

NEW ZEALAND BODYBUILDER SURVEY

Supplement Use and Bodybuilder Information Sources

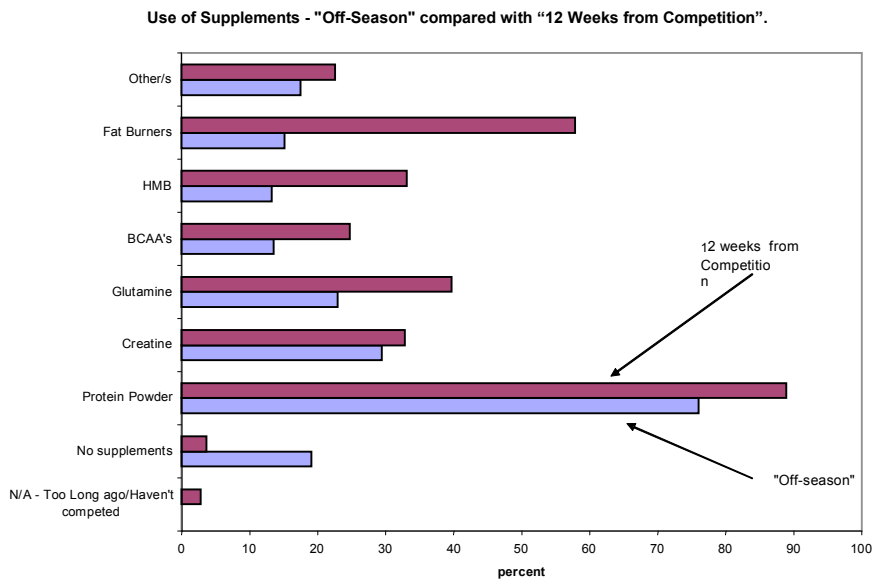
Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

This paper summarises competitive bodybuilder responses in relation to use of supplements both off-season and in relation to competition preparation. These findings are also further analysed by gender.

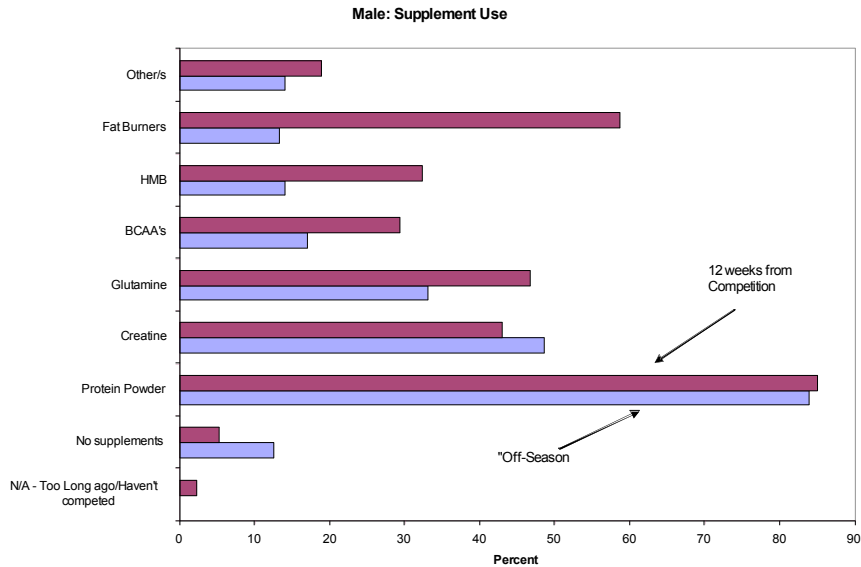
Use of Supplements – Off-season Verses Pre-Competition.

Competitive bodybuilders participating in the survey indicated that protein powder (76 percent), creatine (29.4 percent) and glutamine (22.9 percent) were their most commonly used off-season supplements. Within 12 weeks of competition however, whilst protein powder remained the most commonly used supplement during this phase (88.9 percent), the use of fat burners increased significantly (57.8 percent) as did the muscular recovery agent glutamine (39.7 percent) and HMB (31.1 percent).



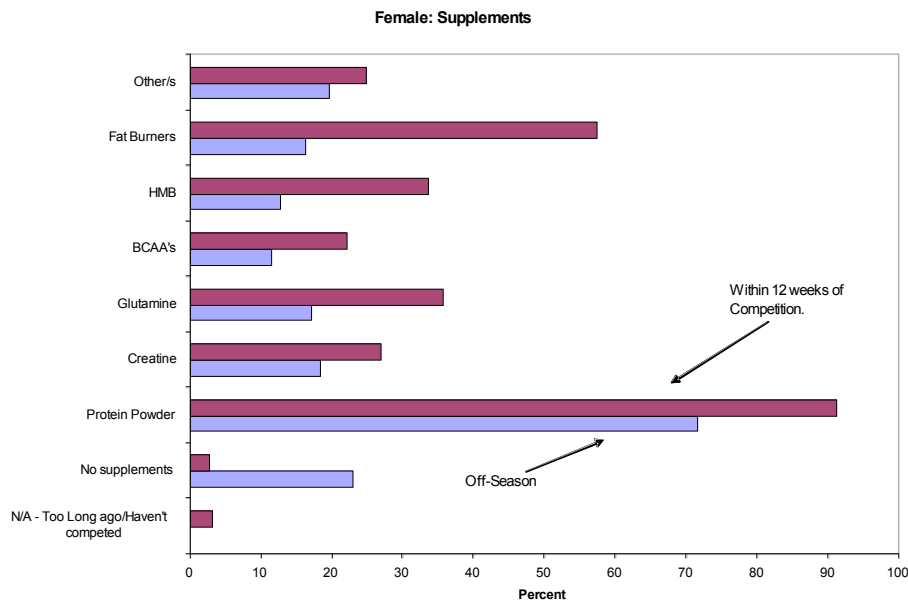
Male – Off-Season V Pre-Competition

With the exception of creatine, male bodybuilders tended to use less supplementation off-season than within 12 weeks of competition.



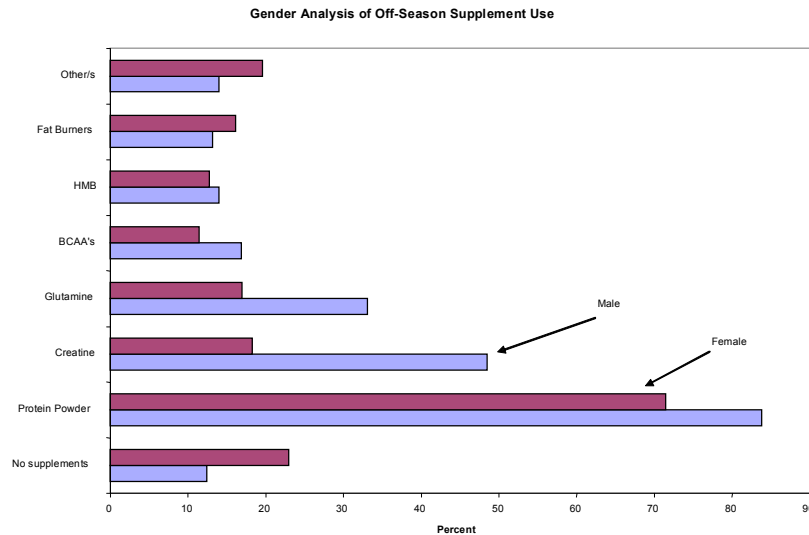
Female – Off-season Verses Pre-Competition

In a similar vein to men, female competitive bodybuilders participating in the survey indicated lower levels of supplement use off-season, when compared to the 12 week pre-competition window.



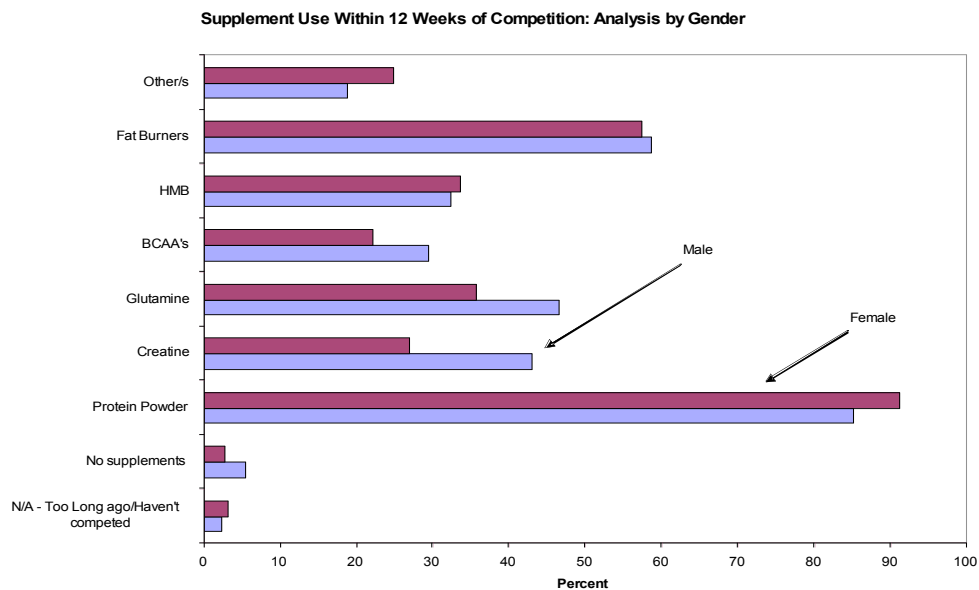
Gender Comparison: Off-Season

Off-season, with the exception of fat burners, female respondents tended to use less supplements than their male counterparts. It was noted that 19.6 percent of female respondents cited more readily “other” supplements, such as flaxseed oil and multivitamins which they incorporated into their dietary regime. This however, does not necessarily mean they were more frequent users of such forms of supplementation than their male counterparts.



Gender Comparison: Pre-Competition

However, at 12 weeks from competition, female respondents indicated a greater propensity to use protein powder and HMB than their male counterparts, whilst males were proportionately greater users of creatine, glutamine, BCAA's as well as fat burners.



Sources of Competitive Bodybuilding Information:

Although not solely connected to supplement use, but to the wider acquisition and support network available to bodybuilders, participants were asked about their main sources of competitive bodybuilding information.

Personal trainers (53.2 percent) and other bodybuilders (53.9 percent) comprised the prime information source of competitive bodybuilding information utilised by respondents. The internet also proved a favoured medium (32.4 percent).

Competitive Bodybuilder Respondent Information Sources

<u>Source</u>	<u>Percent of cases</u>
My personal trainer	53.2
Personal trainers employed by my gym	29.2
Other bodybuilders	53.9
Bodybuilding web sites	32.4
Bodybuilding magazines	30.5
Other	18.7