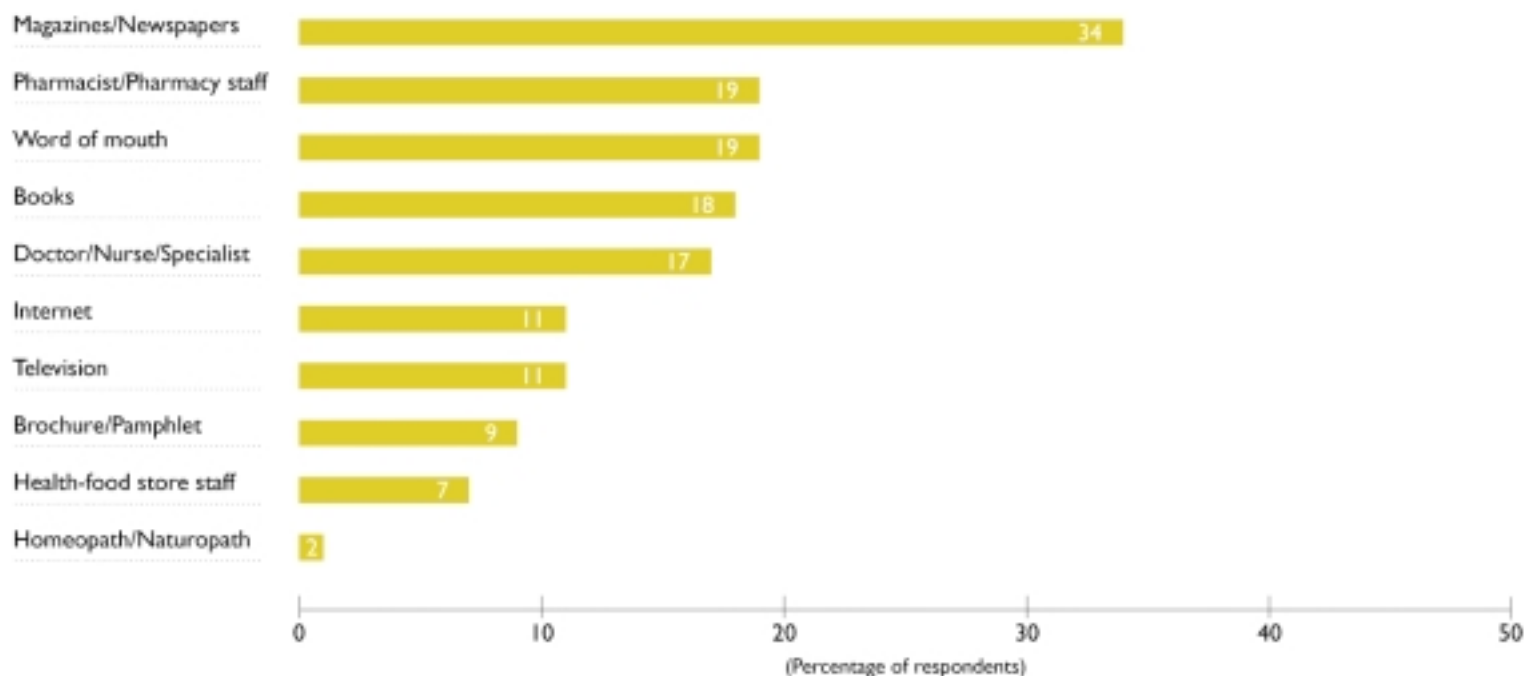


## Consumption of Vitamins, Minerals, and Herbal Supplements in the Past Month

(Percentages)	REGION							GENDER		AGE			INCOME		
	Canada	B.C.	Alberta	Man/Sask.	Ontario	Québec	Atlantic	Men	Women	18-34	35-54	55+	<\$30K	\$30-59K	\$60K+
Any supplements	68	80	74	61	71	60	61	64	72	72	65	68	61	71	72
Vitamins	60	70	66	56	64	50	56	56	64	63	58	61	51	64	65
Herbals	28	35	30	22	32	21	26	23	33	30	28	27	24	29	30
Minerals	25	30	34	26	28	15	20	21	29	21	25	29	18	25	28

### Supplement Users' Sources of Information on Vitamins/Minerals/Herbals



Figures represent top-of-mind "Total Mentions": Up to three sources were accepted from each respondent, thus percentages will exceed 100.

## Canadian Nutritional Supplement Users: Perspectives On Their Lifestyles and Nutrition

### Strong agreement with attitudinal statements

