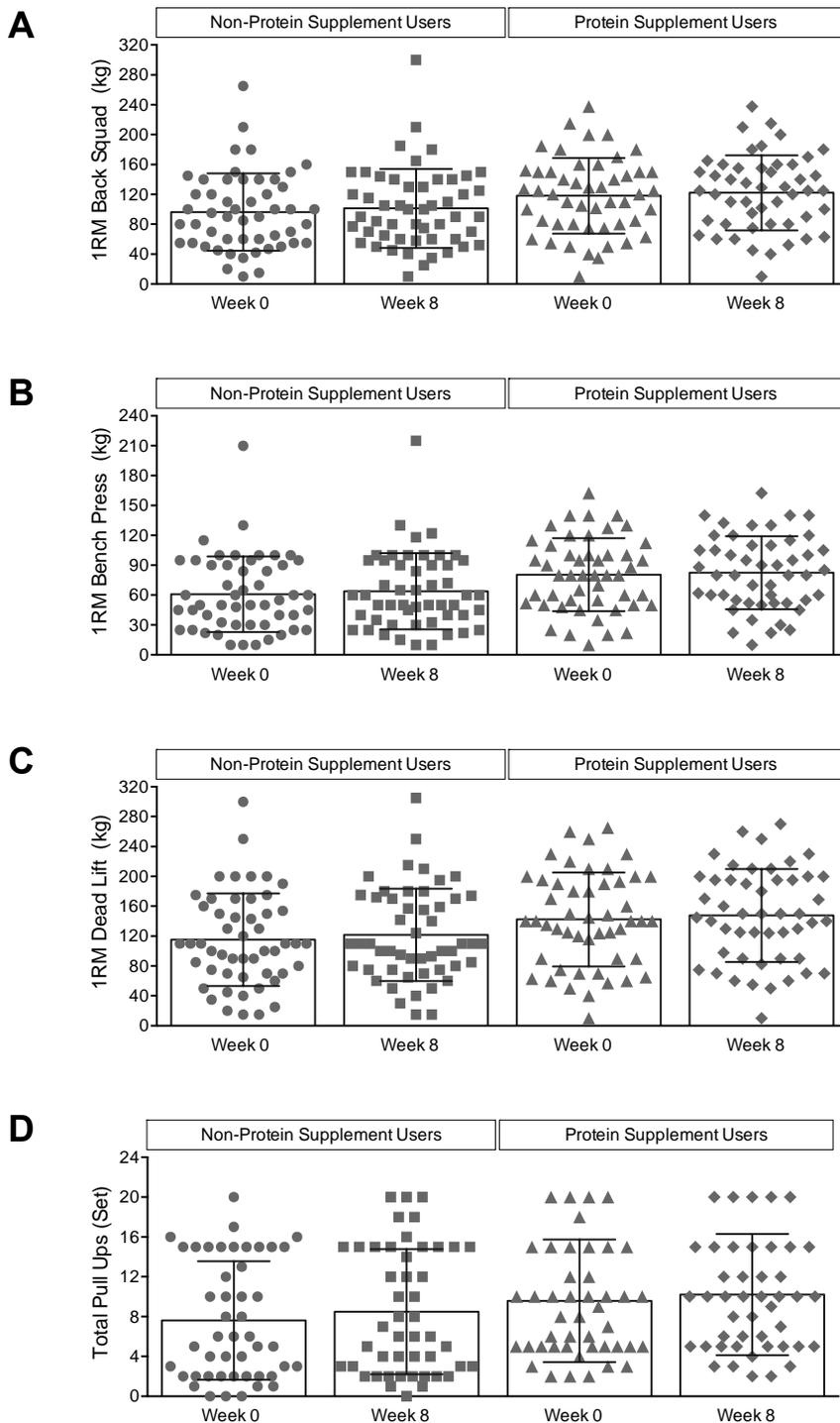
	NPSU n (%)	PSU n (%)	<i>P</i> value
Knowledge score			
Poor: < 20	6 (11.8)	6 (12.2)	0.733
Satisfactory: 20-39	43 (84.3)	39 (79.6)	
High: ≥ 40	2 (3.9)	4 (8.2)	
Nutritional Information sources			
Internet	28 (54.9)	18 (36.7)	0.312
Social media	4 (7.8)	3 (6.1)	
Sport coach	13 (25.5)	20 (40.8)	
Dietitian	4 (7.8)	4 (8.2)	
Shop representative	1 (2.0)	2 (4.1)	
Peers	1 (2.0)	0 (0.0)	
Family	0 (0.0)	2 (4.1)	
Awareness of Health Risks			
None	24 (47.1)	17 (34.7)	0.666
Excess Calcium Loss	2 (3.9)	3 (6.1)	
Harm Kidney Function	23 (45.1)	26 (53.1)	
Heavy Metal Contamination	0 (0.0)	1 (2.0)	
Other	2 (3.9)	2 (4.1)	

*P* value: Fisher exact test

7  
8 Supplementary Figure 1 : Overall diagram of questions and answers of nutritional knowledge questionnaire of the participant



Supplementary Figure 2. Individual performance between non-protein supplement users and protein supplement users.



11  
12