

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 1
Q1. Do you ever take / have you ever taken food supplements such as vitamins?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
I currently take food supplements / vitamins on a regular basis	1000	470	530	92	186	173	173	144	232	288	269	215	227	69	39	114	81	86	68	50	97	158	121	89	28	148	469
	48%	46%	50%	39%	52% ^d	52% ^d	47%	47%	48% ^d	52% ^m	46%	50%	44%	39%	46%	49% ⁿ	48%	48%	45%	49%	50% ⁿ	59% ^{nop}	43%	50% ⁿ	45%	53%	51%
I have previously taken food supplements / vitamins but no longer do	708	341	367	100	123	118	132	99	136	181	204	147	176	70	25	70	55	67	51	32	64	80	111	61	24	84	313
	34%	34%	34%	43% ^{hi}	34%	35% ⁱ	36% ⁱ	32%	28%	33%	35%	34%	34%	39% ^v	29%	30%	32%	37%	34%	32%	33%	30%	40% ^{pv}	34%	39%	30%	34%
I have never taken food supplements / vitamins	373	205	168	42	49	43	65	63	111	88	106	66	113	39	21	48	34	29	32	19	33	31	48	28	11	47	137
	18%	20% ^b	16%	18%	14%	13%	18%	21% ^{ef}	23% ^{ef}	16%	18%	15%	22% ^{jl}	22% ^v	25% ^v	21% ^v	20% ^v	16%	21% ^v	19%	17%	11%	17%	16%	17%	17%	15%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

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Table 2
Q1. Do you ever take / have you ever taken food supplements such as vitamins?
 Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
I currently take food supplements / vitamins on a regular basis	1000 48%	8 33%	4 43%	565 45%f	279 51%f	115 65%cdf	16 30%	911 48%	85 53%	15 47%	44 63%g	18 45%	6 39%	2 66%	805 49%f	449 51%qr	357 47%	195 44%	166 43%	29 53%
I have previously taken food supplements / vitamins but no longer do	708 34%	7 28%	1 16%	424 34%e	200 36%e	40 23%	28 54%cde	641 34%	64 40%	16 51%	21 30%	18 44%	8 51%	1 34%	535 33%	277 32%	257 34%	174 39%no	152 39%no	22 41%
I have never taken food supplements / vitamins	373 18%	10 39%	4 41%	254 20%de	72 13%	21 12%	8 16%	359 19%hj	12 7%	1 2%	5 7%	5 12%	2 10%	-	297 18% 18%	154 18%	143 19% 19% s	76 17%	73 19% 19% s	3 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

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Table 3
Q1. Do you ever take / have you ever taken food supplements such as vitamins?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
I currently take food supplements / vitamins on a regular basis	1000	617	480	137	383	33	52	63	164	71	687	310	279	266	103	163	122	61
	48%	51%def	51%df	54%def	43%f	40%	33%	45%	47%f	45%f	46%	52%j	52%j	53%j	51%	54%j	52%	50%
I have previously taken food supplements / vitamins but no longer do	708	397	319	78	311	39	70	32	109	62	496	210	195	169	80	105	77	41
	34%	33%g	34%g	31%	35%g	47%abc dgh	45%abc dgh	23%	31%	40%g	33%	36%	36%	34%	39%	35%	33%	33%
I have never taken food supplements / vitamins	373	185	146	39	188	11	34	46	74	24	301	72	62	63	20	35	36	20
	18%	15%	15%	15%	21%abc	14%	22%a	33%abc defhi	21%ab	15%	20%klm no	12%	12%	13%	10%	12%	15%	16%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base**

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Table 4

Q1. Do you ever take / have you ever taken food supplements such as vitamins?**Base: All respondents**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
I currently take food supplements / vitamins on a regular basis	1000	258	609	451	13	145	127	37	13	78	33	126	152	140	138	103	57	64	107	225	85	158	75	15	755
	48%	44%	49%	49%	75%	48%	50%	46%	60%	51%	39%	45%	47%	44%	52% _j	51%	44%	52%	54% _{jm}	51%	51%	58% _x	51%	65%	47%
I have previously taken food supplements / vitamins but no longer do	708	218	412	303	2	107	75	28	5	43	34	86	102	121	90	73	53	34	65	141	57	72	49	4	553
	34%	37% _{fi}	33%	33%	9%	36%	29%	34%	21%	28%	39%	31%	32%	38%	34%	36%	41% _q	28%	33%	32%	34%	26%	33%	16%	34% _u
I have never taken food supplements / vitamins	373	108	212	159	3	50	53	16	4	33	19	68	67	59	38	28	19	25	26	71	24	44	23	4	296
	18%	18%	17%	17%	16%	17%	21%	20%	18%	21%	22%	24% _{nop}	21%	19%	14%	14%	15%	21%	13%	16%	14%	16%	16%	19%	18%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Table 5

Q1. Do you ever take / have you ever taken food supplements such as vitamins?**Base: All respondents**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
I currently take food supplements / vitamins on a regular basis	1000 48%	18 100%	70 100%	16 100%	4 100%	209 100%	469 100%	123 100%	589 100%	103 100%	239 100%	90 100%	33 100%
I have previously taken food supplements / vitamins but no longer do	708 34%	-	-	-	-	-	-	-	-	-	-	-	-
I have never taken food supplements / vitamins	373 18%	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Table 6

Q2. Do you buy food supplements for your children?

Base: All respondents with children in household

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of England (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	593	246	347	34	159	227	144	26	3	174	137	151	131	62	26	71	62	48	47	28	57	73	67	41	11	116	327
Weighted base	593	255	338	30**	169	226	139	26**	3**	162	146	146	139	55*	23**	72*	60*	53*	47*	26**	55*	78*	69*	41*	13**	123*	335
NET: Yes	315	132	183	17	88	120	75	15	1	103	77	76	60	24	14	30	29	31	24	12	27	59	34	24	9	70	184
	53%	52%	54%	56%	52%	53%	54%	57%	26%	64%lm	53%	52%	43%	44%	59%	41%	47%	59%	51%	47%	49%	75%npq	49%	58%	66%	57%	55%
Yes for my pre-schooler(s)	88	32	55	10	43	27	5	2	-	34	20	22	12	8	3	7	8	14	9	1	8	14	10	7	-	19	51
	15%	13%	16%	34%	26%fg	12%g	3%	7%	-	21%am	14%	15%	9%	14%	14%	9%	13%	26%p	20%	2%	14%	17%	14%	17%	-	15%	15%
Yes for my child(ren) aged 5-10	176	73	103	10	60	76	26	4	-	60	50	38	29	14	7	15	15	16	11	9	18	35	18	14	5	35	107
	30%	29%	31%	32%	36%g	34%g	19%	16%	-	37%lm	34%am	26%	21%	26%	32%	20%	25%	31%	23%	35%	32%	45%npq	26%	33%	34%	28%	32%
Yes for my child(ren) aged 11-18	140	64	76	5	18	51	54	11	1	50	27	35	29	6	6	16	12	15	12	4	9	34	13	8	4	36	82
	24%	25%	22%	18%	11%	22%e	39%ef	43%	26%	31%k	18%	24%	21%	11%	26%	22%	20%	29%n	26%	16%	17%	44%npq	19%	19%	32%	29%	24%
No	278	123	154	13	81	106	64	11	2	59	69	71	79	31	10	42	32	22	23	14	28	19	35	17	5	52	151
	47%	48%	46%	44%	48%	47%	46%	43%	74%	36%	47%	48%j	57%j	56%v	41%	59%v	53%v	41%	49%v	53%	51%v	25%	51%v	42%	34%	43%	45%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

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Table 7

Q2. Do you buy food supplements for your children?**Base: All respondents with children in household**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	593	5	2	341	162	71	6	524	67	11	38	16	1	1	498	272	226	95	89	6
Weighted base	593	6**	3**	333	162	75*	6**	522	67*	10**	40*	15**	1**	1**	493	266	227	100*	94*	6**
NET: Yes	315	3	2	153	93	62	2	266	47	7	30	9	1	1	269	155	114	46	42	4
	53%	45%	56%	46%	57% ^c	82% ^{cd}	29%	51%	71% ^g	75%	75% ^g	57%	100%	100%	55%	58% ^{ef}	50%	46%	45%	66%
Yes for my pre-schooler(s)	88	2	-	40	24	21	-	72	14	1	9	4	-	-	78	50	28	9	9	-
	15%	27%	-	12%	15%	28% ^{cd}	-	14%	21%	15%	23%	23%	-	-	16%	19% ^q	12%	9%	10%	-
Yes for my child(ren) aged 5-10	176	1	2	83	52	37	2	150	26	3	16	5	1	1	159	88	71	18	18	-
	30%	19%	56%	25%	32%	49% ^{cd}	29%	29%	39%	35%	41%	32%	100%	100%	32% ^{qr}	33% ^{qr}	31% ^{qr}	18%	19%	-
Yes for my child(ren) aged 11-18	140	1	-	65	45	28	-	114	26	6	18	2	-	-	115	67	48	24	20	4
	24%	19%	-	20%	28%	38% ^c	-	22%	39% ^g	65%	44% ^g	15%	-	-	23%	25%	21%	24%	22%	66%
No	278	3	1	180	69	13	4	256	19	2	10	7	-	-	224	111	113	54	52	2
	47%	55%	44%	54% ^{de}	43% ^e	18%	71%	49% ^{hj}	29%	25%	25%	43%	-	-	45%	42%	50%	54%	55% ^o	34%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

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Table 8
Q2. Do you buy food supplements for your children?
 Base: All respondents with children in household

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	593	443	307	136	150	17	25	-	6	102	-	593	535	491	206	298	225	122
Weighted base	593	457	357	100	135	15**	22**	-**	6**	93*	-**	593	536	498	204	302	236	122
NET: Yes	315	254	209	45	61	4	11	-	5	42	-	315	292	272	110	178	122	50
	53%	56%cd	59%cdi	44%	45%	24%	50%	-	81%	45%	-	53%q	54%q	55%q	54%q	59%q	52%	41%
Yes for my pre-schooler(s)	88	70	57	12	18	-	2	-	-	16	-	88	88	51	79	45	18	1
	15%	15%	16%	12%	13%	-	8%	-	-	18%	-	15%mpq	16%mpq	10%q	39%klm opq	15%pq	8%q	1%
Yes for my child(ren) aged 5-10	176	142	120	22	34	2	4	-	1	27	-	176	176	169	63	166	48	11
	30%	31%	34%c	22%	25%	15%	20%	-	12%	29%	-	30%pq	33%pq	34%pq	31%pq	55%klm npq	20%q	9%
Yes for my child(ren) aged 11-18	140	117	99	18	23	1	5	-	4	12	-	140	117	139	19	47	109	46
	24%	26%di	28%di	18%	17%	9%	22%	-	70%	13%	-	24%no	22%no	28%lno	9%	16%	46%klm no	38%klmno
No	278	203	148	56	74	11	11	-	1	51	-	278	244	226	94	124	114	72
	47%	44%	41%	56%ab	55%ab	76%	50%	-	19%	55%b	-	47%	46%	45%	46%	41%	48%	59%klmno

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

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Table 9
Q2. Do you buy food supplements for your children?
 Base: All respondents with children in household

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co-Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	593	80	465	322	7	136	46	8	12	26	16	53	86	95	97	74	42	43	65	126	69	68	34	6	465
Weighted base	593	78*	472	332	9**	131	39*	8**	9**	22**	16**	46*	76*	91*	97*	80*	42*	49*	72*	112	59*	63*	34**	5**	478
NET: Yes	315	37	257	188	5	64	21	6	7	8	5	20	46	44	47	38	23	33	52	60	29	34	22	1	255
	53%	47%	54%	57%	58%	49%	53%	70%	73%	38%	32%	44%	60%	48%	49%	47%	54%	67%	72%	54%	50%	54%	64%	15%	53%
Yes for my pre-schooler(s)	88	9	76	54	2	21	1	-	1	-	1	5	14	9	15	8	9	15	10	6	2	1	1	78	
	15%	11%	16% _f	16% _f	21%	16% _f	3%	-	13%	-	6%	11%	18%	10%	16%	10%	21%	19%	21%	9%	11%	3%	4%	15%	16% _u
Yes for my child(ren) aged 5-10	176	24	147	105	2	40	6	1	3	2	*	10	25	32	27	20	11	17	31	29	16	16	11	-	147
	30%	30%	31% _f	32% _f	25%	30% _f	14%	8%	34%	8%	3%	21%	33%	35%	28%	25%	27%	35%	43% _{ko}	26%	28%	25%	32%	-	31%
Yes for my child(ren) aged 11-18	140	13	110	94	1	16	16	5	5	7	4	10	16	12	16	19	9	20	30	35	16	20	16	-	105
	24%	17%	23% _e	28% _e	12%	12%	41% _{abe}	62%	51%	30%	23%	21%	13%	16%	24%	20%	40% _{lmn}	43% _{klm}	31%	27%	32%	47%	-	22%	
No	278	41	215	144	4	67	19	2	2	14	11	26	30	47	50	43	20	16	20	52	29	29	12	4	224
	47%	53%	46%	43%	42%	51%	47%	30%	27%	62%	68%	56% _{qr}	40%	52% _{fr}	51% _{fr}	53% _{fr}	46%	33%	28%	46%	50%	46%	36%	85%	47%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 10

Q2. Do you buy food supplements for your children?

Base: All respondents with children in household

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	593	5	25	10	5	72	129	40	159	46	52	39	11
Weighted base	593	4**	23**	10**	4**	77*	135	41*	168	43*	50*	35*	14**
NET: Yes	315	4	19	3	3	46	89	28	112	29	35	21	10
	53%	88%	80%	31%	81%	60%	66%	69%	67%	68%	70%	61%	74%
Yes for my pre- schooler(s)	88	2	4	*	3	17	23	6	34	7	5	4	6
	15%	43%	17%	5%	81%	22%	17%	14%	20%	15%	10%	10%	45%
Yes for my child(ren) aged 5-10	176	2	10	2	-	25	45	18	63	14	18	11	4
	30%	55%	43%	26%	-	33%	33%	45%	37%	33%	36%	32%	28%
Yes for my child(ren) aged 11-18	140	1	8	-	-	18	47	10	49	14	21	13	5
	24%	18%	33%	-	-	24%	34%	24%	29%	33%	42%e	36%	39%
No	278	1	5	7	1	31	46	13	56	14	15	14	4
	47%	12%	20%	69%	19%	40%	34%	31%	33%	32%	30%	39%	26%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 11

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	305	122	183	18	79	120	73	14	1	108	71	76	50	29	14	29	27	27	23	14	27	53	34	22	6	66	174
Weighted base	315	132	183	17**	88*	120	75*	15**	1**	103*	77*	76*	60*	24**	14**	30**	29**	31**	12**	27**	59*	34*	24**	9**	70*	184	
Multivitamins	110	42	68	2	25	42	33	8	1	35	25	26	23	13	7	13	7	9	8	3	12	12	15	9	2	19	64
	35%	32%	37%	9%	28%	35%	44%	58%	100%	34%	33%	35%	39%	52%	49%	43%	24%	30%	34%	25%	47%	20%	45%v	36%	28%	26%	35%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	50	17	33	1	15	17	15	2	-	16	16	10	8	7	*	2	4	6	3	1	4	8	10	1	3	9	28
	16%	13%	18%	7%	17%	14%	20%	15%	-	16%	20%	13%	14%	29%	3%	8%	14%	19%	13%	6%	15%	13%	29%	6%	36%	12%	15%
Vitamins	42	18	24	1	18	18	6	-	-	11	11	9	12	2	6	4	5	4	1	8	3	5	2	-	11	22	
	13%	14%	13%	7%	20%g	15%	7%	-	-	11%	14%	12%	20%	10%	18%	19%	15%	16%	6%	29%	5%	15%	9%	-	15%	12%	
Vitamin C	41	17	24	5	5	17	11	3	-	11	10	9	12	4	-	1	7	5	1	3	3	10	2	5	-	13	18
	13%	13%	13%	28%	6%	14%	15%	22%	-	10%	13%	12%	20%	18%	-	3%	25%	16%	4%	21%	13%	17%	6%	20%	-	19%	10%
Mention of Brand/ Store (other)	32	11	20	1	9	14	8	-	-	11	10	5	5	3	-	1	4	5	2	-	2	6	5	2	1	9	18
	10%	9%	11%	9%	10%	12%	11%	-	-	11%	13%	7%	9%	12%	-	3%	13%	15%	10%	-	9%	10%	15%	9%	17%	12%	10%
Vitamin D	26	13	13	4	10	4	5	4	-	9	6	4	6	2	1	-	2	3	3	-	1	11	*	1	1	5	17
	8%	10%	7%	22%	11%	3%	7%	26%	-	9%	8%	6%	11%	6%	7%	-	8%	10%	12%	-	4%	19%w	1%	5%	14%	7%	9%
Bassetts	24	6	18	-	9	10	6	-	-	4	7	7	5	1	-	2	1	5	2	-	3	1	5	4	-	4	15
	8%	5%	10%	-	10%	8%	7%	-	-	4%	10%	9%	9%	2%	-	7%	5%	15%	9%	-	13%	2%	14%v	16%	-	5%	8%
Cod Liver Oil	17	12	5	2	2	7	6	-	-	7	4	6	1	1	-	-	3	1	1	1	2	6	1	1	2	11	
	6%	9%b	3%	11%	2%	6%	9%	-	-	7%	5%	8%	1%	3%	-	-	9%	3%	2%	9%	7%	10%	3%	5%	17%	2%	6%
Haliborange	16	5	11	-	4	9	3	-	-	7	3	5	1	1	-	3	1	-	2	2	2	2	2	1	1	5	7
	5%	4%	6%	-	5%	8%	4%	-	-	7%	3%	7%	2%	4%	-	11%	3%	-	8%	13%	7%	3%	5%	5%	17%	7%	4%
Vitamins (other)	14	6	8	2	5	5	2	-	-	2	5	5	2	2	1	1	2	1	1	-	1	4	-	-	-	4	8
	4%	4%	4%	12%	5%	4%	3%	-	-	2%	6%	7%	3%	9%	7%	5%	9%	4%	3%	-	4%	6%	-	-	-	5%	5%
Omega 3	14	5	9	-	3	4	6	1	-	3	3	7	1	3	-	3	-	2	-	-	1	-	2	1	2	2	6
	4%	4%	5%	-	4%	3%	8%	8%	-	3%	4%	9%	2%	14%	-	10%	-	7%	-	-	2%	-	5%	5%	19%	2%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 11

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	315	132	183	17**	88*	120	75*	15**	1**	103*	77*	76*	60*	24**	14**	30**	29**	31**	24**	12**	27**	59*	34*	24**	9**	70*	184
Wellman/ Wellwoman/ Wellkid/ Wellteen	11	2	8	-	2	7	2	-	-	3	3	4	-	1	-	-	3	2	-	-	3	1	1	-	-	3	4
	3%	2%	5%	-	2%	6%	3%	-	-	3%	4%	6%	-	3%	-	-	10%	7%	-	-	5%	2%	3%	-	-	4%	2%
Seven Seas	10	6	5	2	1	5	1	1	-	7	1	2	1	-	*	2	-	2	1	2	-	3	1	-	-	-	8
	3%	4%	3%	11%	2%	4%	1%	10%	-	7%	1%	2%	2%	-	4%	8%	-	6%	4%	14%	-	4%	2%	-	-	-	5%
Iron	8	3	5	1	1	3	2	-	1	3	1	3	1	-	1	1	1	1	-	-	2	-	1	1	-	1	4
	3%	2%	3%	8%	2%	3%	2%	-	100%	3%	1%	5%	1%	-	5%	3%	4%	4%	-	-	9%	-	2%	4%	-	2%	2%
Calcium	7	4	2	-	3	1	3	-	-	5	*	1	-	1	-	-	-	1	-	-	1	3	-	*	-	-	6
	2%	3%	1%	-	4%	1%	3%	-	-	4%	1%	2%	-	3%	-	-	-	5%	-	-	3%	5%	-	2%	-	-	3%
Tesco	6	-	6	-	3	-	3	-	-	-	2	3	1	1	-	1	-	-	2	1	-	1	1	-	-	1	1
	2%	-	4%	-	4%	-	4% ^f	-	-	-	3%	4%	2%	2%	-	2%	-	-	8%	7%	-	2%	4%	-	-	2%	1%
Holland & Barrett	6	1	5	-	2	2	-	-	-	2	2	-	2	-	2	1	1	-	-	-	-	1	-	1	-	-	5
	2%	1%	3%	-	2%	2%	3%	-	-	2%	3%	-	3%	-	15%	5%	3%	-	-	-	-	2%	-	2%	-	-	3%
Santogen	6	5	1	2	-	2	2	1	-	4	2	-	-	1	-	-	1	1	-	1	-	2	-	-	-	1	5
	2%	4%	1%	10%	-	2%	2%	4%	-	4%	3%	-	-	6%	-	-	5%	3%	-	7%	-	3%	-	-	-	1%	2%
Vitabiotics	6	-	6	-	2	4	-	-	-	1	4	1	-	-	-	-	1	-	-	-	-	1	5	-	-	1	4
	2%	-	3%	-	2%	3%	-	-	-	1%	5%	2%	-	-	-	3%	-	-	-	-	-	1%	14% ^v	-	-	1%	2%
Protein (non-specific/ other)	6	*	5	*	3	-	1	1	-	3	1	-	1	-	-	-	4	-	-	*	-	1	-	-	-	4	-
	2%	*	3%	3%	3%	-	1%	8%	-	3%	1%	-	2%	-	-	-	13%	-	-	2%	-	4%	-	-	-	6%B	-
Minerals	6	1	5	-	-	3	3	-	-	1	2	1	1	1	-	-	1	-	-	1	-	2	-	-	-	-	4
	2%	1%	3%	-	-	2%	4%	-	-	1%	3%	2%	1%	5%	-	-	2%	-	-	5%	-	6%	-	-	-	-	2%
Vitamin B	5	2	4	1	1	2	2	-	-	3	1	1	-	-	1	-	-	-	-	1	2	-	-	-	-	2	2
	2%	1%	2%	8%	1%	1%	3%	-	-	3%	1%	2%	-	-	7%	-	4%	-	-	4%	3%	-	-	-	-	3%	1%
Fish Oil	5	4	1	-	1	2	1	2	-	2	-	1	2	-	-	-	1	1	1	1	-	1	-	-	1	-	4
	2%	3%	1%	-	1%	2%	1%	14%	-	2%	-	2%	3%	-	-	-	3%	2%	3%	5%	-	2%	-	-	14%	-	2%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 11

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Gender		Age							Social Grade					Region										Employment Sector			
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Weighted base	315	132	183	17**	88*	120	75*	15**	1**	103*	77*	76*	60*	24**	14**	30**	29**	31**	24**	12**	27**	59*	34*	24**	9**	70*	184	
Boots	5 1%	1 1%	4 2%	1 5%	2 2%	2 2%	-	-	-	1 1%	1 2%	* 1%	2 3%	2 6%	2 15%	-	-	-	-	-	-	1 2%	-	-	-	-	1 1%	3 2%
Asda	5 1%	-	5 3%	-	2 3%	2 2%	-	-	-	1 1%	1 1%	2 3%	1 1%	1 2%	-	2 7%	-	-	1 5%	-	-	-	1 3%	-	-	-	2 3%	3 1%
Zinc	3 1%	1 1%	2 1%	-	1 2%	1 1%	1 2%	-	-	-	1 1%	1 2%	1 2%	-	-	-	-	1 4%	-	-	-	2 3%	-	-	-	-	1 2%	2 1%
Centrum	3 1%	-	3 2%	-	2 2%	1 1%	-	-	-	2 2%	-	1 1%	-	-	-	-	-	-	1 4%	-	-	2 4%	-	-	-	-	2 1%	
Berocca	2 1%	2 2%	-	-	1 1%	1 1%	1 1%	-	-	2 2%	-	-	-	-	-	1 3%	-	-	1 3%	-	-	1 1%	-	-	-	-	2 1%	
Omega (non-specific/ other)	2 1%	2 1%	-	-	-	2 2%	-	-	-	-	2 2%	-	-	-	-	-	-	-	-	-	-	-	-	-	2 21%	-	2 1%	
Probiotic	1 *	-	1 1%	-	-	1 1%	-	-	-	* *	1 1%	-	-	-	-	-	-	-	-	-	-	1 1%	* 1%	-	-	-	1 1%	
Evening Primrose	1 *	-	1 1%	-	-	-	1 2%	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	-	1 5%	-	-	-	
Garlic	1 *	1 1%	-	-	-	-	1 2%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	1 5%	-	1 2%	-	
Spirulina	1 *	-	1 1%	-	-	-	1 1%	-	-	1 1%	-	-	-	-	-	-	-	-	-	-	-	1 2%	-	-	-	1 2%	-	
Ginkgo Biloba	1 *	-	1 1%	-	-	-	1 1%	-	-	1 1%	-	-	-	-	-	-	-	-	-	-	-	1 2%	-	-	-	1 2%	-	
Vitamin B12	1 *	1 1%	-	-	1 1%	-	-	-	-	1 1%	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	-	-	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 11

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Gender		Age							Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Weighted base	315	132	183	17**	88*	120	75*	15**	1**	103*	77*	76*	60*	24**	14**	30**	29**	31**	24**	12**	27**	59*	34*	24**	9**	70*	184	
Omega 6	1*	-	1*	-	-	-	1	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1*
Vitamin D3	1*	-	1*	-	1	-	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-
Folic Acid	1*	1*	-	-	-	1*	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1*	
Magnesium	1*	-	1*	-	-	1*	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	
Other answers	38 12%	22 17%	16 9%	3 15%	14 16%	10 8%	10 13%	1 8%	-	17 17%	9 11%	6 7%	6 11%	3 12%	-	3 10%	1 3%	3 11%	1 4%	2 17%	3 11%	14 25%	4 13%	3 13%	-	16 22%B	20 11%	
Don't know	4 1%	-	4 2%	1 4%	2 3%	-	1 1%	-	-	-	2 3%	1 1%	1 1%	2 9%	-	-	1 3%	-	-	-	-	-	-	-	1 4%	-	2 1%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 12

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	305	2	1	148	96	55	2	257	47	8	27	10	1	1	263	153	110	42	39	3
Weighted base	315	3**	2**	153	93*	62*	2**	266	47*	7**	30**	9**	1**	1**	269	155	114*	46*	42*	4**
Multivitamins	110 35%	-	-	57 37%	37 40%	15 25%	1 69%	95 36%	15 32%	4 50%	9 29%	3 34%	-	-	92 34%	46 30%	46 40%	18 38%	16 38%	1 34%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	50 16%	-	-	30 19%	15 16%	5 7%	-	41 16%	7 15%	1 7%	6 19%	1 12%	-	-	38 14%	21 14%	17 15%	12 25%	10 24%	1 36%
Vitamins	42 13%	-	-	22 14%	9 10%	11 18%	-	37 14%	5 11%	1 13%	4 12%	1 9%	-	-	37 14%	19 12%	18 16%	5 12%	5 13%	-
Vitamin C	41 13%	-	-	22 14%e	17 18%e	2 3%	-	33 12%	7 15%	1 7%	2 7%	4 49%	-	-	33 12%	19 12%	14 12%	9 19%	9 20%	-
Mention of Brand/ Store (other)	32 10%	-	-	12 8%	11 12%	9 15%	-	26 10%	6 13%	2 32%	4 13%	-	-	-	26 10%	19 13%	7 6%	6 13%	4 11%	1 36%
Vitamin D	26 8%	-	-	3 2%	15 16%c	7 11%c	-	22 8%	3 7%	1 7%	1 3%	2 18%	-	-	23 9%	17 11%	7 6%	3 6%	2 4%	1 30%
Bassetts	24 8%	-	-	15 10%	5 5%	4 6%	-	22 8%	2 4%	1 7%	1 4%	-	-	-	20 7%	9 6%	11 10%	4 9%	4 10%	-
Cod Liver Oil	17 6%	-	-	9 6%	3 3%	5 8%	-	14 5%	3 7%	-	2 6%	2 18%	-	-	15 5%	8 5%	7 6%	3 6%	3 6%	-
Haliborange	16 5%	-	-	7 5%	6 7%	3 5%	-	14 5%	3 5%	-	3 8%	-	-	-	13 5%	2 2%	11 9%o	3 8%	2 5%	1 36%
Vitamins (other)	14 4%	-	-	6 4%	2 3%	5 8%	-	11 4%	4 7%	2 20%	1 4%	1 9%	-	-	14 5%	7 5%	7 6%	-	-	-
Omega 3	14 4%	-	-	7 5%	6 7%	-	1 31%	14 5%	-	-	-	-	-	-	12 4%	8 5%	4 4%	2 5%	2 5%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 12

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	315	3**	2**	153	93*	62*	2**	266	47*	7**	30**	9**	1**	1**	269	155	114*	46*	42*	4**
Wellman/ Wellwoman/ Wellkid/ Wellteen	11 3%	1 41%	-	4 3%	5 5%	1 1%	-	6 2%	5 10%g	-	5 15%	-	-	-	7 3%	6 4%	1 1%	3 7%	3 8%	-
Seven Seas	10 3%	-	-	6 4%	4 4%	1 2%	-	5 2%	5 12%g	1 7%	3 11%	1 7%	1 100%	-	9 3%	7 4%	3 2%	1 2%	1 2%	-
Iron	8 3%	-	-	4 3%	2 2%	1 2%	-	7 3%	1 2%	1 11%	-	-	-	-	6 2%	2 1%	4 4%	2 3%	2 4%	-
Calcium	7 2%	-	-	4 3%	2 2%	1 1%	-	6 2%	1 1%	-	1 2%	-	-	-	6 2%	5 3%	1 1%	1 1%	1 1%	-
Tesco	6 2%	-	-	3 2%	3 3%	-	-	5 2%	2 4%	2 26%	-	-	-	-	5 2%	2 2%	3 2%	1 3%	1 3%	-
Holland & Barrett	6 2%	-	-	2 1%	4 4%	1 1%	-	3 1%	3 6%	1 19%	1 5%	-	-	-	6 2%	4 3%	2 2%	-	-	-
Santogen	6 2%	-	-	2 1%	4 4%	1 1%	-	4 1%	2 5%	-	1 3%	2 18%	-	-	6 2%	3 2%	3 3%	-	-	-
Vitabiotics	6 2%	-	-	3 2%	2 2%	2 3%	-	6 2%	-	-	-	-	-	-	3 1%	1 1%	2 2%	3 6%n	3 7%no	-
Protein (non-specific/ other)	6 2%	-	-	2 1%	1 1%	3 5%	-	2 1%	4 9%g	-	4 14%	-	-	-	4 2%	4 3%	-	1 3%	1 3%	-
Minerals	6 2%	-	-	3 2%	2 2%	1 1%	-	6 2%	-	-	-	-	-	-	4 2%	3 2%	1 1%	1 3%	-	1 34%
Vitamin B	5 2%	-	-	2 1%	2 3%	1 1%	-	5 2%	-	-	-	-	-	-	5 2%	2 1%	3 3%	-	-	-
Fish Oil	5 2%	-	-	-	3 3%	3 4% ^c	-	3 1%	2 4%	1 10%	1 4%	-	-	-	4 1%	2 1%	2 2%	1 3%	-	1 30%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 12

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Base: All respondents who buy food supplements for their children

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	315	3**	2**	153	93*	62*	2**	266	47*	7**	30**	9**	1**	1**	269	155	114*	46*	42*	4**
Boots	5 1%	-	-	4 3%	-	* 1%	-	4 1%	1 2%	-	-	1 9%	-	-	5	3 2%	1 1%	-	-	-
Asda	5 1%	-	-	1 1%	2 3%	1 2%	-	5 2%	-	-	-	-	-	-	4 1%	3 2%	1 1%	1 1%	1 1%	-
Zinc	3 1%	-	-	1 1%	-	2 3%	-	3 1%	-	-	-	-	-	-	3	2 1%	1 1%	-	-	-
Centrum	3 1%	-	-	1 1%	* *	2 3%	-	3 1%	* 1%	-	* 1%	-	-	-	3 1%	2 1%	1 1%	-	-	-
Berocca	2 1%	-	-	-	2 2%	1 2%	-	1 *	2 4%g	-	1 3%	1 9%	-	-	2 1%	2 1%	1 1%	-	-	-
Omega (non-specific/ other)	2 1%	-	2 100%	-	-	-	-	2 1%	-	-	-	-	-	-	2 1%	2 1%	-	-	-	-
Probiotic	1 *	-	-	-	* *	1 1%	-	1 *	-	-	-	-	-	-	1 *	1 1%	-	-	-	-
Evening Primrose	1 *	-	-	-	1 1%	-	-	1 *	-	-	-	-	-	-	1 *	-	1 1%	-	-	-
Garlic	1 *	-	-	-	-	1 2%	-	1 *	-	-	-	-	-	-	1 *	1 1%	-	-	-	-
Spirulina	1 *	-	-	-	1 1%	-	-	1 *	-	-	-	-	-	-	1 *	1 1%	-	-	-	-
Ginkgo Biloba	1 *	-	-	-	1 1%	-	-	1 *	-	-	-	-	-	-	1 *	1 1%	-	-	-	-
Vitamin B12	1 *	-	-	-	-	1 2%	-	-	1 2%g	1 13%	-	-	-	-	1 *	1 1%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 12
Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	315	3**	2**	153	93*	62*	2**	266	47*	7**	30**	9**	1**	1**	269	155	114*	46*	42*	4**
Omega 6	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	*	-	-	-	1%	-	-	*	-	-	-	-	-	-	*	1%	-	-	-	-
Vitamin D3	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	*	-	-	*	-	-	-	*	-	-	-	-	-	*	-	1%	-	-	-	-
Folic Acid	1	-	-	-	1	-	-	-	1	-	-	-	-	1	1	-	-	-	-	-
	*	-	-	-	1%	-	-	-	1%	-	-	-	-	100%	*	-	-	-	-	-
Magnesium	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	1	1	-
	*	-	-	-	1%	-	-	*	-	-	-	-	-	-	-	-	1%	1%	-	-
Other answers	38	2	-	12	7	16	-	29	8	-	7	1	-	-	35	28	7	3	3	-
	12%	59%	-	8%	7%	26%cd	-	11%	17%	-	25%	8%	-	-	13%	18%p	6%	7%	7%	-
Don't know	4	-	-	3	-	1	-	4	-	-	-	-	-	-	4	-	4	-	-	-
	1%	-	-	2%	-	1%	-	1%	-	-	-	-	-	1%	-	3%o	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 13

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	305	240	178	62	65	3	11	-	5	46	-	305	283	262	107	174	111	49
Weighted base	315	254	209	45*	61*	4**	11**	-**	5**	42*	-**	315	292	272	110*	178	122*	50*
Multivitamins	110	82	62	20	28	4	8	-	2	14	-	110	99	101	33	60	44	25
	35%	32%	30%	45% ^b	46% ^b	100%	73%	-	40%	35%	-	35%	34%	37%	30%	34%	36%	50% ^{ln}
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	50	37	31	6	13	-	3	-	1	10	-	50	46	43	18	27	17	9
	16%	15%	15%	14%	21%	-	26%	-	14%	23%	-	16%	16%	16%	16%	15%	14%	18%
Vitamins	42	32	28	5	10	-	1	-	1	8	-	42	42	36	17	31	10	2
	13%	13%	13%	11%	16%	-	7%	-	14%	20%	-	13%	14%	13%	15%	18% ^{pq}	8%	4%
Vitamin C	41	31	26	6	10	-	2	-	1	7	-	41	37	35	12	15	20	11
	13%	12%	12%	13%	16%	-	14%	-	24%	17%	-	13%	13%	13%	11%	9%	16%	22% ^o
Mention of Brand/ Store (other)	32	26	24	3	5	-	2	-	-	3	-	32	29	30	11	18	19	5
	10%	10%	11%	6%	9%	-	21%	-	-	7%	-	10%	10%	11%	10%	10%	15%	11%
Vitamin D	26	22	20	2	4	-	2	-	-	2	-	26	25	20	12	11	12	4
	8%	9%	10%	5%	6%	-	14%	-	-	6%	-	8%	9%	7%	11%	6%	10%	7%
Bassetts	24	19	14	5	5	-	2	-	1	3	-	24	23	22	5	18	11	4
	8%	7%	7%	11%	9%	-	17%	-	14%	6%	-	8%	8%	8%	5%	10%	9%	8%
Cod Liver Oil	17	12	12	-	5	-	1	-	2	1	-	17	16	16	3	7	12	3
	6%	5%	6%	-	8% ^c	-	13%	-	45%	3%	-	6%	6%	6%	2%	4%	10% ⁿ	6%
Haliborange	16	12	9	3	5	-	-	-	-	5	-	16	16	16	4	13	6	1
	5%	5%	4%	6%	8%	-	-	-	-	12%	-	5%	6%	6%	4%	7%	5%	1%
Vitamins (other)	14	12	11	1	2	-	1	-	-	1	-	14	13	11	5	6	5	3
	4%	5%	5%	3%	3%	-	7%	-	-	3%	-	4%	4%	4%	5%	4%	4%	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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Base: All respondents who buy food supplements for their children

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	315	254	209	45*	61*	4**	11**	-**	5**	42*	-**	315	292	272	110*	178	122*	50*
Omega 3	14 4%	7 3%	5 3%	2 5%	6 11%ab	-	1 5%	-	1 24%	5 11%ab	-	14 4%	14 5%	13 5%	4 3%	9 5%	7 5%	3 6%
Wellman/ Wellwoman/ Wellkid/ Wellteen	11 3%	7 3%	5 2%	2 5%	3 5%	-	-	-	-	3 8%	-	11 3%	11 4%	8 3%	5 5%	6 3%	5 4%	2 4%
Seven Seas	10 3%	8 3%	7 3%	2 4%	2 3%	-	-	-	1 21%	1 2%	-	10 3%	7 3%	10 4%	3 3%	7 4%	3 3%	3 6%
Iron	8 3%	5 2%	4 2%	1 2%	3 4%	-	-	-	1 14%	2 5%	-	8 3%	7 2%	8 3%	2 2%	3 2%	5 4%	4 8%klo
Calcium	7 2%	6 2%	4 2%	2 5%	1 1%	-	-	-	-	1 1%	-	7 2%	7 2%	6 2%	4 4%	4 2%	1 1%	-
Tesco	6 2%	2 1%	1 *	4%b	2 6%ab	-	1 13%	-	-	3 6%ab	-	6 2%	6 2%	6 2%	1 1%	4 2%	2 2%	2 4%
Holland & Barrett	6 2%	5 2%	4 2%	1 1%	1 2%	-	1 13%	-	-	-	-	6 2%	6 2%	6 2%	-	5 3%	4 4%	-
Santogen	6 2%	5 2%	5 3%	-	1 1%	-	1 7%	-	-	-	-	6 2%	6 2%	5 2%	3 2%	4 2%	3 2%	1 2%
Vitabiotics	6 2%	5 2%	2 1%	3 6%b	1 2%	-	-	-	-	1 3%	-	6 2%	6 2%	3 1%	6%mp	3 1%	-	-
Protein (non-specific/ other)	6 2%	4 2%	4 2%	* 1%	1 2%	-	1 11%	-	-	-	-	6 2%	3 1%	6 2%	3 3%	* 2%	3 2%	2 5%o
Minerals	6 2%	4 2%	2 1%	2 4%	2 3%	-	-	-	-	2 4%	-	6 2%	4 1%	6 2%	2 1%	2 1%	2 2%	3 5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
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	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	315	254	209	45*	61*	4**	11**	-**	5**	42*	-**	315	292	272	110*	178	122*	50*
Vitamin B	5 2%	4 2%	3 2%	1 2%	1 2%	-	-	-	-	1 3%	-	5 2%	4 1%	5 2%	2 2%	2 1%	1 1%	3 7% ^{lop}
Fish Oil	5 2%	4 2%	4 2%	-	1 1%	-	-	-	-	1 2%	-	5 2%	5 2%	5 2%	1 1%	3 2%	3 2%	-
Boots	5 1%	4 2%	3 1%	1 2%	1 1%	-	1 7%	-	-	-	-	5 1%	5 2%	4 1%	2 1%	4 2%	1 1%	-
Asda	5 1%	5 2%	3 2%	1 3%	-	-	-	-	-	-	-	5 1%	5 2%	5 2%	1 *	1 1%	3 3%	-
Zinc	3 1%	3 1%	2 1%	1 3%	-	-	-	-	-	-	-	3 1%	2 1%	3 1%	-	2 1%	1 1%	1 2%
Centrum	3 1%	2 1%	2 1%	1 1%	1 1%	-	-	-	-	1 2%	-	3 1%	3 1%	3 1%	3 2%	3 2%	-	-
Berocca	2 1%	2 1%	2 1%	-	-	-	-	-	-	-	-	2 1%	2 1%	2 1%	-	2 1%	2 1%	-
Omega (non-specific/ other)	2 1%	2 1%	2 1%	-	-	-	-	-	-	-	-	2 1%	2 1%	-	2 2%	-	-	-
Probiotic	1 *	1 *	1 *	-	1 1%	-	-	-	-	-	-	1 *	1 *	1 *	1 *	1 *	-	-
Evening Primrose	1 *	-	-	-	1 2% ^a	-	-	-	1 24%	-	-	1 *	1 *	1 *	-	-	1 1%	-
Garlic	1 *	1 *	1 1%	-	-	-	-	-	-	-	-	1 *	1 *	1 *	-	-	1 1%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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Base: All respondents who buy food supplements for their children

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?							
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	315	254	209	45*	61*	4**	11**	-**	5**	42*	-**	315	292	272	110*	178	122*	50*
Spirulina	1*	1*	-	1 2% ^b	-	-	-	-	-	-	-	1*	-	1*	-	-	-	1 2% ^l
Ginkgo Biloba	1*	1*	-	1 2% ^b	-	-	-	-	-	-	-	1*	-	1*	-	-	-	1 2% ^l
Vitamin B12	1*	1*	1*	-	-	-	-	-	-	-	-	1*	1*	1*	-	1 1%	-	-
Omega 6	1*	1*	-	1 2% ^b	-	-	-	-	-	-	-	1*	1*	1*	-	1 1%	1 1%	-
Vitamin D3	1*	1*	-	1 2%	-	-	-	-	-	-	-	1*	1*	1*	-	1*	-	-
Folic Acid	1*	1*	1*	-	-	-	-	-	-	-	-	1*	1*	1*	1 1%	1*	-	-
Magnesium	1*	-	-	-	1 1%	-	1 5%	-	-	-	-	1*	1*	1*	-	-	1*	-
Other answers	38 12%	36 14% ^{di}	29 14% ^{di}	7 15% ^{di}	2 4%	-	1 11%	-	-	1 2%	-	38 12%	32 11%	30 11%	16 15%	20 11%	11 9%	9 18%
Don't know	4 1%	2 1%	1*	1 3%	2 3%	-	-	-	-	2 4% ^b	-	4 1%	4 1%	2 1%	2 1%	2 1%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 14

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	305	34	248	181	5	62	22	5	8	9	5	21	45	45	47	38	20	28	47	63	32	33	21	1	242
Weighted base	315	37**	257	188	5**	64*	21**	6**	7**	8**	5**	20**	46*	44*	47*	38*	23**	33**	52*	60*	29**	34**	22**	1**	255
Multivitamins	110	11	88	64	3	21	11	4	2	5	2	10	15	15	21	11	5	16	10	31	16	17	16	-	79
	35%	31%	34%	34%	65%	33%	51%	69%	25%	59%	51%	49%	33%	35%	45% <i>r</i>	29%	22%	47%	19%	52% <i>x</i>	55%	50%	72%	-	31%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	50	4	40	24	1	14	4	-	1	4	-	6	6	9	6	7	2	7	13	7	6	4	-	37	
	16%	12%	16%	13%	29%	22%	21%	-	12%	42%	-	31%	13%	20%	12%	16%	29%	7%	14%	22%	26%	19%	20%	-	14%
Vitamins	42	5	37	25	-	12	1	-	-	1	-	2	7	7	6	7	2	2	8	6	3	3	1	1	36
	13%	13%	14%	13%	-	19%	3%	-	-	8%	-	8%	15%	16%	13%	19%	9%	5%	16%	11%	11%	8%	7%	100%	14%
Vitamin C	41	6	27	19	-	8	7	3	2	2	2	3	8	4	6	3	2	3	8	10	4	6	4	-	32
	13%	17%	11%	10%	-	13%	34%	58%	31%	19%	32%	13%	18%	8%	14%	8%	7%	8%	16%	16%	13%	17%	18%	-	12%
Mention of Brand/ Store (other)	32	2	30	22	3	5	-	-	-	-	-	5	4	2	3	1	6	8	3	2	1	2	-	-	28
	10%	6%	12%	12%	51%	8%	-	-	-	-	-	25%	9%	5%	7%	3%	3%	17%	16%	6%	6%	4%	11%	-	11%
Vitamin D	26	3	19	19	-	*	2	2	*	1	2	1	2	3	3	2	1	3	9	8	2	5	4	-	19
	8%	9%	8%	10% <i>e</i>	-	1%	12%	27%	6%	6%	32%	3%	4%	8%	6%	6%	4%	10%	18%	12%	8%	15%	18%	-	7%
Bassetts	24	4	19	16	-	3	1	-	-	1	1	2	3	3	4	6	1	3	1	4	3	3	3	-	20
	8%	10%	8%	8%	-	5%	6%	-	-	15%	17%	9%	7%	7%	8%	16% <i>r</i>	4%	10%	2%	7%	11%	9%	12%	-	8%
Cod Liver Oil	17	3	15	13	-	2	-	-	-	-	-	1	1	2	4	3	3	-	4	4	1	4	2	-	14
	6%	7%	6%	7%	-	3%	-	-	-	-	-	3%	2%	3%	8%	7%	14%	-	7%	6%	4%	11%	8%	-	5%
Haliborange	16	1	15	12	-	3	-	-	-	-	-	1	3	1	4	1	4	3	2	1	1	-	1	-	14
	5%	3%	6%	7%	-	5%	-	-	-	-	-	2%	6%	3%	10%	3%	11%	6%	3%	2%	2%	-	7%	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 14

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	8**	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)
Weighted base	315	37**	257	188	5**	64*	21**	6**	7**	8**	5**	20**	46*	44*	47*	38*	23**	33**	52*	60*	29**	34**	22**	1**	255
Vitamins (other)	14	3	8	6	2	-	3	-	3	-	-	1	2	6	1	-	-	1	2	1	1	1	-	-	13
	4%	10%	3%	3%	44%	-	13%	-	41%	-	-	7%	4%	13% _o	2%	-	-	3%	4%	2%	2%	5%	4%	-	5%
Omega 3	14	2	11	8	-	3	1	-	1	1	1	1	6	2	3	-	-	1	1	3	2	1	-	-	11
	4%	4%	4%	4%	-	5%	5%	-	13%	23%	4%	1%	13% _{lr}	4%	8%	-	-	1%	5%	5%	6%	4%	-	-	4%
Wellman/ Wellwoman/ Wellkid/ Wellteen	11	1	10	8	-	2	-	-	-	-	-	3	1	4	1	-	2	-	1	1	1	1	-	-	9
	3%	3%	4%	4%	-	3%	-	-	-	-	-	6%	1%	9%	2%	-	7%	-	2%	2%	5%	2%	-	-	4%
Seven Seas	10	-	10	8	-	3	-	-	-	-	1	1	-	1	4	-	2	1	1	1	1	1	1	-	9
	3%	-	4%	4%	-	4%	-	-	-	-	5%	2%	-	2%	12% _m	-	6%	2%	2%	2%	4%	3%	5%	-	4%
Iron	8	1	7	6	-	1	-	-	-	-	1	-	1	1	2	-	-	2	3	5	5	2	2	-	5
	3%	3%	3%	3%	-	1%	-	-	-	-	7%	-	3%	3%	4%	-	-	4%	4%	5%	5%	5%	10%	-	2%
Calcium	7	-	6	5	-	1	1	-	-	-	-	1	-	1	4	-	-	-	-	1	-	1	-	-	5
	2%	-	2%	3%	-	1%	3%	11%	-	-	2%	1%	-	2%	10% _{mr}	-	-	-	2%	2%	-	4%	-	-	2%
Tesco	6	4	3	1	-	2	-	-	-	-	-	4	1	1	-	-	-	-	-	5	2	3	1	-	2
	2%	10%	1%	*	-	4%	-	-	-	-	-	9%	3%	-	3%	-	-	-	-	8% _x	5%	8%	6%	-	1%
Holland & Barrett	6	1	5	1	-	3	-	-	-	-	-	3	-	-	1	-	1	1	1	1	-	-	1	-	5
	2%	4%	2%	1%	-	5% _c	-	-	-	-	-	7%	-	-	4%	-	3%	1%	1%	2%	-	-	6%	-	2%
Santogen	6	1	5	4	-	1	1	-	1	-	-	1	1	2	1	-	1	1	1	-	-	-	-	-	6
	2%	2%	2%	2%	-	1%	3%	-	7%	-	-	1%	2%	4%	2%	-	4%	2%	2%	-	-	-	-	-	2%
Vitabiotics	6	-	6	3	-	4	-	-	-	-	-	-	1	-	1	3	1	1	1	1	1	-	-	-	6
	2%	-	2%	1%	-	6%	-	-	-	-	-	-	1%	-	2%	13%	3%	3%	2%	1%	2%	-	-	-	2%
Protein (non-specific/ other)	6	*	3	3	-	-	2	-	2	-	1	-	-	-	1	-	3	-	1	1	1	1	1	-	4
	2%	1%	1%	2%	-	-	11%	-	27%	-	6%	-	-	-	3%	-	9%	-	2%	4%	4%	6%	-	2%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 14

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Base: All respondents who buy food supplements for their children

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	315	37**	257	188	5**	64*	21**	6**	7**	8**	5**	20**	46*	44*	47*	38*	23**	33**	52*	60*	29**	34**	22**	1**	255
Minerals	6 2%	-	6 2%	6 3%	-	-	-	-	-	-	-	-	-	1 3%	1 2%	1 6%	1 3%	1 3%	1 1%	1 2%	-	-	-	-	5 2%
Vitamin B	5 2%	1 3%	3 1%	3 2%	-	-	1 5%	-	1 16%	-	-	-	1 1%	2 5%	1 2%	-	-	1 3%	1 1%	-	-	-	-	-	5 2%
Fish Oil	5 2%	1 2%	5 2%	2 1%	-	3 4%	-	-	-	-	-	-	-	1 2%	1 2%	1 6%	1 3%	1 2%	1 2%	1 2%	-	1 4%	-	-	4 2%
Boots	5 1%	1 2%	3 1%	* 1%	-	3 4% ^c	1 4%	-	1 11%	-	* 9%	-	2 4%	-	1 2%	-	1 3%	1 2%	-	1 1%	-	-	1 3%	-	4 2%
Asda	5 1%	2 5%	3 1%	3 1%	-	-	-	-	-	-	-	-	-	3 6%	-	1 2%	-	1 4%	-	1 2%	1 5%	1 4%	-	-	3 1%
Zinc	3 1%	-	2 1%	2 1%	-	-	1 6%	-	1 18%	-	-	-	-	-	-	1 4%	-	1 3%	1 3%	-	-	-	-	-	3 1%
Centrum	3 1%	-	3 1%	1 1%	-	2 3%	-	-	-	-	-	-	-	-	1 2%	-	-	* 1%	2 3%	-	-	-	-	-	3 1%
Berocca	2 1%	-	2 1%	2 1%	-	1 1%	-	-	-	-	-	-	-	-	-	1 3%	-	2 3%	-	-	-	-	-	-	2 1%
Omega (non-specific/ other)	2 1%	-	2 1%	2 1%	-	-	-	-	-	-	-	-	-	2 4%	-	-	-	-	-	-	-	-	-	-	2 1%
Probiotic	1 *	-	1 *	1 *	-	-	-	-	* 6%	-	-	-	-	-	-	1 4%	-	-	-	-	-	-	-	-	1 *

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	315	37**	257	188	5**	64*	21**	6**	7**	8**	5**	20**	46*	44*	47*	38*	23**	33**	52*	60*	29**	34**	22**	1**	255
Evening Primrose	1*	-	1*	1%	-	-	-	-	-	-	-	-	-	-	1	-	-	-	1	2% _x	-	1	-	-	-
Garlic	1*	-	1*	1%	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1*
Spirulina	1*	-	-	-	-	1	5%	1	16%	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1*
Gingko Biloba	1*	-	-	-	-	1	5%	1	16%	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1*
Vitamin B12	1*	-	1*	1*	-	-	-	-	-	-	-	-	-	-	-	-	-	1	2%	-	-	-	-	-	1*
Omega 6	1*	-	1*	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1*
Vitamin D3	1*	-	1*	-	1	14%	-	-	-	-	-	-	1	2%	-	-	-	-	-	-	-	-	-	-	1*
Folic Acid	1*	-	1*	1*	-	-	-	-	-	-	-	-	-	-	1	2%	-	-	-	-	-	-	-	-	1*
Magnesium	1*	-	1*	1*	-	-	-	-	-	-	-	-	-	-	1	2%	-	-	-	1	1%	1	2%	-	-
Other answers	38 12%	2 5%	32 13%	23 12%	71%	5 8%	3 13%	-	1 22%	1 14%	-	4 21%	5 11%	2 5%	4 9%	-	5 20%	4 13%	13 26% _{mo}	3 5%	2 7%	2 6%	1 6%	-	35 14%
Don't know	4 1%	1 2%	3 1%	3 2%	-	-	-	-	-	-	-	2 10%	-	1 2%	-	1 4%	-	-	-	2 3%	1 3%	1 3%	-	-	2 1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 15

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.

Base: All respondents who buy food supplements for their children

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	305	4	20	4	4	44	88	27	110	31	35	23	7
Weighted base	315	4**	19**	3**	3**	46*	89*	28**	112*	29**	35*	21**	10**
Multivitamins	110	1	5	1	1	17	24	15	41	12	19	11	-
	35%	21%	28%	24%	17%	37%	27%	53%	36%	42%	53% ^f	51%	-
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	50	1	3	1	1	11	11	7	15	12	9	9	1
	16%	17%	19%	28%	17%	24%	13%	26%	13%	42%	24%	41%	9%
Vitamins	42	-	4	-	-	7	13	2	19	2	3	2	3
	13%	-	22%	-	-	15%	15%	9%	17%	8%	9%	10%	26%
Vitamin C	41	-	3	-	-	11	13	3	13	4	7	1	-
	13%	-	18%	-	-	24%	14%	11%	12%	15%	19%	5%	-
Mention of Brand/ Store (other)	32	-	3	-	-	2	13	3	15	5	3	3	-
	10%	-	16%	-	-	4%	14%	9%	13%	17%	9%	12%	-
Vitamin D	26	-	2	*	2	5	3	3	7	3	4	-	2
	8%	-	11%	16%	61%	10%	3%	9%	7%	10%	11%	-	19%
Bassetts	24	-	1	1	-	2	5	6	9	6	5	3	-
	8%	-	7%	24%	-	4%	6%	22%	8%	21%	14%	16%	-
Cod Liver Oil	17	-	1	1	-	-	2	3	5	1	4	2	1
	6%	-	7%	32%	-	-	2%	10%	4%	4%	11% ^{ef}	8%	9%
Haliborange	16	-	1	-	-	-	5	-	7	-	-	1	-
	5%	-	6%	-	-	-	6%	-	6%	-	-	3%	-
Vitamins (other)	14	-	-	-	-	5	5	1	9	1	1	1	1
	4%	-	-	-	-	12%	6%	5%	8%	2%	4%	7%	8%
Omega 3	14	-	1	-	-	3	3	4	2	4	2	2	-
	4%	-	7%	-	-	8%	4%	14%	2%	12%	6%	9%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolute/col percents

Table 15

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	315	4**	19**	3**	3**	46*	89*	28**	112*	29**	35*	21**	10**
Wellman/ Wellwoman/ Wellkid/ Wellteen	11 3%	-	1 4%	-	1 17%	4 8%	7 7%	1 4%	5 5%	-	-	1 3%	-
Seven Seas	10 3%	-	-	-	-	-	6 7%	-	6 5%	-	1 3%	1 5%	-
Iron	8 3%	1 21%	-	-	-	5 11% ^f	1 1%	2 7%	4 3%	2 5%	4 11% ^f	1 4%	-
Calcium	7 2%	-	-	-	-	1 2%	1 1%	-	2 2%	-	-	-	-
Tesco	6 2%	-	2 10%	-	-	3 7% ^{fh}	-	1 3%	-	1 4%	1 2%	1 4%	-
Holland & Barrett	6 2%	-	-	-	-	-	2 3%	-	3 3%	-	-	-	2 20%
Santogen	6 2%	-	-	-	-	-	1 2%	-	3 3%	-	-	-	-
Vitabiotics	6 2%	-	1 4%	-	1 17%	2 3%	3 4%	-	3 2%	-	-	1 3%	-
Protein (non-specific/ other)	6 2%	-	-	-	-	-	1 1%	1 4%	3 3%	-	1 3%	1 6%	-
Minerals	6 2%	-	2 8%	-	-	1 3%	2 2%	-	4 4%	-	-	1 3%	-
Vitamin B	5 2%	-	1 6%	-	-	1 3%	-	1 5%	5 4%	1 2%	-	-	-
Fish Oil	5 2%	-	-	-	-	-	1 1%	1 4%	2 2%	1 4%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 15

Q3. What food supplements do you buy for your children on a regular basis? List as many as you can think of.
Base: All respondents who buy food supplements for their children

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	315	4**	19**	3**	3**	46*	89*	28**	112*	29**	35*	21**	10**
Boots	5 1%	-	-	-	-	-	1 1%	-	3 2%	-	-	-	2 20%
Asda	5 1%	-	-	-	-	1 1%	1 2%	1 4%	1 1%	1 2%	1 4%	1 7%	-
Zinc	3 1%	-	-	-	-	1 3%	1 1%	1 3%	1 1%	-	-	-	-
Centrum	3 1%	-	*	-	-	1 2%	*	-	*	-	-	-	-
Berocca	2 1%	-	-	-	-	-	-	-	2 2%	-	-	-	-
Omega (non-specific/ other)	2 1%	-	-	-	-	-	2 2%	-	-	-	-	-	-
Probiotic	1 *	-	*	-	-	-	*	1 3%	1 1%	-	-	-	-
Evening Primrose	1 *	-	1 7%	-	-	-	-	1 4%	-	-	1 3%	-	-
Garlic	1 *	-	1 6%	-	-	-	-	-	1 1%	-	-	-	-
Spirulina	1 *	-	1 6%	-	-	-	-	-	1 1%	-	-	-	-
Ginkgo Biloba	1 *	-	1 6%	-	-	-	-	-	1 1%	-	-	-	-
Vitamin B12	1 *	-	-	-	-	-	1 1%	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
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Weighted base	315	4**	19**	3**	3**	46*	89*	28**	112*	29**	35*	21**	10**
Omega 6	1 *	-	-	-	-	1 2%	-	-	-	1 3%	1 2%	-	-
Vitamin D3	1 *	-	-	-	-	1 2%	-	-	-	-	-	-	-
Folic Acid	1 *	-	-	-	-	-	-	-	-	-	-	-	-
Magnesium	1 *	-	-	-	-	-	-	1 2%	-	-	1 2%	1 3%	-
Other answers	38 12%	3 79%	4 20%	-	1 22%	5 12%	16 18%	2 6%	13 12%	2 8%	6 18%	3 14%	3 28%
Don't know	4 1%	-	-	-	-	1 2%	-	-	-	1 3%	1 2%	1 4%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey

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Absolutes/col percents

Table 16

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North of Ireland (y)	Public (A)	Private (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Multivitamins	292	126	165	21	49	56	66	49	50	85	80	52	75	23	12	28	27	24	22	16	30	39	36	26	9	44	136
	29%	27%	31%	23%	27%	32%i	38%dei	34%i	22%	29%	30%	24%	33%	34%	31%	25%	33%	28%	32%	33%	31%	24%	30%	31%	30%	30%	29%
Cod Liver Oil	193	99	95	8	19	19	38	35	74	46	53	47	48	10	9	20	19	10	11	15	25	28	20	21	7	17	80
	19%	21%	18%	8%	10%	11%	22%def	25%def	32%def	16%	20%	22%	21%	15%	23%	17%	24%	11%	16%	30%nr	25%r	17%	16%	23%	24%	11%	17%
Vitamin D	187	61	126	13	29	23	24	31	66	53	51	34	49	17	4	19	12	15	17	5	14	32	22	19	10	24	69
	19%	13%	24%a	14%	16%	13%	14%	22%	29%def	18%	19%	16%	22%	25%	10%	17%	14%	18%	25%	11%	15%	20%	18%	21%	37%	16%	15%
Vitamin C	162	71	91	21	22	35	21	28	34	47	44	30	41	12	7	22	19	9	9	11	15	28	14	13	3	30	75
	16%	15%	17%	23%eg	12%	20%e	12%	20%	15%	16%	16%	14%	18%	18%	18%	19%	23%rw	11%	12%	22%	15%	18%	11%	15%	11%	20%	16%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	119	61	58	12	27	16	12	16	36	41	35	24	19	12	8	6	9	10	7	8	4	29	13	9	4	18	55
	12%	13%	11%	13%	14%g	9%	7%	11%	15%g	14%m	13%	11%	8%	18%pu	20%pu	6%	11%	11%	10%	16%pu	4%	18%pu	11%	10%	14%	12%	12%
Iron	83	25	57	12	12	18	18	10	12	19	22	21	20	3	5	6	7	4	6	6	8	14	8	13	3	16	39
	8%	5%	11%a	13%i	6%	11%	10%	7%	5%	7%	8%	10%	9%	4%	12%	5%	9%	5%	9%	12%	8%	9%	7%	15%np	10%	11%	8%
Omega 3	82	36	46	5	7	5	10	13	42	20	31	17	14	5	4	12	4	4	6	5	9	16	8	9	-	10	24
	8%	8%	9%	6%	4%	3%	6%	9%f	18%defg	7%	12%	8%	6%	7%	11%	11%	5%	4%	9%	11%	9%	10%	6%	10%	-	7%	5%
Glucosamine	76	31	45	-	6	3	9	16	42	24	25	12	14	6	1	7	3	3	8	4	11	8	11	10	4	4	22
	8%	7%	8%	-	3%	2%	5%d	11%def	18%defg	8%	9%	6%	6%	8%	2%	6%	4%	4%	12%	9%	12%	5%	9%	11%	15%	3%	5%
Fish Oil	74	37	37	9	9	5	9	14	28	22	24	13	15	5	3	7	8	8	5	6	4	10	9	11	-	7	35
	7%	8%	7%	9%f	5%	3%	5%	10%f	12%efg	8%	9%	6%	7%	7%	7%	7%	10%	9%	8%	11%	4%	6%	7%	12%	-	5%	7%
Mention of Brand/ Store (other)	69	39	29	3	14	17	16	6	13	17	22	17	13	9	4	8	3	6	2	3	5	9	10	7	1	10	35
	7%	8%	6%	4%	7%	10%	9%	4%	6%	6%	8%	8%	6%	14%qs	11%	7%	3%	7%	3%	6%	5%	6%	9%	8%	5%	7%	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
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Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (l)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Protein (non-specific/ other)	67 7%	47 10%b	20 4%	20 22% _{ij} fgh	24 13% _{ghi}	14 8% _{hi}	6 3% _i	2	1	27 9% _m	19 7% _m	15 7% _m	6 3%	5 7% _x	4 11% _{ux}	7 6% _x	5 7% _x	8 9% _x	7 10% _{ux}	5 10% _{ux}	2 2%	15 10% _{ux}	8 6% _x	-	1 4%	8 6%	49 10%
Vitamins	60 6%	31 7%	29 5%	8 9%	22 12% _{ghi}	11 6%	7 4%	4 3%	7 3%	17 6%	12 4%	15 7%	16 7%	1 2%	5 13% _{np}	4 3%	4 5%	3 4%	4 6%	4 8%	6 6%	9 5%	9 8%	10 12% _{np}	-	11 7%	32 7%
Calcium	57 6%	14 3%	43 8% _a	2 2%	5 3%	7 4%	7 4%	14 10% _{de}	21 9% _{de}	17 6%	20 7%	9 4%	12 5%	4 6%	1 2%	10 9% _{uv}	5 7%	2 3%	4 6%	2 4%	4 4%	3 2%	7 6%	13 14% _{ruvw}	1 5%	4 3%	18 4%
Garlic	52 5%	36 8% _b	17 3%	-	3 2%	1 1%	10 6% _{df}	14 9% _{def}	25 11% _{def}	12 4%	15 6%	10 5%	15 7%	3 5%	2 6%	4 4%	5 6%	9 10% _{uv}	4 7%	5 10% _{uv}	1 1%	4 3%	9 7% _u	2 2%	3 10%	6 4%	19 4%
Zinc	51 5%	25 5%	26 5%	4 4%	9 5%	9 5%	13 7%	5 3%	12 5%	10 3%	22 8% _j	9 4%	10 4%	5 8%	1 2%	9 8%	5 6%	7 9%	4 5%	3 5%	2 2%	6 4%	4 3%	5 5%	1 4%	9 6%	27 6%
Magnesium	47 5%	17 4%	30 6%	4 4%	6 3%	10 6%	5 3%	6 4%	16 7%	9 3%	17 6%	11 5%	10 4%	6 9% _{pw}	2 4%	1	4 5%	6 7% _{pw}	3 5%	2 5%	5 6% _p	7 5%	1 1%	5 6% _p	3 11%	4 3%	21 4%
Vitamins (other)	42 4%	18 4%	24 5%	3 4%	11 6%	5 3%	7 4%	4 3%	12 5%	11 4%	8 3%	11 5%	13 6%	1 1%	1	*	7 9% _{np}	3 4%	2 2%	3 6% _p	5 5%	9 6% _p	6 5% _p	4 4%	1 5%	6 4%	20 4%
Folic Acid	40 4%	11 2%	30 6% _a	5 5%	8 4%	10 6%	4 2%	7 5%	6 3%	13 4%	8 3%	11 5%	9 4%	7 10% _{ptv}	1 2%	-	3 3%	8 9% _{pt}	2 4%	-	2 2%	4 3%	6 5% _p	6 7% _p	1 5%	5 3%	22 5%
Vitamin B12	37 4%	13 3%	24 4%	3 4%	7 4%	8 5%	3 2%	8 5%	8 3%	12 4%	8 3%	7 3%	9 4%	2 3%	1 4%	3 2%	1 1%	3 3%	5 7% _w	1 2%	4 5%	7 4%	1	3 3%	7 24%	3 2%	15 3%
Tumeric	34 3%	6 1%	28 5% _a	-	2 1%	-	6 3% _f	9 6% _{def}	17 7% _{def}	11 4%	16 6% _m	5 2%	3 1%	3 5%	1 3%	3 2%	2 2%	2 3%	1 2%	2 5%	9 9% _{pvx}	3 2%	5 4%	1 1%	2 9%	5 3%	9 2%
Vitamin B	30 3%	15 3%	15 3%	-	7 4%	6 3%	5 3%	4 3%	9 4%	10 3%	5 2%	4 2%	11 5%	2 2%	1 2%	4 4%	1 2%	2 2%	4 6%	2 12% _{nqr}	3 2%	2 2%	2 2%	3 3%	-	3 2%	13 3%

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Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Evening Primrose	27	3	25	-	3	3	9	7	4	8	9	6	5	2	2	3	2	4	-	1	4	2	4	4	-	3	13
	3%	1%	5%a	-	2%	2%	5%d	5%d	2%	3%	3%	3%	2%	3%	4%	3%	3%	5%	-	2%	4%	1%	3%	4%	-	2%	3%
Minerals	27	10	16	2	2	4	6	5	8	6	8	4	8	2	-	7	2	-	1	1	7	1	1	6	-	2	11
	3%	2%	3%	2%	1%	2%	3%	4%	4%	2%	3%	2%	4%	2%	-	6%rvw	2%	-	1%	1%	7%rvw	1%	*	7%rvw	-	1%	2%
Vitamin D3	26	12	14	2	3	6	5	5	6	7	8	4	7	3	-	1	1	4	-	2	3	5	3	3	1	4	9
	3%	3%	3%	2%	1%	3%	3%	3%	2%	3%	3%	2%	3%	4%	-	1%	1%	5%	-	5%	3%	3%	3%	3%	4%	2%	2%
Co Q10	17	3	14	-	1	*	1	5	11	3	7	2	5	2	-	-	1	1	-	1	4	4	-	3	1	1	3
	2%	1%	3%a	-	1%	*	*	3%	5%efg	1%	3%	1%	2%	3%	-	-	1%	1%	-	3%	4%	2%	-	4%w	5%	1%	3%
Vitamin B Complex	16	3	12	-	1	1	2	2	9	2	7	2	5	2	1	3	1	2	-	1	1	2	1	2	-	2	3
	2%	1%	2%	-	1%	1%	1%	1%	4%ef	1%	3%	1%	2%	3%	2%	1%	2%	-	1%	3%	1%	1%	1%	3%	-	1%	1%
Probiotic	16	3	13	-	2	4	2	2	5	3	5	5	3	-	1	-	2	1	1	2	3	2	-	3	2	1	9
	2%	1%	2%a	-	1%	2%	1%	2%	2%	1%	2%	2%	1%	-	2%	-	2%	1%	2%	4%pw	3%	1%	-	3%	5%	1%	2%
Seven Seas	16	12	4	2	4	4	4	1	-	8	3	3	2	1	2	1	-	2	1	-	2	4	1	2	-	1	15
	2%	2%b	1%	2%i	2%i	2%i	3%i	1%	-	3%	1%	1%	1%	1%	5%	1%	-	2%	2%	-	2%	2%	1%	2%	-	1%	3%
Centrum	15	7	8	1	4	5	1	2	2	3	3	5	4	2	-	2	-	*	-	2	4	1	-	-	-	9	
	1%	1%	2%	1%	2%	3%	*	1%	1%	1%	2%	2%	2%	3%	-	2%	3%	-	1%	-	2%	3%	1%	-	-	2%	
Wellman/ Wellwoman/ Wellkid/ Wellteen	14	8	6	2	2	7	3	1	-	5	5	4	-	-	-	1	3	3	2	-	1	2	1	1	-	4	7
	1%	2%	1%	2%i	1%	4%i	2%	1%	-	2%	2%	2%	-	-	2%	4%	4%	4%	3%	-	1%	1%	1%	1%	-	3%	1%
Selenium	13	1	12	-	1	2	*	2	9	5	3	2	4	1	-	-	1	-	1	2	1	-	3	4	1	-	3
	1%	*	2%a	-	*	1%	*	1%	4%eg	2%	1%	1%	2%	2%	-	-	1%	-	1%	3%v	1%	-	2%	5%pv	5%	-	1%
Omega (non-specific/ other)	13	8	5	2	1	2	2	2	3	4	3	5	1	1	-	1	-	1	1	-	2	2	1	3	2	1	7
	1%	2%	1%	3%	1%	1%	1%	1%	1%	1%	1%	2%	*	1%	-	1%	-	1%	1%	-	2%	1%	1%	3%	7%	1%	2%
Ginkgo Biloba	13	3	9	-	*	2	5	2	3	2	3	2	6	-	-	2	*	-	2	2	-	4	1	-	1	2	7
	1%	1%	2%	-	*	1%	3%	1%	1%	1%	1%	1%	3%	-	-	2%	1%	-	3%	3%	-	3%	1%	-	5%	1%	2%

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Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Berocca	12	8	4	2	6	2	3	-	-	4	5	2	1	-	1	2	-	-	1	-	1	3	4	-	-	1	9
	1%	2%	1%	2%i	3%i	1%	1%	-	-	1%	2%	1%	1%	-	2%	2%	-	-	2%	-	1%	2%	4%	-	-	1%	2%
Chondroitin	11	3	8	-	-	-	2	2	8	3	7	1	-	1	-	1	-	1	3	1	2	2	2	-	-	2	1
	1%	1%	2%	-	-	-	1%	1%	3%ef	1%	3%em	*	-	1%	-	1%	-	1%	4%	2%	2%	1%	2%	-	-	1%	*
Omega 6	10	5	5	-	-	-	2	2	7	1	4	2	3	-	1	2	-	-	1	1	1	3	-	3	-	1	2
	1%	1%	1%	-	-	-	1%	1%	3%ef	*	1%	1%	2%	-	2%	2%	-	-	1%	1%	1%	2%	-	3%	-	1%	*
Omega 9	10	5	4	-	-	-	1	2	7	1	3	2	3	-	1	1	-	-	1	1	1	3	-	3	-	1	1
	1%	1%	1%	-	-	-	1%	1%	3%ef	*	1%	1%	2%	-	2%	1%	-	-	1%	1%	1%	2%	-	3%	-	1%	*
Holland & Barrett	8	5	4	-	-	7	-	-	1	2	2	-	4	-	-	4	2	-	-	-	1	2	-	-	-	1	6
	1%	1%	1%	-	-	4%eghi	-	-	1%	1%	1%	-	2%	-	-	3%	2%	-	-	-	1%	1%	-	-	-	1%	1%
Asda	8	1	7	-	6	-	*	1	-	2	*	5	1	-	-	1	1	-	1	-	-	-	4	1	-	3	3
	1%	*	1%	-	3%fi	-	*	1%	-	1%	*	2%k	*	-	-	*	1%	-	2%	-	-	-	3%v	1%	-	2%	1%
Tesco	8	7	1	1	2	*	3	-	2	2	1	3	2	-	-	1	-	-	1	2	-	4	1	-	-	1	5
	1%	1%b	*	1%	1%	*	2%	-	1%	1%	*	2%	1%	-	-	*	-	-	1%	3%	-	3%	*	-	-	1%	1%
Spirulina	6	2	5	-	3	-	1	1	1	3	1	2	1	3	-	-	1	-	-	1	-	1	1	-	-	3	1
	1%	*	1%	-	2%	-	1%	1%	*	1%	1%	1%	*	4%p	-	-	1%	-	-	1%	-	1%	1%	-	-	2%B	*
Echinacea	6	1	5	-	-	2	1	1	2	2	1	1	2	-	-	2	2	-	-	1	-	*	1	1	-	-	4
	1%	*	1%	-	-	1%	1%	1%	1%	2%	1%	1%	1%	-	-	2%	2%	-	-	1%	-	*	1%	4%	-	-	1%
Vitabiotics	6	1	5	-	2	2	3	-	-	2	2	3	-	-	-	1	-	2	-	1	-	2	-	1	2	4	
	1%	*	1%	-	1%	1%	1%	-	-	1%	1%	1%	-	-	-	1%	-	3%	-	1%	-	1%	-	5%	1%	1%	
Boots	4	1	4	-	2	1	1	-	-	1	1	1	1	1	-	1	-	-	1	-	-	1	-	1	-	1	2
	*	*	1%	-	1%	1%	1%	-	-	1%	1%	1%	*	1%	-	1%	-	-	2%	-	-	*	-	1%	-	1%	*
Santogen	2	1	1	-	-	1	1	-	-	1	-	-	1	-	-	-	-	-	1	-	1	-	-	-	-	1	1
	*	*	*	-	-	*	1%	-	-	*	-	-	*	-	-	-	-	-	2%	-	1%	-	-	-	-	1%	*

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 16

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Bassetts	2*	1*	1*	-	1	-	1*	-	-	1*	1*	-	-	-	-	-	-	-	-	1	-	1	-	-	-	-	2*
Other answers	203	83	120	23	37	28	33	25	57	56	56	46	44	17	7	25	11	19	14	6	18	35	22	20	8	29	82
	20%	18%	23%	25%	20%	16%	19%	18%	25%	20%	21%	21%	19%	25%	19%	22%	13%	22%	20%	12%	18%	22%	18%	23%	30%	19%	17%
Don't know	9	7	2	3	1	1	2	1	1	3	2	2	2	1	-	1	-	3	-	-	-	3	-	-	1	-	8
	1%	1%	*	3%	*	1%	1%	1%	*	1%	1%	1%	1%	1%	-	1%	-	3%	-	-	-	2%	-	-	4%	-	2%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 17

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Multivitamins	292 29%	2 18%	1 15%	175 31%	72 26%	34 30%	4 27%	270 30%	21 25%	7 46%	9 20%	4 22%	- -	1 61%	226 28%	132 29%	93 26%	66 34%	54 33%	12 42%
Cod Liver Oil	193 19%	- -	1 15%	129 23%e	47 17%	11 10%	2 15%	184 20%h	8 10%	2 14%	3 7%	- -	2 34%	1 61%	147 18%	79 18%	68 19%	46 24%	39 24%	7 24%
Vitamin D	187 19%	3 30%	2 63%	105 19%	57 20%	15 13%	4 25%	174 19%	14 16%	4 28%	4 9%	3 16%	2 26%	1 39%	143 18%	67 15%	76 21%o	44 23%o	35 21%	9 30%
Vitamin C	162 16%	- -	- -	96 17%	48 17%	17 15%	1 4%	151 17%	11 12%	2 11%	6 14%	1 3%	1 24%	1 39%	130 16%	78 17%	51 14%	32 17%	30 18%	2 7%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	119 12%	1 10%	1 21%	69 12%	37 13%	10 9%	1 8%	104 11%	15 17%	1 7%	10 23%g	3 14%	1 21%	- -	94 12%	54 12%	40 11%	25 13%	22 13%	3 11%
Iron	83 8%	- -	1 15%	45 8%	23 8%	10 9%	3 21%	75 8%	8 9%	3 22%	2 5%	2 12%	- -	- -	63 8%	42 9%	22 6%	19 10%	15 9%	5 16%
Omega 3	82 8%	1 11%	- -	51 9%	22 8%	7 6%	1 8%	80 9%	3 3%	- -	- -	3 16%	- -	- -	62 8%	35 8%	27 8%	20 10%	19 11%	2 6%
Glucosamine	76 8%	- -	- -	54 10%e	19 7%	3 3%	- -	75 8%	1 1%	- -	1 3%	- -	- -	- -	51 6%	25 5%	26 7%	25 13%nop	21 13%no	4 13%
Fish Oil	74 7%	- -	- -	50 9%	20 7%	4 4%	- -	72 8%	3 3%	1 6%	2 4%	- -	- -	- -	60 7%	25 6%	35 10%o	14 7%	13 8%	1 4%
Mention of Brand/ Store (other)	69 7%	1 10%	- -	39 7%	17 6%	10 9%	1 8%	62 7%	7 8%	1 6%	3 7%	3 17%	- -	- -	59 7%	36 8%	22 6%	10 5%	10 6%	- -
Protein (non-specific/ other)	67 7%	2 18%	- -	33 6%	27 10%	4 4%	1 8%	55 6%	12 14%g	1 7%	8 18%g	- -	1 21%	1 61%	58 7%	34 8%	24 7%	9 5%	6 4%	2 9%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 17

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Vitamins	60	-	-	32	16	10	1	52	7	2	3	2	-	-	53	32	21	7	7	-
	6%	-	-	6%	6%	9%	8%	6%	8%	10%	6%	13%	-	-	7%	7%	6%	4%	4%	-
Calcium	57	1	-	30	20	6	-	54	3	-	3	-	-	-	45	21	24	12	11	1
	6%	14%	-	5%	7%	5%	-	6%	4%	-	8%	-	-	-	6%	5%	7%	6%	6%	4%
Garlic	52	1	-	33	13	4	-	50	2	2	-	-	-	-	38	25	13	14	11	3
	5%	11%	-	6%	5%	3%	-	6%	2%	11%	-	-	-	-	5%	6%	4%	7%	7%	9%
Zinc	51	-	-	27	16	6	1	48	3	1	2	-	-	-	42	28	14	9	9	-
	5%	-	-	5%	6%	5%	4%	5%	3%	4%	5%	-	-	-	5%	6%	4%	4%	5%	-
Magnesium	47	-	-	28	13	5	*	45	2	1	-	-	1	-	37	16	21	10	10	-
	5%	-	-	5%	5%	4%	3%	5%	2%	4%	-	-	21%	-	5%	4%	6%	5%	6%	-
Vitamins (other)	42	-	-	29	5	6	-	34	6	1	4	1	-	-	35	23	12	7	7	-
	4%	-	-	5% ^d	2%	5%	-	4%	7%	5%	10%	3%	-	-	4%	5%	3%	4%	4%	-
Folic Acid	40	1	-	21	13	5	-	38	2	-	1	-	2	-	31	12	19	10	8	1
	4%	14%	-	4%	5%	4%	-	4%	3%	-	2%	-	26%	-	4%	3%	5%	5%	5%	5%
Vitamin B12	37	-	1	19	14	2	1	31	6	2	3	-	-	-	28	18	9	9	9	-
	4%	-	15%	3%	5%	2%	4%	3%	7%	17%	8%	-	-	-	3%	4%	3%	5%	5%	-
Tumeric	34	-	-	20	13	1	-	34	-	-	-	-	-	-	22	6	16	12	10	2
	3%	-	-	4%	5%	1%	-	4%	-	-	-	-	-	-	3%	1%	4% ^o	6% ^{no}	6% ^{no}	6%
Vitamin B	30	1	-	22	6	2	-	28	2	-	-	2	-	-	28	14	14	2	2	-
	3%	11%	-	4%	2%	1%	-	3%	3%	-	-	12%	-	-	3%	3%	4%	1%	1%	-
Evening Primrose	27	-	-	17	9	1	-	27	1	-	1	-	-	-	19	9	11	8	6	2
	3%	-	-	3%	3%	1%	-	3%	1%	-	1%	-	-	-	2%	2%	3%	4%	4%	7%
Minerals	27	-	-	22	4	1	-	26	1	1	-	-	-	-	21	12	9	5	4	1
	3%	-	-	4%	2%	*	-	3%	1%	4%	-	-	-	-	3%	3%	3%	3%	2%	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 17

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Vitamin D3	26 3%	-	-	21 4%	5 2%	1 1%	-	25 3%	2 2%	1 5%	1 3%	-	-	-	21 3%	15 3%	6 2%	5 3%	5 3%	1 2%
Co Q10	17 2%	-	-	13 2%	3 1%	1 1%	-	16 2%	1 1%	-	1 3%	-	-	-	16 2%	9 2%	7 2%	2 1%	2 1%	-
Vitamin B Complex	16 2%	-	-	11 2%	5 2%	-	-	15 2%	1 1%	1 4%	-	-	-	-	14 2%	4 1%	9 3%	2 1%	2 1%	-
Probiotic	16 2%	1 13%	-	8 1%	7 3%	-	-	15 2%	1 1%	-	1 2%	-	-	-	10 1%	7 1%	3 1%	6 3%	5 3%	1 5%
Seven Seas	16 2%	-	-	7 1%	8 3%	1 1%	-	12 1%	4 4%	-	1 3%	1 7%	1 15%	-	14 2%	6 1%	9 2%	1 1%	1 1%	-
Centrum	15 1%	1 13%	-	9 2%	1 *	2 2%	1 5%	13 1%	1 2%	-	1 3%	-	-	-	14 2%	12 3%p	2 1%	1 *	1 *	-
Wellman/ Wellwoman/ Wellkid/ Wellteen	14 1%	-	-	7 1%	6 2%	-	-	10 1%	3 4%	-	3 8%g	-	-	-	11 1%	8 2%	3 1%	3 1%	3 2%	-
Selenium	13 1%	-	-	9 2%	3 1%	1 1%	-	13 1%	-	-	-	-	-	-	10 1%	4 1%	6 2%	4 2%	4 2%	-
Omega (non-specific/ other)	13 1%	-	2 48%	7 1%	3 1%	1 1%	-	12 1%	1 2%	-	1 3%	-	-	-	9 1%	3 1%	5 1%	4 2%	4 3%	-
Ginkgo Biloba	13 1%	-	-	7 1%	5 2%	1 1%	-	12 1%	1 1%	-	-	1 3%	-	-	13 2%	7 2%	5 1%	-	-	-
Berocca	12 1%	-	-	6 1%	5 2%	1 1%	1 5%	11 1%	1 1%	-	1 2%	-	-	-	12 1%	5 1%	7 2%	* *	* *	-
Chondroitin	11 1%	-	-	7 1%	4 1%	-	-	11 1%	-	-	-	-	-	-	7 1%	5 1%	2 1%	4 2%	4 3%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 17

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Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Omega 6	10 1%	- -	- -	5 1%	3 1%	2 2%	- -	10 1%	- -	- -	- -	- -	- -	- -	8 1%	6 1%	2 1%	2 1%	1 1%	1 2%
Omega 9	10 1%	- -	- -	5 1%	2 1%	2 2%	- -	10 1%	- -	- -	- -	- -	- -	- -	8 1%	5 1%	2 1%	2 1%	1 1%	1 2%
Holland & Barrett	8 1%	- -	- -	5 1%	3 1%	1 1%	- -	8 1%	- -	- -	- -	- -	- -	- -	8 1%	7 2%	1 *	- -	- -	- -
Asda	8 1%	- -	- -	4 1%	3 1%	- -	1 6%	8 1%	- -	- -	- -	- -	- -	- -	7 1%	3 1%	3 1%	1 1%	1 1%	- -
Tesco	8 1%	- -	- -	5 1%	2 1%	* *	- -	6 1%	1 2%	- -	- -	1 7%	- -	- -	6 1%	6 1% ^p	- -	2 1%	2 1%	- -
Spirulina	6 1%	- -	- -	3 1%	2 1%	1 1%	- -	6 1%	- -	- -	- -	- -	- -	- -	6 1%	3 1%	3 1%	- -	- -	- -
Echinacea	6 1%	- -	- -	2 *	2 1%	3 2% ^c	- -	5 1%	1 1%	1 7%	- -	- -	- -	- -	5 1%	2 *	3 1%	1 1%	1 1%	- -
Vitabiotics	6 1%	- -	- -	1 *	3 1%	3 2% ^c	- -	6 1%	- -	- -	- -	- -	- -	- -	5 1%	1 *	5 1%	1 *	1 1%	- -
Boots	4 *	- -	- -	2 *	1 *	1 1%	- -	4 *	1 1%	- -	1 2%	- -	- -	- -	4 1%	1 *	3 1%	- -	- -	- -
Santogen	2 *	- -	- -	1 *	- -	1 1%	- -	2 *	- -	- -	- -	- -	- -	- -	2 *	- -	2 1%	- -	- -	- -
Bassetts	2 *	- -	- -	1 *	1 *	- -	- -	2 *	- -	- -	- -	- -	- -	- -	2 *	1 *	1 *	- -	- -	- -
Other answers	203 20%	1 13%	1 21%	106 19%	59 21%	30 26%	2 13%	186 20%	17 20%	2 13%	9 21%	4 21%	1 13%	1 61%	158 20%	88 20%	71 20%	45 23%	41 24%	4 15%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 17

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Don't know	9	-	-	3	1	5	-	6	3	-	1	2	-	-	6	5	2	2	1	1
	1%	-	-	1%	*	4%cd	-	1%	3%	-	2%	9%	-	-	1%	1%	*	1%	*	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 18

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Multivitamins	292	180	135	44	112	16	19	10	38	29	206	85	69	72	29	35	28	26
	29%	29%g	28%	32%g	29%g	48%abd	37%gh	16%	23%	41%abd	30%	28%	25%	27%	28%	22%	23%	42%klmop
Cod Liver Oil	193	96	80	17	97	6	6	24	48	13	160	33	30	29	8	18	16	6
	19%	16%	17%	12%	25%abc	18%	11%	39%abc	29%abc	19%	23%klm	11%	11%	11%	8%	11%	13%	10%
Vitamin D	187	93	63	30	94	6	13	23	42	10	143	44	43	37	16	22	23	11
	19%	15%	13%	22%ab	25%ab	17%	26%ab	36%abc	25%ab	14%	21%km	14%	15%	14%	16%	13%	19%	18%
Vitamin C	162	105	75	29	57	4	9	12	20	12	117	44	39	41	14	22	17	11
	16%	17%	16%	21%h	15%	13%	17%	20%	12%	16%	17%	14%	14%	15%	14%	13%	14%	18%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	119	73	58	14	46	3	3	7	28	6	95	24	23	21	5	13	10	3
	12%	12%	12%	10%	12%	9%	6%	11%	17%	8%	14%klmn	8%	8%	8%	5%	8%	8%	5%
Iron	83	54	40	14	28	5	8	3	8	5	53	29	26	25	11	15	9	10
	8%	9%	8%	10%	7%	15%h	15%dh	4%	5%	6%	8%	9%	9%	9%	10%	9%	7%	16%j
Omega 3	82	34	23	11	49	1	2	8	37	1	69	14	11	14	1	7	7	4
	8%	5%	5%	8%i	13%abfi	4%	4%	12%bi	22%abcd	1%	10%klmn	4%	4%	5%	1%	4%	6%	7%
Glucosamine	76	26	19	7	50	1	-	12	33	5	69	7	5	4	4	2	-	2
	8%	4%	4%	5%	13%abcf	2%	-	18%abc	20%abcd	7%f	10%klmo	2%	2%	1%	4%p	1%	-	3%
Fish Oil	74	42	25	17	32	2	-	4	22	4	61	13	11	11	2	7	4	3
	7%	7%f	5%	13%abf	8%f	6%	-	7%	14%abf	6%	9%klmn	4%	4%	4%	2%	4%	3%	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 18

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Mention of Brand/ Store (other)	69 7%	44 7%	39 8%	6 4%	24 6%	1 3%	7 14%cdh	3 5%	8 5%	5 7%	45 7%	22 7%	18 6%	18 7%	5 5%	7 4%	9 7%	5 9%
Protein (non-specific/ other)	67 7%	57 9%dghi	50 10%dghi	7 5%h	10 3%	3 8%gh	6 11%dghi	-	1 *	1 1%	52 8%	14 5%	14 5%	11 4%	5 5%	8 5%	5 4%	1 1%
Vitamins	60 6%	43 7%	36 8%h	6 5%	17 5%	1 4%	3 6%	3 5%	4 3%	5 8%	33 5%	27 9%j	26 9%j	24 9%j	8 7%	20 12%j	7 6%	3 5%
Calcium	57 6%	22 4%	17 4%	5 4%	35 9%abc	1 4%	2 5%	7 11%abc	17 11%abc	6 9%ab	49 7%klm	8 3%	8 3%	7 3%	2 2%	6 3%	3 3%	1 1%
Garlic	52 5%	25 4%	18 4%	7 5%	27 7%ab	-	1 1%	6 10%b	19 12%abce	2 2%	49 7%klmn	4 1%	4 1%	3 1%	1 1%	1 1%	2 1%	-
Zinc	51 5%	36 6%	28 6%	8 6%	15 4%	-	1 2%	3 4%	10 6%	1 1%	41 6%ln	10 3%	7 2%	9 4%	1 1%	3 2%	4 3%	3 6%
Magnesium	47 5%	25 4%	19 4%	5 4%	22 6%	3 9%	1 2%	10 16%abcd	6 4%	2 3%	37 5%	10 3%	10 3%	9 3%	3 2%	7 5%	3 2%	2 3%
Vitamins (other)	42 4%	25 4%	22 5%	3 2%	17 4%	2 6%	2 4%	5 8%	5 3%	3 4%	31 4%	11 3%	11 4%	9 3%	4 4%	7 4%	2 2%	2 3%
Folic Acid	40 4%	27 4%	22 4%	5 4%	14 4%	2 6%	4 8%g	-	5 3%	3 4%	23 3%	17 5%	15 5%	15 6%	8 8%	11 7%	8 7%	3 5%
Vitamin B12	37 4%	18 3%	12 3%	6 4%	19 5%	3 8%	3 7%	3 5%	6 4%	3 4%	26 4%	11 3%	10 4%	10 4%	1 1%	8 5%	4 4%	2 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 18

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Tumeric	34 3%	13 2%	8 2%	5 4%	21 5%ab	2 5%	-	2 4%	16 10%abcf i	1 2%	28 4%	6 2%	6 2%	4 2%	3 3%	2 1%	2 2%	2 3%
Vitamin B	30 3%	16 3%	13 3%	3 2%	14 4%	2 7%	1 2%	6 9%abch	3 2%	2 3%	26 4%klm	3 1%	3 1%	3 1%	-	2 1%	* *	1 2%
Evening Primrose	27 3%	16 3%	7 2%	8 6%ab	12 3%	-	1 2%	1 1%	6 4%	4 6%b	16 2%	12 4%	12 4%	11 4%	4 4%	7 4%	4 3%	4 7%j
Minerals	27 3%	13 2%	9 2%	4 3%	13 3%	1 2%	1 2%	2 4%	5 3%	4 6%b	23 3%l	3 1%	2 1%	3 1%	-	1 1%	1 1%	1 2%
Vitamin D3	26 3%	13 2%	12 2%	1 1%	14 4%	1 4%	1 1%	2 3%	4 2%	6 8%abch	22 3%	5 2%	4 2%	3 1%	1 1%	3 2%	1 1%	1 1%
Co Q10	17 2%	4 1%	2 *	2 1%	14 4%ab	1 4%ab	-	7 10%abcd fhi	4 3%ab	1 2%	17 2%klm	*	*	*	-	*	*	*
Vitamin B Complex	16 2%	5 1%	4 1%	2 1%	11 3%ab	-	1 2%	5 7%abci	5 3%a	-	14 2%	2 1%	2 1%	2 1%	-	1 1%	1 *	-
Probiotic	16 2%	10 2%	6 1%	4 3%	6 2%	-	-	1 2%	2 2%	2 3%	12 2%	4 1%	3 1%	4 2%	-	3 2%	1 1%	2 4%
Seven Seas	16 2%	16 3%dh	14 3%dh	2 1% d	-	-	-	-	-	-	10 1%	6 2%	6 2%	6 2%	3 3%	5 3%	2 2%	-
Centrum	15 1%	9 1%	8 2%	* *	6 2%	-	1 2%	* 1%	2 1%	3 4% c	7 1%	7 2%	7 3%	5 2%	2 2%	5 3%	1 1%	1 2%
Wellman/ Wellwoman/ Wellkid/ Wellteen	14 1%	10 2%	9 2%	1 1%	4 1%	-	1 3%	-	1 1%	1 2%	4 1%	10 3% j	9 3% j	10 4% j	2 2%	8 5% j	5 4% j	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 18

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?							
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Selenium	13 1%	3 *	2 *	1 1%	11 3%ab	1 4%ab	-	1 2%	6 4%ab	2 3%ab	12 2%	1 *	1 *	1 *	-	1 *	*	-
Omega (non-specific/ other)	13 1%	8 1%	7 2%	1 1%	5 1%	1 2%	-	1 1%	3 2%	-	10 1%	3 1%	2 1%	1 1%	2 2%	-	1 *	1 2%
Ginkgo Biloba	13 1%	9 1%	8 2%	1 1%	3 1%	1 2%	-	1 2%	1 1%	-	11 2%l	1 *	-	1 *	-	-	-	1 2%l
Berocca	12 1%	10 2%	9 2%	* 1%	2 1%	-	2 4%cdh	-	-	-	6 1%	6 2%	5 2%	6 2%	-	2 1%	3 3%	1 1%
Chondroitin	11 1%	3 *	2 *	1 1%	8 2%ab	-	-	-	8 5%abc	-	10 1%	2 1%	-	2 1%	-	-	-	2 3%l
Omega 6	10 1%	3 *	2 *	1 1%	7 2%a	-	1 1%	3 5%ab	4 2%ab	-	7 1%	3 1%	3 1%	-	1 1%	3 2%	1 2%	
Omega 9	10 1%	2 *	2 *	-	7 2%a	-	1 1%	3 5%abc	4 2%ab	-	7 1%	2 1%	2 1%	-	-	-	2 2%	1 2%
Holland & Barrett	8 1%	7 1%	6 1%	1 *	1 *	-	-	1 2%	-	-	1 *	7 2%j	7 3%j	7 3%j	2 2%j	6 4%j	5 4%j	-
Asda	8 1%	6 1%	5 1%	1 1%	2 *	-	1 2%	-	-	1 1%	5 1%	2 1%	2 1%	2 1%	1 1%	1 *	2 1%	-
Tesco	8 1%	6 1%	5 1%	1 1%	2 *	-	-	-	2 1%	-	7 1%	1 *	1 *	1 *	1 1%	-	1 *	-
Spirulina	6 1%	4 1%	1 *	3 2%b	2 1%	-	1 1%	-	1 *	1 1%	4 1%	2 1%	1 1%	2 1%	1 1%	-	1 *	1 2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 18

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Echinacea	6 1%	4 1%	2 *	2 2%	2 1%	-	-	2 3% ^b	1 *	-	5 1%	1 *	1 *	1 *	1 1%	1 *	* *	-
Vitabiotics	6 1%	5 1%	3 1%	2 2% ^d	1 *	-	1 1%	-	-	-	1 *	4 1% ^j	4 1% ^j	3 1%	3 3% ^j	3 2% ^j	2 2% ^j	1 1%
Boots	4 *	2 *	2 *	1 *	2 1%	-	-	-	-	2 3% ^{abh}	1 *	3 1%	3 1% ^j	3 1% ^j	1 1%	3 2% ^j	1 1%	-
Santogen	2 *	2 *	2 *	-	-	-	-	-	-	-	1 *	1 *	1 *	1 *	-	-	1 1%	-
Bassetts	2 *	2 *	1 *	1 1%	-	-	-	-	-	-	-	2 1%	2 1%	1 *	1 1% ^j	-	1 1%	-
Other answers	203 20%	111 18%	75 16%	35 26% ^{ab}	93 24% ^{ab}	10 29% ^b	11 21%	15 24%	41 25% ^b	16 23%	146 21%	56 18%	49 17%	50 19%	21 20%	29 18%	26 21%	13 22%
Don't know	9 1%	8 1%	8 2%	-	1 *	-	-	1 1%	-	-	3 *	6 2% ^j	6 2% ^j	6 2% ^j	1 1%	4 2% ^j	5 4% ^j	1 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 19

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Multivitamins	292	78	172	115	5	52	42	11	3	27	15	43	39	30	40	37	20	20	29	79	34	56	32	7	202
	29%	30%	28%	26%	34%	36% _c	33%	31%	25%	35%	44% _{lm}	34% _m	25%	22%	29%	36% _m	34%	32%	27%	35% _x	40% _x	36% _x	42% _x	49%	27%
Cod Liver Oil	193	35	131	101	-	30	28	10	1	16	5	21	31	27	24	27	11	12	14	43	14	33	12	2	147
	19%	14%	21% _a	22% _a	-	21%	22%	28% _a	6%	21%	14%	17%	21%	19%	18%	27% _{fr}	20%	19%	13%	19%	16%	21%	16%	16%	19%
Vitamin D	187	44	106	87	1	19	35	12	4	20	8	36	23	32	20	18	9	7	20	61	23	43	25	5	124
	19%	17%	17%	19%	6%	13%	28% _{abc}	32% _{abe}	30% _e	25% _e	24%	28% _{lnq}	15%	23%	14%	18%	15%	12%	18%	27% _x	27% _x	27% _x	34% _x	32%	16%
Vitamin C	162	49	78	55	1	23	33	9	2	22	8	27	18	32	13	16	9	13	17	36	15	27	11	1	123
	16%	19% _{bc}	13%	12%	6%	16%	26% _{bc}	23%	16%	29% _{bce}	25% _n	22% _{ln}	12%	23% _{ln}	9%	16%	15%	21% _n	16%	16%	18%	17%	15%	7%	16%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	119	30	65	41	4	20	24	5	4	15	2	17	21	19	17	6	8	9	15	31	9	20	12	3	86
	12%	12%	11%	9%	30%	14%	19% _{bc}	14%	29%	19% _{bc}	6%	13%	14%	14%	12%	6%	15%	15%	14%	14%	11%	13%	16%	23%	11%
Iron	83	23	44	27	3	15	15	4	1	10	6	15	7	13	10	5	3	5	10	20	7	15	4	1	61
	8%	9%	7%	6%	20%	10%	12% _c	12%	8%	12% _c	18% _{lo}	12% _l	5%	9%	7%	5%	6%	8%	9%	9%	8%	9%	6%	8%	8%
Omega 3	82	16	55	44	-	12	11	3	-	8	2	11	16	14	12	10	1	5	6	19	2	14	6	-	64
	8%	6%	9%	10%	-	8%	9%	9%	-	10%	5%	9%	11% _p	10% _p	9%	9%	1%	7%	5%	8%	2%	9% _t	8%	-	8% _t
Glucosamine	76	5	54	44	-	10	17	7	-	9	2	11	16	6	15	9	3	2	4	18	1	16	5	1	58
	8%	2%	9% _a	10% _a	-	7% _a	13% _a	20% _{abe}	-	12% _a	6%	9%	11%	5%	11%	9%	6%	3%	4%	8% _t	2%	10% _t	6%	9%	8% _t
Fish Oil	74	20	41	29	1	11	13	3	2	8	3	10	14	5	9	3	8	7	7	16	4	11	7	-	56
	7%	8%	7%	6%	7%	8%	10%	7%	18%	10%	8%	8%	9%	4%	6%	3%	13% _{mo}	10%	7%	7%	5%	7%	9%	-	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 19

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Mention of Brand/ Store (other)	69 7%	24 9%	40 7%	31 7%	1 11%	8 6%	5 4%	1 2%	-	4 5%	3 9%	6 5%	14 10%	12 9%	8 6%	6 6%	2 3%	5 8%	8 7%	12 5%	7 9%	8 5%	3 4%	1 10%	54 7%
Protein (non-specific/ other)	67 7%	33 13% bcfg i	32 5% fi	16 4%	1 8%	15 11% bcfi	1 1%	-	1 11%	-	2 6%	3 2%	11 7%	5 3%	11 8%	4 4%	2 4%	12 18% klmo p	10 9% k	6 3%	2 3%	3 2%	4 6%	-	59 8% su
Vitamins	60 6%	22 9%	31 5%	21 5%	-	10 7%	7 5%	-	3 21%	4 5%	2 5%	4 3%	11 8%	12 9%	9 6%	3 3%	3 5%	4 6%	9 8%	11 5%	5 6%	9 5%	2 2%	1 5%	49 6%
Calcium	57 6%	11 4%	33 5%	29 6%	-	4 3%	13 10% ae	5 15% abe	-	7 9% e	-	13 10% f	10 7% f	9 7% f	6 4%	5 5%	4 7% f	3 5%	1 1%	18 8%	7 8%	11 7%	7 9%	3 23%	38 5%
Garlic	52 5%	15 6%	25 4%	19 4%	-	6 4%	11 9% b	5 13% bc	-	6 8%	2 5%	8 6%	11 7%	10 7%	7 5%	4 4%	4 6%	1 1%	6 5%	13 6%	3 3%	8 5%	6 8%	2 11%	38 5%
Zinc	51 5%	12 5%	25 4%	18 4%	-	7 5%	14 11% abc	6 15% abce	1 9%	7 9%	1 3%	6 5%	11 7% f	10 7% f	6 4%	2 2%	3 6% f	3 5%	* 5%	10 5%	4 5%	8 5%	6 8%	1 4%	40 5%
Magnesium	47 5%	13 5%	25 4%	17 4%	-	8 6%	8 6%	1 4%	1 11%	5 7%	1 3%	11 9% ln	3 2%	8 6%	4 3%	3 2%	4 7%	4 6%	3 2%	11 5%	4 4%	6 4%	8 10% x	-	36 5%
Vitamins (other)	42 4%	9 4%	20 3%	16 4%	1 7%	3 2%	11 8% bce i	7 19% abce	-	4 5%	2 5%	6 5%	9 6%	6 4%	3 2%	2 2%	1 1%	2 3%	1 1%	10 4%	2 2%	9 6%	3 4%	-	30 4%
Folic Acid	40 4%	12 4%	22 4%	17 4%	1 8%	4 3%	7 5%	4 12% bce	1 4%	2 3%	2 6% n	8 6% n	6 4%	4 3%	1 1%	4 4%	5 9% n	2 3%	7 6% n	13 6%	6 7%	6 4%	6 8%	2 12%	27 4%
Vitamin B12	37 4%	9 3%	23 4%	15 3%	-	8 5%	5 4%	2 6%	-	3 4%	-	9 7% l	3 2%	7 5%	7 5%	2 2%	1 1%	1 2%	3 3%	7 3%	3 4%	5 3%	6 7%	-	29 4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 19

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Tumeric	34	3	23	18	-	5	8	1	-	7	-	3	7	8	3	4	3	1	2	8	*	7	2	-	26
	3%	1%	4%	4%	-	3%	6%a	3%	-	9%ab	-	2%	4%	6%	2%	4%	6%	2%	1%	4%	1%	4%	3%	-	3%
Vitamin B	30	5	15	12	-	3	10	5	1	3	-	8	4	5	4	3	1	4	1	11	7	9	2	-	19
	3%	2%	2%	3%	-	2%	8%abc	15%abc	10%	4%	-	6%	2%	4%	3%	3%	1%	6%	1%	5%	8%x	6%x	3%	-	2%
Evening Primrose	27	5	21	20	-	1	2	1	-	2	2	2	7	5	2	6	-	3	1	6	1	5	2	-	20
	3%	2%	3%	4%	-	1%	2%	2%	-	2%	5%	2%	5%	4%	1%	6%	-	5%	1%	3%	1%	3%	2%	-	3%
Minerals	27	6	13	11	-	2	7	2	-	5	1	7	4	4	3	3	1	1	2	7	2	6	3	-	16
	3%	2%	2%	2%	-	2%	5%	4%	-	6%b	2%	6%	2%	3%	2%	3%	1%	2%	2%	3%	2%	4%	4%	-	2%
Vitamin D3	26	6	16	10	-	6	5	3	-	1	1	5	1	6	3	1	1	1	4	10	4	7	6	1	16
	3%	2%	3%	2%	-	4%	4%	9%ac	-	2%	4%	4%	1%	4%	2%	1%	1%	2%	4%	4%	5%	5%	8%x	5%	2%
Co Q10	17	3	8	7	-	1	6	5	-	1	1	8	3	1	1	1	2	-	1	5	2	5	2	-	12
	2%	1%	1%	2%	-	1%	5%abc	14%abc	-	1%	4%	6%mo	2%	1%	1%	1%	3%	-	1%	2%	2%	3%	3%	-	2%
Vitamin B Complex	16	4	6	3	-	3	5	2	1	2	3	4	2	3	1	-	-	1	-	5	1	5	2	-	10
	2%	2%	1%	1%	-	2%	4%bc	6%bc	8%	3%	8%lnop	3%	1%	2%	1%	-	-	1%	-	2%	1%	3%	3%	-	1%
Probiotic	16	2	12	9	-	3	1	1	-	-	1	2	3	-	3	2	1	1	4	5	1	4	2	1	11
	2%	1%	2%	2%	-	2%	1%	4%	-	-	2%	2%	2%	-	2%	2%	1%	1%	4% ^m	2%	1%	2%	3%	4%	1%
Seven Seas	16	5	10	6	-	4	1	-	-	1	-	2	-	1	2	4	2	1	3	3	1	1	1	-	12
	2%	2%	2%	1%	-	3%	1%	-	-	1%	-	2%	-	*	1%	4% ^l	3% ^l	1%	3% ^l	2%	2%	*	2%	-	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 19

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Centrum	15 1%	1 *	14 2%	14 3%a	-	-	*	-	-	*	-	1 *	3 2%	2 1%	1 4%	4 -	*	2 1%	3 1%	1 1%	3 2%	1 1%	-	-	10 1%
Wellman/ Wellwoman/ Wellkid/ Wellteen	14 1%	4 1%	10 2%	8 2%	1 8%	1 1%	-	-	-	-	-	-	2 1%	1 1%	4 3%	2 2%	-	2 3%	1 1%	-	-	-	-	-	14 2%
Selenium	13 1%	2 1%	7 1%	3 1%	-	4 3%	4 3%c	2 6%abc	-	2 3%	-	4 3%	1 1%	1 1%	3 2%	-	-	-	1 1%	5 2%	1 1%	3 2%	4 5%x	-	9 1%
Omega (non-specific/ other)	13 1%	4 1%	7 1%	5 1%	-	3 2%	2 2%	1 2%	-	1 2%	-	1 1%	3 2%	1 1%	4 3%	-	1 2%	-	3 3%	2 1%	1 1%	1 1%	-	-	11 1%
Gingko Biloba	13 1%	2 1%	6 1%	4 1%	-	2 2%	5 4%bc	-	1 8%	3 4%abc	-	4 3% m	1 1%	-	4 3%	-	-	-	-	-	-	-	-	-	10 1%
Berocca	12 1%	5 2%	7 1%	4 1%	-	3 2%	-	-	-	-	1 2%	-	3 2%	2 1%	-	1 1%	1 1%	-	5 5%kn	-	-	-	-	-	12 2%
Chondroitin	11 1%	1 *	8 1%	7 2%	-	1 *	3 2%	1 4%a	-	2 2%	-	1 1%	2 1%	1 1%	2 2%	2 2%	-	-	2 2%	2 1%	-	1 1%	1 1%	1 5%	9 1%
Omega 6	10 1%	-	8 1%	6 1%	-	2 1%	2 2%a	2 6%ai	-	-	-	4 3%	1 1%	-	4 3%	1 1%	-	-	-	4 2%	-	4 2%	1 2%	-	7 1%
Omega 9	10 1%	-	7 1%	6 1%	-	1 1%	2 2%a	2 6%abi	-	-	-	3 2%	1 1%	-	4 3%	1 1%	-	-	-	4 2%	-	4 2%	1 2%	-	6 1%
Holland & Barrett	8 1%	-	7 1%	5 1%	-	2 1%	1 1%	-	-	1 2%a	-	-	1 1%	-	-	2 2%	2 4%kmn	1 1%	2 2%	-	-	-	-	-	8 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 19

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Asda	8 1%	4 2%	2 *	1 *	-	1 1%	1 1%	-	-	1 2%	-	*	-	4 3%l	2 1%	-	-	1 2%	-	-	-	-	-	-	8 1%
Tesco	8 1%	3 1%	4 1%	2 1%	-	2 1%	-	-	-	-	-	-	1 *	2 1%	-	2 2%	-	-	2 2%	1 1%	1 2%	-	-	-	6 1%
Spirulina	6 1%	2 1%	2 *	2 *	-	* 2%bc	3 2%bc	-	2 17%	1 1%	-	1 -	1 -	-	1 1%	-	1 -	-	1 1%	3 1% ^x	1 1%	2 1% ^x	1 1%	-	2 *
Echinacea	6 1%	1 *	4 1%	3 1%	-	1 *	1 1%	-	-	1 2%	-	1 1%	2 1%	* *	2 1%	1 1%	-	-	2 1%	* 1%	2 1%	1 1%	1 1%	-	3 *
Vitabiotics	6 1%	2 1%	4 1%	4 1%	-	-	-	-	-	-	-	-	1 *	1 1%	1 1%	-	2 3%	2 1%	1 *	1 1%	-	-	-	-	5 1%
Boots	4 *	-	3 *	2 *	-	1 *	2 1%	-	1 6%	1 1%	-	1 1%	-	-	1 1%	-	1 1%	1 1%	1 1%	1 *	-	-	1 1%	-	4 *
Santogen	2 *	-	1 *	1 *	-	-	1 1%	-	-	1 1%	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	-	-	2 *
Bassetts	2 *	1 *	1 *	1 *	-	-	-	-	-	-	1 3%l	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	2 *
Other answers	203 20%	54 21%	123 20%	92 20%	7 51%	24 17%	25 20%	7 19%	2 17%	16 20%	6 17%	38 30%lmo	29 19%	25 18%	29 21%	11 11%	14 25%o	12 19%	19 17%	52 23%	20 23%	40 25%	15 20%	6 38%	143 19%
Don't know	9 1%	2 1%	5 1%	5 1%	-	-	2 1%	-	1 6%	1 1%	-	-	-	1 1%	2 2%	-	-	3 4%kl	2 2%	3 1%	1 1%	2 1%	-	-	6 1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 20

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Multivitamins	292 29%	4 22%	28 40%f	3 20%	1 32%	70 33%	127 27%	40 33%	169 29%	40 39%fh	77 32%	40 45%fhj	7 21%
Cod Liver Oil	193 19%	-	5 7%	2 10%	1 14%	31 15%	96 20%bi	20 16%	128 22%bi	11 11%	54 22%bi	14 16%	8 23%
Vitamin D	187 19%	4 20%	12 17%	6 34%	2 38%	38 18%	80 17%	33 27%fh	101 17%	27 27%fh	70 29%eth	22 24%	3 10%
Vitamin C	162 16%	4 25%	12 17%	2 12%	-	36 17%	78 17%	22 18%	94 16%	18 18%	38 16%	15 17%	8 23%
Mention of ingestion e.g. Chewable, tablet, capsule, liquid etc.	119 12%	1 4%	9 12%	-	1 14%	23 11%	73 15%	14 11%	90 15%	9 9%	29 12%	9 11%	1 2%
Iron	83 8%	2 14%	15 21%efghj	4 24%	-	21 10%	35 7%	12 10%	43 7%	16 15%fh	23 10%	11 12%	3 9%
Omega 3	82 8%	1 4%	5 7%	-	-	15 7%	43 9%k	12 9%k	56 9%k	4 4%	25 11%k	2 2%	3 9%
Glucosamine	76 8%	1 4%	5 7%ei	1 4%	-	18 8%i	46 10%i	8 7%ei	54 9%i	1 1%	31 13%ik	3 4%	* 1%
Fish Oil	74 7%	-	2 3%	-	-	17 8%	45 9%	13 11%	50 8%	9 9%	20 8%	7 8%	1 3%
Mention of Brand/ Store (other)	69 7%	3 18%	12 17%efghij	2 11%	*	14 7%	35 7%	8 6%	34 6%	6 6%	13 6%	7 8%	2 6%
Protein (non-specific/ other)	67 7%	1 4%	4 6%	-	-	16 7%j	48 10%gijk	4 3%	53 9%gijk	2 2%	5 2%	1 2%	1 3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 20

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Base: All respondents who currently take food supplements / vitamins on a regular basis

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Vitamins	60 6%	-	3 4%	-	1 19%	14 7%	29 6%	7 6%	39 7%	3 3%	9 4%	4 5%	4 13%
Calcium	57 6%	-	5 7%	1 3%	-	13 6%	22 5%	12 10%f	36 6%	7 7%	19 8%	7 7%	-
Garlic	52 5%	-	3 4%	-	-	11 5%	22 5%	6 5%	41 7%	3 3%	13 6%	2 2%	1 3%
Zinc	51 5%	2 9%	3 5%	1 4%	-	13 6%	26 5%	7 6%	29 5%	6 6%	12 5%	6 7%	3 9%
Magnesium	47 5%	2 9%	3 5%	-	-	13 6%	21 4%	10 8%	30 5%	5 5%	11 5%	4 5%	2 4%
Vitamins (other)	42 4%	3 18%	-	1 6%	-	9 4%	26 5%	3 2%	28 5%	4 4%	9 4%	3 3%	2 7%
Folic Acid	40 4%	-	6 8%	12 73%	* 11%	11 5%	18 4%	10 8%h	20 3%	11 10%fh	15 6%	6 6%	-
Vitamin B12	37 4%	2 11%	4 5%	-	-	11 5%	13 3%	9 7%fh	18 3%	11 11%fhj	9 4%	5 5%	-
Tumeric	34 3%	-	-	-	-	7 3%	20 4%	4 3%	25 4%	2 2%	14 6%k	* 1%	-
Vitamin B	30 3%	-	1 2%	1 4%	-	5 2%	11 2%	9 7%efh	14 2%	3 3%	8 3%	5 6%	2 7%
Evening Primrose	27 3%	-	2 2%	-	-	8 4%	15 3%	4 4%	15 3%	3 3%	8 3%	4 4%	-
Minerals	27 3%	-	5 7%fg	-	-	7 3%	10 2%	1 1%	16 3%	2 2%	8 3%	5 5%	1 2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Vitamin D3	26 3%	-	2 3%	-	-	9 4%	10 2%	7 6% ^f	15 2%	6 5%	13 5% ^{fh}	4 5%	-
Co Q10	17 2%	-	2 3%	-	-	3 1%	7 1%	2 2%	12 2%	1 1%	7 3%	* 1%	-
Vitamin B Complex	16 2%	-	1 2%	-	-	2 1%	6 1%	4 3%	10 2%	2 2%	6 3%	2 2%	1 3%
Probiotic	16 2%	-	2 3%	1 4%	-	4 2%	7 2%	3 3%	8 1%	1 1%	8 3%	1 1%	2 5%
Seven Seas	16 2%	-	-	-	-	2 1%	13 3% ^j	1 1%	10 2%	-	1 *	-	-
Centrum	15 1%	2 10%	4 5% ^{efhij}	-	-	2 1%	5 1%	2 1%	5 1%	-	1 *	2 2%	4 13%
Wellman/ Wellwoman/ Wellkid/ Wellteen	14 1%	-	-	-	-	3 1%	11 2% ^j	1 1%	10 2%	-	-	1 1%	-
Selenium	13 1%	1 4%	2 3% ^f	-	-	3 2%	2 *	3 2% ^f	4 1%	2 2%	7 3% ^{fh}	1 1%	3 10%
Omega (non-specific/ other)	13 1%	-	1 1%	-	-	2 1%	6 1%	1 1%	7 1%	1 1%	3 1%	1 1%	-
Ginkgo Biloba	13 1%	-	3 4% ^{ej}	-	-	1 *	6 1%	1 1%	8 1%	-	1 *	-	2 5%
Berocca	12 1%	-	2 3% ^j	12%	-	3 1%	11 2% ^j	-	9 2%	-	-	-	-
Chondroitin	11 1%	1 4%	1 1%	-	-	1 *	6 1%	1 1%	7 1%	-	5 2%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 20

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.
Base: All respondents who currently take food supplements / vitamins on a regular basis

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Omega 6	10 1%	-	3 4%fh	-	-	2 1%	2 1%	4 3%fh	4 1%	2 2%	5 2%	-	-
Omega 9	10 1%	-	3 4%efh	-	-	1 *	2 1%	4 3%fh	4 1%	1 1%	4 2%	-	-
Holland & Barrett	8 1%	-	-	-	-	-	7 1%	-	8 1%	-	-	-	-
Asda	8 1%	-	* 1%	-	-	1 1%	2 *	1 1%	5 1%	1 1%	-	-	-
Tesco	8 1%	-	* 1%	-	-	2 1%	6 1%	-	6 1%	1 1%	-	-	-
Spirulina	6 1%	-	3 4%fh	-	-	2 1%	2 1%	3 2%	4 1%	2 2%	3 1%	1 1%	-
Echinacea	6 1%	-	-	-	-	2 1%	2 *	2 1%	3 1%	2 2%	3 1%	1 1%	-
Vitabiotics	6 1%	-	2 3%e	-	-	-	3 1%	1 *	5 1%	1 1%	1 *	1 1%	-
Boots	4 *	-	1 1%	-	-	1 1%	2 *	1 1%	2 *	1 1%	-	-	-
Santogen	2 *	-	-	-	-	-	2 *	-	2 *	-	-	-	-
Bassetts	2 *	-	-	-	-	-	-	1 1%h	-	2 2%fjh	-	1 1%fh	-
Other answers	203 20%	6 35%	18 25%	1 8%	1 18%	50 24%	98 21%	28 23%	122 21%	21 20%	61 26%	21 23%	5 15%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 20

Q4. What food supplements do you personally currently take on a regular basis? List as many as you can think of.

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Don't know	9 1%	2 9%	-	1 5%	-	-	1 *	3 2%efh	1 *	3 3%efhj	1 *	1 1%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 21

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
NET: PHYSICAL HEALTH AND WELLBEING	884	422	462	80	165	160	160	123	196	263	243	184	194	59	34	96	73	76	60	43	89	138	108	80	27	130	417
To maintain my overall health	571	280	290	52	102	92	106	84	134	183	156	111	120	38	13	69	49	44	41	29	68	83	69	48	19	87	259
	57%	60%	55%	57%	55%	53%	61%	58%	58%	64%lm	58%	51%	53%	55%o	33%	61%o	60%o	51%	60%o	59%o	70%orv	52%	57%o	54%o	68%	59%	55%
To improve my overall health	456	220	236	40	100	94	79	61	81	138	128	85	104	33	22	46	33	40	31	20	45	74	56	38	18	77	219
	46%	47%	44%	44%	53%i	54%i	46%i	42%	35%	48%	48%	40%	46%	47%	57%	40%	41%	46%	46%	40%	46%	47%	46%	43%	66%	52%	47%
To maintain my immune system	415	207	209	46	80	85	77	47	80	133	110	82	91	26	14	49	33	34	25	21	40	62	58	46	9	65	210
	42%	44%	39%	51%hi	43%	49%hi	45%h	33%	35%	46%	41%	38%	40%	37%	35%	43%	41%	39%	36%	42%	41%	39%	48%	52%	33%	44%	45%
NET: MENTAL HEALTH AND WELLBEING	345	160	185	39	81	71	67	35	53	94	98	76	77	25	12	31	26	32	25	15	34	77	33	25	11	62	167
	35%	34%	35%	43%hi	43%hi	41%hi	39%hi	24%	23%	33%	36%	35%	34%	36%	30%	27%	32%	37%	36%	30%	35%	49%pqt	27%	29%	39%	42%	36%
To give me energy	211	89	122	24	56	48	41	11	30	59	61	42	48	12	5	15	17	24	15	9	23	43	24	17	7	42	105
	21%	19%	23%	26%hi	30%hi	28%hi	24%hi	8%	13%	21%	23%	20%	21%	17%	13%	13%	21%	28%p	22%	19%	24%	27%p	20%	19%	25%	29%	22%
To support my mental health	112	51	61	11	29	24	17	15	16	32	30	21	29	8	1	11	10	8	7	8	13	25	12	8	1	14	57
	11%	11%	11%	12%	15%i	14%i	10%	11%	7%	11%	11%	10%	13%	12%	4%	9%	12%	9%	11%	16%	13%	16%	10%	9%	4%	10%	12%
To maintain my memory	93	39	54	7	16	12	20	14	26	21	30	14	28	6	1	10	5	8	8	3	16	18	11	5	3	14	37
	9%	8%	10%	7%	8%	7%	11%	9%	11%	7%	11%	7%	12%	9%	3%	8%	6%	9%	12%	6%	16%qx	11%	9%	6%	9%	9%	8%
To aid mental agility	73	30	43	10	11	6	17	11	19	16	25	12	19	5	3	7	7	2	6	4	11	11	8	6	3	11	28
	7%	6%	8%	10%f	6%	3%	10%f	8%	8%	6%	9%	6%	8%	7%	7%	6%	8%	2%	9%	9%	11%r	7%	6%	7%	10%	8%	6%
To support restful sleep	70	29	41	6	20	12	15	8	8	23	18	9	20	7	5	8	6	2	2	2	12	17	5	4	-	18	33
	7%	6%	8%	7%	11%i	7%	8%	6%	4%	8%	7%	4%	9%	10%r	13%r	7%	7%	2%	3%	5%	12%rsw	11%r	4%	5%	-	12%	7%
To relax	59	35	24	10	21	11	11	4	2	23	12	14	10	5	3	7	4	9	1	-	6	19	4	-	-	22	33
	6%	7%	5%	11%hi	11%hi	6%i	7%i	3%	1%	8%	5%	6%	4%	7%x	8%x	6%x	5%x	11%tx	2%	-	6%x	12%stwx	3%	-	-	15%B	7%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 21

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
NET: Other	276	127	150	15	46	30	38	49	99	82	87	47	60	11	11	34	20	29	22	13	27	41	30	27	10	38	101
	28%	27%	28%	17%	25%	17%	22%	34%dfg	43%def	28%	32%l	22%	27%	16%	28%	30%n	24%	33%n	32%n	27%	28%	26%	25%	31%n	37%	26%	22%
To maintain healthy digestion	119	49	70	9	25	20	18	15	31	38	35	23	24	3	5	11	12	16	9	4	14	16	13	12	4	19	47
	12%	11%	13%	10%	13%	12%	10%	11%	14%	13%	13%	11%	10%	5%	12%	10%	15%n	18%n	13%	9%	15%n	10%	11%	13%	15%	13%	10%
For my heart	100	56	44	3	17	10	14	22	35	27	29	18	27	4	7	9	7	12	9	7	7	14	11	9	6	15	40
	10%	12%	8%	3%	9%	6%	8%	15%df	15%df	9%	11%	8%	12%	5%	18%n	8%	8%	13%	13%	13%	7%	9%	9%	10%	20%	10%	8%
For my eyes	64	33	32	6	10	8	9	7	24	23	15	13	14	6	3	10	5	1	5	4	6	10	11	2	2	11	23
	6%	7%	6%	6%	5%	5%	5%	5%	10%	8%	6%	6%	6%	8%	8%	9%	6%	2%	7%	7%	7%	6%	9%r	3%	5%	8%	5%
Joints/ Joint health	22	10	12	-	-	-	2	5	15	8	10	3	1	1	-	1	3	4%w	5%w	3	1	6	-	3	-	2	3
	2%	2%	2%	-	-	-	1%	4%ef	6%defg	3%	4%m	1%	*	1%	-	1%	1%	4%w	5%w	5%w	1%	3%	-	4%w	-	2%	1%
To maintain my sexual performance	19	13	6	*	9	1	3	1	4	8	2	2	6	-	-	4	1	1	-	1	4	7	-	-	1	4	7
	2%	3%	1%	1%	5%fh	1%	2%	1%	2%	3%	1%	1%	3%	-	-	4%w	1%	2%	-	1%	4%w	4%w	-	-	4%	3%	1%
Arthritis/ Osteoarthritis	10	4	6	-	-	-	2	1	7	3	5	1	3	-	1	2	1	-	-	-	2	2	1	-	1	-	2
	1%	1%	1%	-	-	-	1%	1%	3%ef	1%	2%	*	1%	-	3%	2%	1%	-	-	-	2%	1%	1%	-	3%	-	*
Bones/ Bone health	9	1	8	-	3	-	3	-	4	1	2	2	5	-	-	3	-	-	2	-	1	1	1	2	-	3	1
	1%	*	2%a	-	1%	-	2%	-	2%	*	1%	1%	2%	-	-	3%	-	-	2%	-	1%	1%	1%	2%	-	2%B	*
Other	28	11	17	1	3	2	2	9	12	9	10	3	6	2	1	5	2	-	2	1	2	1	6	6	-	3	10
	3%	2%	3%	1%	1%	1%	1%	6%defg	5%fg	3%	4%	2%	3%	3%	3%	4%	2%	-	3%	2%	2%	1%	5%v	7%rv	-	2%	2%
NET: OVER 65 HEALTH	195	85	110	-	-	-	7	20	168	51	55	33	55	17	7	15	16	16	11	10	25	29	22	23	4	1	33
	19%	18%	21%	-	-	-	4%ef	14%def	72%def	18%	21%	15%	24%l	25%p	19%	13%	19%	19%	16%	21%	26%p	18%	18%	26%p	16%	1%	7%A
To maintain my health as I get older	178	73	105	-	-	-	6	18	153	49	52	28	49	16	7	12	16	12	9	9	23	27	20	22	4	1	31
	18%	16%	20%	-	-	-	4%ef	13%def	66%def	17%	19%	13%	22%l	23%p	19%	11%	19%	14%	14%	18%	23%p	17%	17%	25%p	16%	1%	7%A

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 21

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
To help my body absorb nutrients as I get older	62 6%	25 5%	37 7%	-	-	-	1 *	6 4%efg	56 24%defg	15 5%	15 5%	12 6%	20 9%	8 11%v	1 3%	5 5%	4 4%	4 5%	2 3%	3 5%	9 9%	6 4%	9 8%	10 11%v	2 5%	-	9 2%
NET: WOMEN'S HEALTH	192 19%	-	192 36%a	14 15%	39 21%	28 16%	46 26%fh	22 15%	44 19%	55 19%	48 18%	39 18%	50 22%	14 20%	8 21%	12 11%	10 12%	15 17%	17 24%p	6 12%	26 27%pqt	30 19%	26 22%p	23 26%pq	5 18%	35 23%	76 16%
To ensure I get all the nutrients a woman needs	135 14%	-	135 25%a	12 13%	27 14%	17 10%	24 14%	13 9%	43 18%fh	44 15%	32 12%	21 10%	38 17%l	9 13%	7 19%	8 7%	7 9%	8 9%	10 14%	4 8%	22 22%pqr	23 15%	17 14%	16 18%p	5 18%	20 14%	49 10%
To ensure I get all the nutrients I need during the menopause	55 5%	-	55 10%a	1 1%	3 2%	4 2%	30 18%defh	13 9%defi	3 1%	16 5%	13 7%	14 7%	12 5%	3 4%	4 11%q	5 5%	-	4 5%	2 4%	1 3%	9 9%q	8 5%	8 7%q	7 8%q	1 5%	12 8%	25 5%
To ensure I get all the nutrients I need during pregnancy / trying to conceive	21 2%	-	21 4%a	3 3%gi	11 6%ghi	7 4%gi	-	1 *	-	7 3%	4 1%	6 3%	4 2%	4 6%px	-	-	1 1%	3 4%	3 5%px	1 2%	3 3%	3 2%	3 2%	-	-	8 6%	10 2%
To ensure I get all the nutrients I need while breastfeeding	10 1%	-	10 2%a	1 1%	5 2%i	4 2%i	-	1 *	-	3 1%	4 1%	1 *	2 1%	-	-	-	3 3%	-	2 2%	-	1 1%	4 3%	1 1%	-	-	4 3%	4 1%
NET: DIET SUPPLEMENTATION	180 18%	81 17%	99 19%	11 12%	41 22%i	32 18%	41 24%di	27 19%	28 12%	59 20%	43 20%	34 16%	44 19%	10 15%	6 17%	17 15%	13 16%	12 14%	13 20%	8 17%	20 21%	37 23%	19 15%	15 16%	10 36%	45 30%B	69 15%
To ensure I get all the nutrients I need because there are certain foods I can't / don't eat	128 13%	65 14%	63 12%	10 11%	26 14%	17 10%	29 17%i	25 17%i	21 9%	42 15%	29 11%	23 11%	33 15%	7 10%	-	16 14%o	7 9%	8 9%	8 11%o	6 12%o	19 19%o	24 15%o	15 12%o	11 12%o	6 22%	30 20%B	49 10%
To ensure I get all the nutrients I need as a vegetarian	55 6%	14 3%	41 8%a	3 3%	15 8%i	15 8%i	13 7%i	5 4%	5 2%	16 6%	18 7%	10 4%	11 5%	5 7%p	5 13%pw	1 1%	3 4%	4 5%	6 8%pw	2 5%	4 4%	14 9%pw	2 2%	3 3%	5 18%	16 11%B	21 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 21

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender			Age						Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
To ensure I get all the nutrients I need as a vegan	17 2%	10 2%	7 1%	- -	9 5%fh	1 1%	2 1%	- -	5 2%	6 2%	3 1%	2 1%	6 3%	- -	2 4%	1 *	2 3%	2 2%	1 1%	- -	1 1%	7 4%	2 1%	1 1%	- -	4 3%	5 1%
NET: WEIGHT MANAGEMENT	171 17%	82 17%	89 17%	24 26%ghi	53 29%ghi	35 20%hi	23 13%	15 10%	20 9%	54 19%	48 18%	34 16%	34 15%	12 17%	7 18%	20 18%	14 17%	20 23%	16 23%	7 14%	13 14%	29 18%	18 15%	12 13%	4 16%	29 20%	99 21%
To maintain a healthy metabolism	116 12%	55 12%	61 11%	11 12%	38 20%ghi	21 12%	15 9%	12 8%	19 8%	35 12%	31 11%	23 11%	27 12%	7 11%	5 13%	11 10%	11 14%	11 13%	12 17%	5 10%	13 13%	16 10%	11 9%	9 10%	4 16%	22 15%	60 13%
To lose weight	52 5%	21 4%	31 6%	11 12%ghi	19 10%ghi	11 7%hi	7 4%i	2 1%	2 1%	15 5%	17 6%	10 5%	9 4%	5 8%	2 4%	7 6%	5 6%	6 7%	3 4%	2 4%	2 2%	11 7%	6 5%	3 3%	- -	11 7%	36 8%
For weight gain	18 2%	14 3%b	4 1%	5 6%hi	7 4%i	3 2%	2 1%	1 1%	- -	9 3% <i>m</i>	4 2%	4 2%	1 *	2 3%	- -	2 2%	- -	4 4%	2 3%	- -	- -	5 3%	3 2%	- -	- -	3 2%	10 2%
NET: BEAUTY	158 16%	49 10%	109 20%a	19 21%i	42 23%hi	28 16%	30 17%i	16 11%	23 10%	50 17%	41 15%	25 12%	41 18%	10 15%	5 13%	19 17%	16 19%	11 13%	8 11%	5 11%	22 23%	28 18%	18 15%	11 12%	5 20%	31 21%	79 17%
To improve / maintain my skin / complexion	117 12%	36 8%	80 15%a	13 14%	30 16%i	22 13%	20 11%	13 9%	19 8%	32 11%	32 12%	21 10%	32 14%	8 11%	3 8%	14 13%	11 13%	6 7%	7 11%	5 11%	15 16%	17 11%	17 14%	9 10%	4 15%	20 14%	55 12%
To improve / maintain my hair	93 9%	25 5%	67 13%a	11 12%i	29 16%hi	16 9%	17 10%	9 6%	11 5%	26 9%	26 9%	17 8%	25 11%	7 10%	3 7%	11 10%	11 13%	4 5%	5 7%	4 8%	16 16% <i>rw</i> x	16 10%	8 7%	4 5%	4 13%	18 12%	51 11%
To improve / maintain my nails	77 8%	14 3%	63 12%a	8 9%	24 13%hi	16 9%	12 7%	7 5%	11 5%	24 8%	23 8%	13 6%	18 8%	5 7%	1 2%	5 4%	9 12%	6 7%	6 8%	4 8%	12 12%	13 8%	7 6%	6 6%	4 13%	18 12%	35 7%
NET: SPORTS	139 14%	96 20%b	43 8%	34 37% <i>fgh</i> i	60 32% <i>fgh</i> i	25 14%hi	13 8%hi	3 2%	4 2%	61 21% <i>km</i>	28 10%	31 15%	19 9%	12 17% <i>x</i>	10 26% <i>uw</i> x	14 13%	11 13%	16 18% <i>x</i>	9 13%	6 11%	10 11%	33 21% <i>w</i> x	11 9%	6 7%	2 7%	29 19%	91 19%
To build muscle	98 10%	66 14%b	32 6%	28 31% <i>fgh</i> i	45 24% <i>fghi</i> i	12 7%hi	7 4%	2 1%	4 2%	43 15% <i>km</i>	20 8%	19 9%	15 7%	10 14% <i>x</i>	9 22% <i>pp</i> uw x	8 7%	4 5%	7 8%	9 13% <i>x</i>	4 9%	8 9%	27 17% <i>pp</i> w x	9 7%	3 3%	- -	17 12%	64 14%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 21

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
As performance enhancement for sports	70 7%	54 11% ^b	16 3%	19 20% ^{fgh} _i	26 14% ^{ghi}	15 9% ^{hi}	9 5% ^{hi}	1 1%	-	31 11% ^{km}	14 5%	18 8% ^m	7 3%	5 7%	2 6%	7 6%	9 11%	10 12% ^u	5 7%	3 6%	3 3%	16 10%	5 4%	4 5%	2 7%	16 11%	47 10%
NET: MEN'S HEALTH	132 13%	132 28% ^b	-	11 12%	26 14%	24 14%	27 15%	20 14%	25 11%	38 13%	36 14%	28 13%	30 13%	9 14% ^x	8 22% ^x	20 18% ^x	7 9%	12 13%	13 20% ^x	7 14%	12 13%	20 13%	15 13%	4 4%	3 11%	18 12%	74 16%
To ensure I get all the nutrients a man needs	132 13%	132 28% ^b	-	11 12%	26 14%	24 14%	27 15%	20 14%	25 11%	38 13%	36 14%	28 13%	30 13%	9 14% ^x	8 22% ^x	20 18% ^x	7 9%	12 13%	13 20% ^x	7 14%	12 13%	20 13%	15 13%	4 4%	3 11%	18 12%	74 16%
Mean no. of reasons	3.86	3.75	3.97	4.04 ^h	4.50 ^h	3.64	3.79	3.23	3.90 ^h	4.15 ⁱ	3.90	3.36	3.93	3.81	3.70	3.54	3.72	3.66	3.94	3.57	4.53	4.22	3.72	3.57	4.21	4.37	3.72
Standard deviation	3.11	2.88	3.30	2.91	3.88	2.57	2.99	2.72	3.10	3.35	3.15	2.55	3.20	2.57	2.61	3.07	3.22	2.79	3.20	3.26	3.80	3.37	3.19	2.41	2.69	3.74	2.95
Standard error	0.10	0.13	0.14	0.30	0.31	0.20	0.23	0.22	0.20	0.19	0.20	0.18	0.22	0.29	0.41	0.29	0.35	0.32	0.37	0.45	0.38	0.28	0.29	0.26	0.59	0.32	0.14
Median no. of reasons	2.5	2.4	2.5	2.8	2.6	2.4	2.4	1.8	2.7	2.7	2.4	2.1	2.5	2.7	2.4	2.0	2.0	2.4	2.6	2.3	2.7	2.8	2.5	2.5	2.9	2.6	2.3

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 22

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: PHYSICAL HEALTH AND WELLBEING	884	8	4	501	247	102	14	800	80	13	43	15	6	2	719	405	313	165	140	25
	88%	94%	100%	89%	88%	89%	87%	88%	94%	90%	98%	84%	100%	100%	89%	90%	88%	85%	85%	86%
To maintain my overall health	571	5	2	325	159	63	10	523	44	9	25	6	1	1	458	251	207	113	96	17
	57%	57%	63%	58%	57%	55%	67%	57%	51%	63%	58%	33%	24%	61%	57%	56%	58%	58%	58%	59%
To improve my overall health	456	8	2	235	142	59	5	404	49	9	23	11	4	2	376	222	154	80	65	15
	46%	94%	52%	42%	51% ^c	51%	33%	44%	58% ^g	57%	53%	59%	74%	100%	47%	49% ^r	43%	41%	39%	51%
To maintain my immune system	415	2	-	223	122	57	6	380	34	6	14	10	3	1	346	194	153	69	62	7
	42%	21%	-	40%	44%	50%	41%	42%	40%	37%	32%	55%	51%	61%	43%	43%	43%	36%	38%	24%
NET: MENTAL HEALTH AND WELLBEING	345	5	3	185	94	49	5	303	42	7	25	8	2	1	295	183	111	51	48	3
	35%	64%	85%	33%	34%	43%	33%	33%	50% ^g	45%	56% ^g	44%	36%	39%	37% ^q	41% ^{pqr}	31%	26%	29%	10%
To give me energy	211	3	3	107	63	30	4	178	33	5	18	6	2	1	176	107	70	34	32	2
	21%	34%	70%	19%	23%	26%	25%	20%	39% ^g	35%	42% ^g	35%	36%	39%	22%	24%	20%	18%	19%	8%
To support my mental health	112	1	-	62	30	15	1	107	5	1	3	1	-	-	94	54	40	18	18	-
	11%	10%	-	11%	11%	13%	8%	12%	5%	4%	6%	7%	-	-	12%	12%	11%	9%	11%	-
To maintain my memory	93	3	1	52	21	16	*	86	7	-	6	1	-	-	69	40	29	24	24	1
	9%	39%	37%	9%	7%	14%	3%	9%	8%	-	14%	7%	-	-	9%	9%	8%	13%	14% ^{np}	2%
To aid mental agility	73	2	-	35	22	12	1	68	4	-	3	2	-	-	55	30	24	18	18	-
	7%	28%	-	6%	8%	11%	8%	7%	5%	-	6%	10%	-	-	7%	7%	7%	9%	11%	-
To support restful sleep	70	2	-	38	10	17	2	66	3	1	3	-	-	-	55	33	22	14	14	-
	7%	28%	-	7%	4%	15% ^{cd}	11%	7%	4%	5%	6%	-	-	-	7%	7%	6%	7%	9%	-
To relax	59	1	-	17	17	24	*	46	13	1	11	1	-	-	53	40	13	6	6	-
	6%	10%	-	3%	6%	21% ^{cd}	3%	5%	15% ^g	6%	26% ^g	6%	-	-	7%	9% ^{pqr}	4%	3%	4%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 22

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Other	276	6	1	151	77	33	3	256	20	4	14	2	1	-	210	113	97	66	62	4
	28%	68%	37%	27%	28%	29%	20%	28%	24%	25%	31%	10%	21%	-	26%	25%	27%	34%no	37%nop	15%
To maintain healthy digestion	119	5	-	56	37	18	3	103	17	2	12	2	1	-	90	49	42	29	29	-
	12%	63%	-	10%	13%	15%	17%	11%	20%g	14%	26%g	10%	21%	-	11%	11%	12%	15%	17%no	-
For my heart	100	2	1	60	22	14	*	96	4	-	4	-	-	-	82	47	36	17	17	1
	10%	21%	37%	11%	8%	12%	3%	11%	5%	-	9%	-	-	-	10%	10%	10%	9%	10%	3%
For my eyes	64	2	1	30	20	9	*	63	1	1	*	-	-	-	52	21	31	13	11	2
	6%	21%	37%	5%	7%	8%	3%	7%	1%	5%	1%	-	-	-	6%	5%	9%o	7%	7%	6%
Joints/ Joint health	22	-	-	16	4	2	-	22	-	-	-	-	-	-	10	9	2	11	10	1
	2%	-	-	3%	2%	1%	-	2%	-	-	-	-	-	-	1%	2%	1%	6%nop	6%nop	4%
To maintain my sexual performance	19	-	-	8	4	5	-	16	2	2	-	-	-	-	17	8	8	2	2	-
	2%	-	-	1%	1%	4%	-	2%	3%	15%	-	-	-	-	2%	2%	2%	1%	1%	-
Arthritis/ Osteoarthritis	10	-	-	3	5	1	-	10	-	-	-	-	-	-	7	3	4	4	4	-
	1%	-	-	*	2%	1%	-	1%	-	-	-	-	-	-	1%	1%	1%	2%	2%	-
Bones/ Bone health	9	-	-	5	5	-	-	9	-	-	-	-	-	-	8	1	7	2	2	-
	1%	-	-	1%	2%	-	-	1%	-	-	-	-	-	-	1%	*	2%o	1%	1%	-
Other	28	*	-	18	8	2	-	28	-	-	-	-	-	-	21	10	12	7	6	1
	3%	6%	-	3%	3%	2%	-	3%	-	-	-	-	-	-	3%	2%	3%	4%	4%	2%
NET: OVER 65 HEALTH	195	3	1	133	44	10	-	186	9	2	3	1	2	1	142	68	74	53	43	10
	19%	35%	21%	24%de	16%	8%	-	20%hj	10%	14%	6%	7%	26%	39%	18%	15%	21%	27%no	26%no	34%
To maintain my health as I get older	178	2	1	121	41	9	-	169	9	2	3	1	2	1	127	62	65	51	41	10
	18%	21%	21%	21%de	15%	8%	-	19%	10%	14%	6%	7%	26%	39%	16%	14%	18%	26%nop	25%no	34%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 22

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
To help my body absorb nutrients as I get older	62 6%	2 24%	1 21%	39 7%	15 5%	4 3%	-	59 6%	3 3%	2 11%	1 3%	-	-	-	41 5%	16 4%	25 7%o	21 11%no	20 12%no	1 4%
NET: WOMEN'S HEALTH	192 19%	1 10%	-	100 18%	57 20%	25 22%	4 28%	176 19%	15 17%	4 30%	10 22%	1 3%	-	-	135 17%	71 16%	64 18%	57 29%nop	45 27%nop	12 42%
To ensure I get all the nutrients a woman needs	135 14%	1 10%	-	73 13%	38 14%	17 15%	3 20%	124 14%	10 12%	4 26%	6 13%	1 3%	-	-	96 12%	50 11%	45 13%	40 20%nop	31 19%no	8 29%
To ensure I get all the nutrients I need during the menopause	55 5%	-	-	35 6%	12 4%	5 4%	1 8%	52 6%	3 4%	1 4%	2 6%	-	-	-	41 5%	20 4%	22 6%	13 7%	10 6%	4 13%
To ensure I get all the nutrients I need during pregnancy / trying to conceive	21 2%	-	-	8 1%	6 2%	7 6%c	-	18 2%	3 3%	-	3 6%	-	-	-	16 2%	8 2%	8 2%	5 2%	3 2%	1 5%
To ensure I get all the nutrients I need while breastfeeding	10 1%	-	-	1 *	3 1%	5 4%c	-	10 1%	-	-	-	-	-	-	7 1%	6 1%	1 *	2 1%	2 1%	-
NET: DIET SUPPLEMENTATION	180 18%	2 18%	2 48%	94 17%	49 18%	29 25%	3 20%	159 17%	22 25%	6 38%	11 24%	4 24%	-	1 39%	160 20%qr	105 23%pqqr	55 16%	20 10%	20 12%	-
To ensure I get all the nutrients I need because there are certain foods I can't / don't eat	128 13%	2 18%	-	73 13%	32 12%	19 17%	2 16%	111 12%	17 20%	5 32%	8 18%	4 24%	-	-	110 14%	70 16%q	40 11%	18 9%	18 11%	-
To ensure I get all the nutrients I need as a vegetarian	55 6%	-	2 48%	24 4%	15 5%	12 10%c	1 4%	54 6%	2 2%	-	2 4%	-	-	-	54 7%qr	37 8%qr	17 5%q	2 1%	2 1%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 22

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
To ensure I get all the nutrients I need as a vegan	17 2%	-	-	7 1%	5 2%	5 5% _c	-	10 1%	8 9% _g	4 24%	2 5%	1 7%	-	1 39%	16 2%	12 3%	3 1%	2 1%	2 1%	-
NET: WEIGHT MANAGEMENT	171 17%	2 21%	2 64%	85 15%	53 19%	25 22%	2 12%	147 16%	24 28% _g	2 15%	14 33% _g	6 32%	1 21%	-	138 17%	84 19%	54 15%	33 17%	29 17%	4 15%
To maintain a healthy metabolism	116 12%	1 11%	2 64%	51 9%	40 14% _c	20 17% _c	1 7%	100 11%	15 18%	1 5%	12 27% _g	3 15%	-	-	87 11%	53 12%	34 10%	29 15%	24 15%	4 15%
To lose weight	52 5%	1 10%	-	32 6%	11 4%	5 4%	1 4%	44 5%	8 9%	2 10%	1 3%	4 21%	1 21%	-	48 6% _q	30 7% _{qr}	18 5%	3 2%	3 2%	-
For weight gain	18 2%	-	-	6 1%	7 3%	4 3%	1 5%	15 2%	3 4%	-	3 7% _g	-	-	-	17 2%	10 2%	7 2%	1 1%	1 1%	-
NET: BEAUTY	158 16%	-	2 64%	82 14%	42 15%	27 24% _c	2 15%	144 16%	14 16%	4 28%	9 20%	1 3%	-	-	130 16%	76 17%	54 15%	28 14%	22 13%	6 20%
To improve / maintain my skin / complexion	117 12%	-	2 64%	60 11%	35 12%	17 15%	2 10%	111 12%	5 6%	3 18%	2 5%	1 3%	-	-	92 11%	53 12%	38 11%	25 13%	20 12%	5 18%
To improve / maintain my hair	93 9%	-	-	47 8%	22 8%	21 18% _{cd}	2 15%	85 9%	7 8%	3 23%	3 7%	1 3%	-	-	74 9%	42 9%	32 9%	18 9%	15 9%	3 12%
To improve / maintain my nails	77 8%	-	-	35 6%	20 7%	20 17% _{cd}	2 15%	70 8%	7 8%	2 13%	5 10%	1 3%	-	-	57 7%	33 7%	24 7%	20 10%	15 9%	6 20%
NET: SPORTS	139 14%	2 18%	2 48%	42 7%	55 20% _c	34 30% _c	2 16%	112 12%	27 32% _g	2 11%	18 41% _g	5 25%	1 21%	1 61%	120 15%	82 18% _{ppqr}	39 11%	19 10%	17 10%	2 9%
To build muscle	98 10%	2 18%	-	32 6%	41 15% _c	19 17% _c	2 16%	82 9%	16 18% _g	-	11 26% _g	2 10%	1 21%	1 61%	81 10%	52 12%	29 8%	18 9%	15 9%	2 9%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 22

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
As performance enhancement for sports	70 7%	-	2 48%	21 4%	24 8% ^c	21 18% ^{cd}	2 12%	57 6%	13 16% ^g	2 11%	8 18% ^g	3 15%	-	1 61%	66 8% ^{qr}	48 11% ^{pqr}	18 5%	4 2%	4 2%	-
NET: MEN'S HEALTH	132 13%	1 11%	2 64%	72 13%	42 15%	12 10%	* 3%	120 13%	12 14%	2 15%	6 13%	3 17%	1 15%	-	115 14%	71 16% ^q	45 13%	17 9%	17 10%	-
To ensure I get all the nutrients a man needs	132 13%	1 11%	2 64%	72 13%	42 15%	12 10%	* 3%	120 13%	12 14%	2 15%	6 13%	3 17%	1 15%	-	115 14%	71 16% ^q	45 13%	17 9%	17 10%	-
Mean no. of reasons	3.86	5.59	6.26	3.59	3.94	4.91 ^{cd}	3.55	3.84	4.19	4.48	4.54	3.50	2.90	4.61	3.87	3.99	3.71	3.86	3.97	3.18
Standard deviation	3.11	4.11	2.06	2.74	3.12	4.33	2.98	3.15	2.73	2.67	2.94	2.65	1.39	0.67	3.00	2.97	3.03	3.55	3.71	2.34
Standard error	0.10	1.45	1.03	0.12	0.19	0.41	0.63	0.10	0.31	0.71	0.46	0.68	0.62	0.47	0.11	0.14	0.16	0.25	0.29	0.47
Median no. of reasons	2.5	3.0	4.1	2.3	2.6	2.8	2.2	2.4	3.2	3.6	3.7	2.5	2.3	4.2	2.5	2.6	2.4	2.3	2.4	1.8

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 23

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: PHYSICAL HEALTH AND WELLBEING	884	547	432	115	336	28	46	51	145	66	601	280	252	244	91	151	109	54
	88%	89%	90% ^c	84%	88%	85%	89%	81%	88%	94% ^{cg}	87%	90%	90%	92%	88%	93%	89%	88%
To maintain my overall health	571	346	279	66	225	17	31	33	106	39	405	163	147	137	59	92	62	26
	57%	56%	58% ^c	48%	59% ^c	50%	60%	52%	64% ^c	55%	59% ^q	53%	53%	52%	57%	56%	51%	42%
To improve my overall health	456	296	231	65	159	18	23	25	61	33	289	165	150	148	44	96	63	31
	46%	48% ^h	48% ^h	48%	42%	53%	44%	40%	37%	46%	42%	53% ^j	54% ^j	56% ^{jn}	43%	59% ^{jn}	52%	51%
To maintain my immune system	415	275	219	56	140	11	24	20	59	26	272	142	128	124	46	84	51	25
	42% ^o	45% ^d	46% ^{cdh}	41%	37%	32%	46%	32%	36%	37%	40%	46%	46%	47%	45%	52% ^{cj}	42%	41%
NET: MENTAL HEALTH AND WELLBEING	345	230	178	51	116	13	18	17	41	25	210	133	121	120	36	76	58	22
	35%	37% ^{dh}	37% ^{dh}	37% ^h	30%	40%	36%	28%	25%	36%	31%	43% ^j	43% ^j	45% ^j	35%	47% ^j	48% ^j	36%
To give me energy	211	147	112	35	64	9	12	11	19	14	126	84	76	74	25	44	34	13
	21%	24% ^{dh}	23% ^{dh}	25% ^{dh}	17%	26% ^h	24% ^h	17%	11%	19%	18%	27% ^j	27% ^j	28% ^j	25%	27% ^j	28% ^j	22%
To support my mental health	112	71	56	15	41	1	9	5	16	10	69	42	40	37	16	29	20	7
	11%	12%	12%	11%	11%	4%	18%	7%	10%	14%	10%	14%	14%	14%	15%	18% ^j	16%	11%
To maintain my memory	93	51	38	13	43	2	4	9	22	5	65	28	25	26	9	13	14	9
	9%	8%	8%	9%	11%	7%	9%	14%	13%	8%	9%	9%	9%	10%	8%	8%	11%	14%
To aid mental agility	73	39	30	9	33	3	4	5	16	6	52	21	20	20	3	14	11	3
	7%	6%	6%	7%	9%	9%	7%	8%	10%	8%	8%	7%	7%	8%	3%	9%	9%	5%
To support restful sleep	70	51	44	7	18	1	3	2	8	5	42	28	27	26	6	19	11	3
	7%	8% ^d	9% ^d	5%	5%	2%	7%	3%	5%	7%	6%	9%	10%	10%	5%	12% ^j	9%	6%
To relax	59	54	51	4	5	-	2	1	1	1	25	35	33	34	10	22	14	3
	6%	9% ^{cdh}	11% ^{cdgh}	3%	1%	-	3%	1%	1%	2%	4%	11% ^j	12% ^j	13% ^j	10% ^j	14% ^j	12% ^j	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 23

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not working (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pension only (g)	Ret-ired pri-vate pension (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: Other	276	139	106	33	137	9	14	27	68	19	208	68	61	57	25	34	33	15
	28%	23%	22%	24%	36%abc	27%	27%	42%abc	42%abc	27%	30%klm	22%	22%	21%	25%	21%	27%	25%
To maintain healthy digestion	119	67	57	10	53	4	8	9	21	11	80	40	35	34	15	19	21	8
	12%	11%	12%	7%	14%c	11%	15%	14%	13%	16%	12%	13%	13%	13%	15%	12%	17%	13%
For my heart	100	54	43	12	45	3	4	9	24	4	76	23	22	21	5	14	13	3
	10%	9%	9%	9%	12%	10%	8%	15%	15%a	6%	11%	7%	8%	8%	4%	8%	11%	4%
For my eyes	64	34	26	9	30	3	2	6	17	1	47	17	16	16	5	9	9	5
	6%	6%	5%	6%	8%	9%	5%	10%i	10%abi	2%	7%	6%	6%	6%	5%	6%	7%	8%
Joints/ Joint health	22	6	3	3	16	-	-	4	11	1	19	3	1	3	1	1	1	3
	2%	1%	1%	2%	4%ab	-	-	6%ab	7%abcf	1%	3%l	1%	*	1%	1%	1%	1%	5%kl
To maintain my sexual performance	19	11	10	1	8	1	*	3	1	3	11	8	8	7	4	5	6	-
	2%	2%	2%	1%	2%	2%	1%	5%ch	1%	4%	2%	3%	3%	2%	4%	3%	5%	-
Arthritis/ Osteoarthritis	10	2	2	1	8	1	-	2	6	-	9	2	2	2	-	-	2	2
	1%	*	*	*	2%ab	2%	-	3%ab	3%ab	-	1%	1%	1%	1%	-	-	1%	3%
Bones/ Bone health	9	4	3	1	6	-	1	3	1	1	7	2	2	1	2	1	1	-
	1%	1%	1%	*	1%	-	2%	5%abch	1%	1%	1%	1%	1%	*	2%	*	*	-
Other	28	13	7	6	16	1	2	1	8	3	23	5	5	3	3	2	1	-
	3%	2%	1%	4%b	4%b	3%	4%	2%	5%ab	4%	3%	2%	2%	1%	3%	1%	1%	-
NET: OVER 65 HEALTH	195	34	15	19	161	4	2	44	106	4	192	3	1	3	1	1	1	3
	19%	6%	3%	14%abf	42%abc	12%b	4%	71%abc	64%abcd	6%	28%klmn	1%	*	1%	1%	1%	1%	5%kl
					efi			defi	efi		opq							
To maintain my health as I get older	178	32	13	19	146	3	2	40	97	4	175	3	1	3	1	1	1	3
	18%	5%	3%	14%abf	38%abc	10%b	3%	64%abc	59%abcd	6%	25%klmn	1%	*	1%	1%	1%	1%	5%kl
					efi			defi	efi		opq							

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 23

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Total	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?						
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: 18-5 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
To help my body absorb nutrients as I get older	62 6%	9 1%	2 *	7 5%abi	53 14%abcf i	1 2%	1 1%	20 32%abc defi	32 19%abce fi	-	62 9%klmn opq	-	-	-	-	-	-	-
NET: WOMEN'S HEALTH	192 19%	111 18%	70 15%	40 29%abd h	81 21%b	4 12%	9 17%	13 21%	31 19%	24 34%abd efh	122 18%	70 23%	63 23%	62 23%	30 29%j	35 21%	30 25%	13 21%
To ensure I get all the nutrients a woman needs	135 14%	69 11%	42 9%	26 19%ab	66 17%ab	4 11%	7 14%	13 21%ab	27 16%b	16 23%ab	94 14%	42 13%	39 14%	36 13%	18 17%	23 14%	17 14%	5 9%
To ensure I get all the nutrients I need during the menopause	55 5%	37 6%	22 5%	14 10%bdgh	18 5%	-	2 5%	1 1%	6 4%	9 13%abde gh	32 5%	22 7%	18 6%	22 8%	4 4%	9 6%	10 8%	7 11%j
To ensure I get all the nutrients I need during pregnancy / trying to conceive	21 2%	19 3%dh	14 3%dh	5 3%dh	3 1%	1 2%	-	1 1%	-	1 2%	7 1%	14 5%j	14 5%j	12 5%j	10 10%j	7 4%j	9 7%j	1 2%
To ensure I get all the nutrients I need while breastfeeding	10 1%	8 1%	6 1%	2 1%	2 *	-	-	-	-	2 2%h	2 *	7 2%j	7 3%j	3 1%	6 6%jm	3 2%	3 2%j	-
NET: DIET SUPPLEMENTATION	180 18%	113 18%	90 19%	24 17%	67 17%	12 35%abc dgh	11 22%	10 15%	21 13%	13 19%	115 17%	63 20%	52 19%	58 22%	20 19%	32 20%	28 23%	16 26%
To ensure I get all the nutrients I need because there are certain foods I can't / don't eat	128 13%	79 13%	64 13%	15 11%	49 13%	8 25%ch	8 16%	6 10%	17 11%	9 13%	91 13%	36 12%	27 10%	33 12%	12 11%	14 9%	17 14%	12 19%lo

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 23

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?							
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
To ensure I get all the nutrients I need as a vegetarian	55 6%	37 6%	28 6%	9 6%	19 5%	3 8%	4 8%h	3 5%	4 2%	5 7%	26 4%	29 9%j	25 9%j	27 10%j	7 7%	17 11%j	15 12%j	6 9%
To ensure I get all the nutrients I need as a vegan	17 2%	9 1%	6 1%	3 2%	8 2%	3 8%abfh	-	2 3%	2 1%	2 2%	10 1%	8 3%	8 3%	7 3%	3 3%	5 3%	3 2%	1 1%
NET: WEIGHT MANAGEMENT	171 17%	128 21%cdg h	110 23%cdg hi	19 14%	42 11%	5 15%	10 20%gh	4 6%	15 9%	8 11%	102 15%	69 22%j	61 22%j	60 23%j	24 23%	38 23%j	26 21%	10 17%
To maintain a healthy metabolism	116 12%	81 13%	69 14% d	13 9%	34 9%	5 14%	6 11%	4 6%	14 9%	6 9%	69 10%	47 15%j	41 15%	39 15%	16 16%	24 14%	16 13%	8 13%
To lose weight	52 5%	47 8% dgh	42 9% cdgh	5 3% h	5 1%	-	2 3%	-	1 *	2 3%	29 4%	23 7%	21 8% j	21 8% j	12 12% j	15 9% j	8 7%	2 4%
For weight gain	18 2%	14 2%	13 3% h	1 1%	4 1%	1 2%	4 7% acdgh hi	-	-	-	8 1%	9 3%	8 3%	9 3%	1 1%	5 3%	5 4% j	1 2%
NET: BEAUTY	158 16%	110 18% dg	85 18% g	25 18% g	48 13%	4 11%	6 11%	3 5%	22 13%	13 19% g	94 14%	64 20% j	54 19% j	56 21% j	21 20%	30 18%	26 21%	15 25% j
To improve / maintain my skin / complexion	117 12%	75 12% g	57 12% g	18 13% g	42 11% g	4 11%	6 11% g	1 2%	20 12% g	11 16% g	73 11%	44 14%	36 13%	37 14%	11 11%	19 12%	12 10%	13 22% j
To improve / maintain my hair	93 9%	69 11% dg	52 11% dg	17 12% dg	24 6%	2 5%	3 6%	1 1%	10 6%	8 11% g	52 8%	40 13% j	36 13% j	35 13% j	12 12%	21 13%	15 13%	8 14%
To improve / maintain my nails	77 8%	53 9%	41 9%	12 9%	24 6%	2 5%	4 8%	1 2%	10 6%	7 10% g	45 7%	32 10%	29 11%	29 11% j	13 13% j	14 9%	15 12% j	7 11%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 23

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: SPORTS	139 14%	120 19%cdg hi	113 24%cdgh i	6 5%	20 5%	3 10%gh	9 18%cdgh i	-	4 2%	3 5%	81 12%	58 19%j	54 20%j	49 18%j	28 27%j	32 19%j	26 21%j	8 13%
To build muscle	98 10%	81 13%cdg hi	76 16%cdgh i	5 3%	17 4%	3 8%g	9 18%cdgh i	-	4 2%	1 2%	64 9%	33 11%	31 11%	29 11%	15 14%	20 13%	11 9%	6 10%
As performance enhancement for sports	70 7%	63 10%cdg hi	59 12%cdgh i	3 3%h	7 2%	3 8%dgh	3 5%h	-	-	2 3%h	38 5%	33 10%j	31 11%j	25 9%	18 17%jq	16 10%	18 15%j	3 5%
NET: MEN'S HEALTH	132 13%	92 15%ci	81 17%cdi	10 8%	40 10%	5 16%	5 9%	7 12%	20 12%	3 5%	84 12%	47 15%	38 13%	37 14%	14 13%	18 11%	17 14%	10 17%
To ensure I get all the nutrients a man needs	132 13%	92 15%ci	81 17%cdi	10 8%	40 10%	5 16%	5 9%	7 12%	20 12%	3 5%	84 12%	47 15%	38 13%	37 14%	14 13%	18 11%	17 14%	10 17%
Mean no. of reasons	3.86	3.88	3.96	3.61	3.84	3.55	3.76	3.95	4.01	3.56	3.75	4.11	4.12	4.20	4.11	4.28	4.32	3.82
Standard deviation	3.11	3.17	3.32	2.56	3.02	2.62	3.20	3.20	3.16	2.56	2.97	3.40	3.51	3.51	3.50	3.62	3.86	2.81
Standard error	0.10	0.13	0.17	0.19	0.15	0.44	0.40	0.42	0.24	0.28	0.11	0.20	0.21	0.22	0.35	0.29	0.36	0.36
Median no. of reasons	2.5	2.4	2.4	2.5	2.6	2.4	2.0	2.6	2.8	2.4	2.4	2.6	2.5	2.6	2.6	2.6	2.6	2.8

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: PHYSICAL HEALTH AND WELLBEING	884	234	536	386	13	138	109	33	9	67	28	110	136	123	117	95	52	61	93	200	75	138	68	15	671
	88%	91%	88%	86%	94%	95% ^{bcf}	86%	90%	72%	86%	85%	87%	90%	88%	85%	93%	91%	97% ^{jn}	87%	89%	88%	87%	91%	100%	89%
To maintain my overall health	571	152	337	246	3	88	77	23	8	46	13	72	82	76	82	71	31	32	64	128	47	90	39	8	432
	57%	59%	55%	55%	21%	61%	60%	63%	60%	59%	39%	57%	54%	54%	59% ^j	69% ^q	54%	50%	60% ^j	57%	55%	57%	51%	52%	57%
To improve my overall health	456	114	282	200	7	76	56	17	5	34	17	60	63	56	59	49	30	38	52	108	40	74	37	9	340
	46%	44%	46%	44%	52%	53%	44%	47%	43%	43%	51%	48%	41%	40%	43%	48%	52%	59% ^{lm}	49%	48%	47%	47%	50%	63%	45%
To maintain my immune system	415	134	234	172	6	57	47	10	4	32	14	48	58	64	52	42	26	33	55	99	40	66	31	7	311
	42%	52% ^{bce}	38%	38%	43%	39%	37%	29%	35%	41%	43%	38%	38%	46%	38%	41%	45%	51%	51%	44%	47%	42%	41%	46%	41%
NET: MENTAL HEALTH AND WELLBEING	345	105	203	141	10	52	36	9	6	21	15	44	50	42	45	38	22	25	38	85	43	54	28	4	253
	35%	41% ^{cfi}	33%	31%	77%	36%	28%	26%	46%	27%	46%	35%	33%	30%	33%	37%	38%	39%	36%	38%	51% ^{sux}	34%	38%	28%	34%
To give me energy	211	65	120	82	6	32	25	7	6	11	10	27	27	25	33	19	13	19	24	50	26	31	16	3	159
	21%	25% ^c	20%	18%	43%	22%	19%	20%	46%	15%	31%	22%	18%	18%	24%	19%	22%	29%	23%	22%	31% ^{ux}	19%	22%	23%	21%
To support my mental health	112	40	58	44	1	13	14	2	2	10	3	17	13	20	16	15	6	4	11	35	27	20	11	1	74
	11%	16% ^{bc}	9%	10%	7%	9%	11%	6%	18%	13%	9%	13%	9%	14%	11%	14%	11%	7%	10%	15% ^x	31% ^{suv}	13%	15%	6%	10%
To maintain my memory	93	25	48	35	1	12	20	3	4	14	3	16	14	16	12	12	1	5	8	21	9	15	9	2	69
	9%	10%	8%	8%	7%	8%	16% ^{bc}	8%	28%	18% ^{bce}	10%	13% ^p	9%	11%	8%	12%	2%	7%	7%	9%	11%	9%	12%	11%	9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
To aid mental agility	73 7%	22 8%	41 7%	32 7%	-	9 6%	10 8%	3 8%	2 15%	5 6%	1 4%	11 9%	12 8%	11 8%	8 6%	5 5%	5 8%	3 5%	8 8%	20 9%	11 13% _x	10 6%	6 8%	-	49 7%
To support restful sleep	70 7%	25 10% _i	39 6%	29 6%	3 21%	8 5%	6 5%	1 3%	3 25%	2 2%	3 8%	7 6%	12 8%	8 6%	11 8%	9 5%	3 8%	5 8%	8 8%	11 5%	7 8%	6 4%	2 3%	-	56 7%
To relax	59 6%	25 10% _{bcef}	32 5%	23 5%	4 31%	5 3%	3 2%	-	2 15%	1 1%	1 4%	2 2%	12 8% _k	7 5%	9 7%	8 7% _k	4 7%	6 9% _k	11 10% _k	8 4%	4 5%	5 3%	2 3%	-	49 6%
NET: Other	276 28%	56 22%	181 30% _a	142 32% _a	3 21%	36 25%	38 30%	11 29%	3 25%	24 31%	9 28%	37 29%	50 33%	34 24%	35 26%	36 35%	12 21%	19 29%	29 27%	76 34% _x	21 24%	58 37% _{tx}	29 38% _x	4 30%	193 26%
To maintain healthy digestion	119 12%	24 9%	81 13%	62 14%	2 16%	17 12%	14 11%	4 11%	2 16%	8 11%	2 7%	17 13%	19 12%	11 8%	18 13%	14 10%	3 6%	12 19% _m	20 18% _{mp}	33 15%	11 12%	24 15%	16 22% _x	1 7%	83 11%
For my heart	100 10%	20 8%	64 10%	45 10%	-	19 13%	15 12%	5 14%	2 19%	8 10%	3 9%	17 13%	18 12%	10 7%	11 8%	15 14%	6 11%	4 6%	11 10%	23 10%	6 7%	19 12%	9 12%	-	74 10%
For my eyes	64 6%	16 6%	39 6%	34 8%	1 6%	5 3%	9 7%	6 16% _{abe}	2 12%	2 2%	1 4%	11 9%	10 7%	6 5%	11 8%	9 9%	3 5%	3 5%	5 4%	18 8%	3 3%	15 10%	9 11% _t	-	45 6%
Joints/ Joint health	22 2%	2 1%	17 3%	16 4% _a	-	1 1%	3 2%	1 2%	-	2 2%	-	2 3%	5 4%	5 4%	3 2%	4 4%	-	-	2 2%	5 2%	-	5 3%	-	-	17 2%
To maintain my sexual performance	19 2%	6 2%	11 2%	10 2%	-	1 1%	2 1%	1 3%	1 7%	-	1 4%	4 3%	1 *	1 1%	4 3%	1 1%	-	1 2%	5 5% _l	5 2%	2 2%	2 1%	-	2 11%	13 2%
Arthritis/ Osteoarthritis	10 1%	2 1%	5 1%	5 1%	-	-	4 3% _{be}	1 1%	-	3 4% _{abce}	-	3 2%	3 2%	1 *	-	4 3%	-	-	-	5 2%	-	5 3% _x	-	-	6 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Bones/ Bone health	9 1%	3 1%	4 1%	3 1%	-	1 1%	2 1%	-	-	2 2%	1 2%	1 1%	1 1%	1 1%	1 1%	-	-	-	3 2%	3 1%	1 1%	3 2%	1 1%	-	7 1%
Other	28 3%	4 2%	18 3%	16 4%	-	2 1%	6 5%	3 7%ae	-	4 5%	1 2%	4 3%	7 5%	3 2%	4 3%	1 1%	1 2%	3 5%	1 1%	12 5%x	4 5%	10 6%x	7 10%x	3 19%	14 2%
NET: OVER 65 HEALTH	195 19%	20 8%	120 20%ae	106 23%ae	2 14%	13 9%	55 43%abc e	23 63%abce fi	1 7%	31 39%abce	2 7%	40 32%jno qr	41 27%joq r	31 22%qr	27 20%qr	14 13%	12 20%qr	4 6%	6 6%	56 25%tx	8 10%	42 26%tx	22 29%tx	5 35%	138 18%t
To maintain my health as I get older	178 18%	17 7%	109 18%ae	96 21%ae	2 14%	11 8%	52 41%abc e	22 59%abce fi	1 7%	29 38%abce	2 7%	37 29%joq r	35 23%joq r	29 21%qr	26 19%qr	12 12%	10 17%r	4 6%	6 6%	46 20%t	8 9%	37 23%t	18 23%t	2 16%	132 18%t
To help my body absorb nutrients as I get older	62 6%	4 1%	39 6%a	35 8%ae	-	3 2%	20 15%abc e	11 31%abce fi	1 7%	7 9%ae	2 7%	15 12%qr	11 7%	10 7%	10 7%	5 4%	2 4%	1 2%	4 3%	22 10%x	4 5%	14 9%	9 12%x	5 35%	39 5%
NET: WOMEN'S HEALTH	192 19%	42 16%	123 20%	95 21%	6 48%	22 15%	28 22%	10 26%	2 19%	16 20%	6 18%	21 17%	24 16%	24 17%	23 17%	25 24%	8 14%	10 16%	25 24%	44 20%	15 17%	32 20%	15 20%	1 4%	145 19%
To ensure I get all the nutrients a woman needs	135 14%	32 12%	79 13%	58 13%	4 33%	17 12%	24 19%	9 24%	1 10%	14 18%	5 14%	19 15%	15 10%	15 11%	18 13%	16 16%	5 8%	7 11%	17 16%	35 16%	11 13%	26 16%	13 17%	1 4%	97 13%
To ensure I get all the nutrients I need during the menopause	55 5%	10 4%	39 6%	30 7%	1 10%	7 5%	6 5%	2 6%	1 9%	3 4%	2 7%	4 3%	14 9%q	5 4%	6 4%	9 9%q	4 8%q	-	7 6%	9 4%	2 2%	7 4%	1 2%	-	44 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
To ensure I get all the nutrients I need during pregnancy / trying to conceive	21 2%	4 1%	17 3%	15 3%	1 6%	1 1%	1 1%	-	-	1 1%	-	2 2%	* *	3 2%	-	2 2%	2 3%	3 4%ln	6 6%ln	5 2%	4 5%u	1 1%	1 1%	1 4%	17 2%
To ensure I get all the nutrients I need while breastfeeding	10 1%	2 1%	8 1%	7 2%	-	1 1%	-	-	-	-	-	-	* *	1 1%	2 1%	-	-	-	6 6%klmo	1 *	1 1%	-	-	-	9 1%
NET: DIET SUPPLEMENTATION	180 18%	49 19%	109 18%	86 19%	5 38%	17 12%	21 17%	5 14%	5 42%	11 14%	9 28%p	29 23%p	25 16%p	23 16%p	26 19%p	19 18%p	2 4%	11 17%p	25 23%p	49 22%	21 25%x	38 24%x	15 20%	3 23%	120 16%
To ensure I get all the nutrients I need because there are certain foods I can't / don't eat	128 13%	32 12%	79 13%	64 14%	3 22%	12 8%	16 12%	3 8%	3 27%	10 12%	8 24%lp	21 17%p	16 11%	17 12%	15 11%	15 14%	2 4%	8 13%	16 15%	40 18%x	18 21%x	31 19%x	12 16%	2 16%	79 10%
To ensure I get all the nutrients I need as a vegetarian	55 6%	15 6%	31 5%	22 5%	2 16%	7 5%	9 7%	2 6%	3 26%	3 4%	1 2%	10 8%mp	9 6%	3 2%	12 9%mp	5 5%	-	2 4%	11 10%mp	12 5%	4 5%	10 6%	4 5%	2 12%	38 5%
To ensure I get all the nutrients I need as a vegan	17 2%	6 2%	11 2%	11 2%	-	-	-	-	-	-	3 8%knop	2 1%	3 2%	4 3%	2 1%	-	-	-	4 4%	3 1%	2 2%	1 1%	1 2%	-	15 2%
NET: WEIGHT MANAGEMENT	171 17%	54 21%cfg	102 17%g	65 14%	8 61%	29 20%g	15 12%	1 3%	7 52%	8 10%	3 9%	16 13%	22 15%	20 14%	31 22%	16 15%	7 12%	18 28%jklmp	23 21%	34 15%	11 13%	21 14%	15 20%	2 11%	134 18%
To maintain a healthy metabolism	116 12%	30 11%	72 12%	49 11%	2 18%	21 14%	14 11%	1 3%	5 40%	8 10%	1 3%	14 12%	13 9%	12 8%	23 16%	11 10%	6 10%	11 17%	15 14%	25 11%	8 9%	18 11%	12 16%	2 11%	88 12%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
To lose weight	52 5%	19 7% cfi	32 5% i	14 3%	6 43%	12 8% cfi	2 1%	-	2 12%	-	1 3%	2 1%	7 4%	10 7% k	10 7% k	6 6%	1 2%	5 8% k	8 7% k	8 4%	3 4%	3 2%	4 5%	-	44 6%
For weight gain	18 2%	8 3%	10 2%	7 2%	-	3 2%	-	-	-	-	1 3%	-	5 3%	2 1%	1 1%	-	-	4 6% ko	4 4% k	2 1%	-	2 1%	-	-	16 2%
NET: BEAUTY	158 16%	52 20% bci	87 14%	56 12%	5 37%	26 18%	19 15%	6 16%	5 37%	8 10%	3 9%	20 16%	21 14%	17 12%	24 17% p	16 16%	3 5%	11 17%	26 24% mp	29 13%	15 17%	19 12%	7 10%	1 5%	124 16%
To improve / maintain my skin / complexion	117 12%	42 16% bc	62 10%	40 9%	3 24%	19 13%	12 10%	4 10%	2 18%	6 8%	3 9%	14 11%	14 9%	15 10%	17 12%	12 12%	3 5%	7 11%	16 15%	21 10%	12 15%	13 9%	6 8%	1 5%	93 12%
To improve / maintain my hair	93 9%	30 12% c	53 9%	31 7%	4 28%	19 13% c	9 7%	3 8%	3 22%	4 5%	1 4%	11 8%	13 8%	11 8%	20 14% p	7 7%	2 3%	3 5%	18 17% mp	15 7%	7 8%	12 8%	4 5%	-	72 10%
To improve / maintain my nails	77 8%	24 9%	46 8%	32 7%	1 7%	13 9%	8 6%	4 11%	* 3%	3 4%	1 2%	9 8%	11 8%	7 5%	15 11% p	7 7%	1 1%	6 9%	13 12% p	14 6%	7 8%	11 7%	4 5%	-	61 8%
NET: SPORTS	139 14%	64 25% bce	74 12% fgi	51 11% fgi	5 34%	18 12% fgi	2 2%	-	1 11%	1 1%	4 11%	8 7%	16 11%	8 6%	21 15% km	14 14% m	8 13%	19 29% klm no	30 28% klmn o	15 7%	8 9%	6 4%	4 5%	-	122 16% suv
To build muscle	98 10%	46 18% bcef gi	50 8% fi	31 7% fi	5 34%	14 10% fi	1 1%	-	1 11%	-	4 11%	6 5%	11 7%	7 5%	16 11%	9 8%	6 10%	12 18% klm	17 16% klm	11 5%	7 8% u	3 2%	4 5%	-	85 11% su
As performance enhancement for sports	70 7%	30 12% bcfg i	39 6% f	29 6% f	-	10 7% f	2 1%	-	1 7%	1 1%	1 2%	4 3%	10 6%	3 2%	8 6%	8 8%	2 4%	11 17% jkl mnp	20 19% jklm nop	7 3%	3 3%	5 3%	3 4%	-	62 8% su

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 24

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: MEN'S HEALTH	132	31	88	72	-	16	12	3	2	8	3	11	14	22	23	16	9	13	9	23	8	15	12	2	106
	13%	12%	14%	16%	-	11%	9%	7%	13%	10%	10%	9%	9%	16%	17%	16%	16%	21%klr	8%	10%	9%	10%	17%	11%	14%
To ensure I get all the nutrients a man needs	132	31	88	72	-	16	12	3	2	8	3	11	14	22	23	16	9	13	9	23	8	15	12	2	106
	13%	12%	14%	16%	-	11%	9%	7%	13%	10%	10%	9%	9%	16%	17%	16%	16%	21%klr	8%	10%	9%	10%	17%	11%	14%
Mean no. of reasons	3.86	4.11	3.77	3.76	5.01	3.67	3.92	4.11	5.49	3.57	3.42	3.98	3.67	3.55	4.04	4.06	3.25	4.14	4.53mp	3.91	4.06	3.85	4.03	3.50	3.83
Standard deviation	3.11	3.31	3.02	3.08	2.60	2.85	3.16	3.43	5.03	2.56	2.29	3.11	2.81	2.86	3.82	2.91	2.16	2.84	3.99	2.84	3.04	2.96	2.66	1.93	3.17
Standard error	0.10	0.21	0.12	0.15	0.78	0.24	0.27	0.56	1.30	0.28	0.37	0.27	0.22	0.24	0.33	0.30	0.28	0.37	0.42	0.18	0.31	0.23	0.30	0.48	0.12
Median no. of reasons	2.5	2.6	2.4	2.4	3.8	2.3	2.6	2.7	2.9	2.6	2.5	2.7	2.4	2.0	2.3	2.9	2.0	2.9	2.7	2.7	2.8	2.6	3.1	2.7	2.4

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 25

Q5. What do you take these for?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: PHYSICAL HEALTH AND WELLBEING	884	17	60	8	4	186	418	110	527	96	211	80	30
	88%	97%	86%	46%	89%	89%	89%	89%	89%	93%	88%	89%	91%
To maintain my overall health	571	8	36	5	3	105	295	51	383	41	132	51	20
	57%	44%	52%	32%	75%	50%	63%egi	41%	65%begij	39%	55%gi	56%gi	58%
To improve my overall health	456	8	38	4	1	114	203	68	240	59	110	44	16
	46%	44%	54%	23%	33%	55%fh	43%	55%fh	41%	57%fh	46%	49%	49%
To maintain my immune system	415	9	31	2	1	87	203	50	254	44	97	46	11
	42%	53%	44%	15%	19%	42%	43%	41%	43%	43%	41%	52%	33%
NET: MENTAL HEALTH AND WELLBEING	345	10	30	5	1	72	162	50	194	43	70	46	9
	35%	59%	43%j	29%	14%	34%	35%	41%j	33%	42%j	29%	51%efhj	28%
To give me energy	211	6	22	4	1	49	105	30	123	28	36	25	4
	21%	36%	31%j	24%	14%	23%j	22%j	24%j	21%	27%j	15%	28%j	12%
To support my mental health	112	1	6	-	1	24	54	17	60	15	32	30	2
	11%	8%	8%	-	14%	11%	11%	14%	10%	15%	13%	34%befghij	7%
To maintain my memory	93	-	9	-	1	12	38	13	61	8	26	11	-
	9%	-	12%	-	14%	6%	8%	11%	10%	8%	11%	12%	-
To aid mental agility	73	1	10	1	1	13	29	11	44	7	17	14	3
	7%	8%	14%ef	4%	14%	6%	6%	9%	8%	6%	7%	15%efhij	9%
To support restful sleep	70	-	6	-	1	14	30	7	44	7	13	10	6
	7%	-	8%	-	14%	7%	6%	6%	7%	6%	5%	11%	19%
To relax	59	4	6	1	-	13	26	3	30	2	8	5	5
	6%	22%	9%i	8%	-	6%	6%	3%	5%	2%	3%	6%	15%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 25

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Other	276 28%	5 26%	20 29%	1 3%	2 51%	65 31%	139 30%	34 27%	158 27%	25 24%	104 44% befghi k	25 28%	11 34%
To maintain healthy digestion	119 12%	-	11 16%	-	1 14%	34 16%	54 11%	19 16%	66 11%	14 13%	38 16%	16 18%	4 13%
For my heart	100 10%	1 7%	12 18% k	-	-	19 9%	48 10%	13 10%	59 10%	9 8%	32 13%	6 7%	7 20%
For my eyes	64 6%	5 26%	6 8%	-	-	14 7%	35 7%	9 7%	34 6%	7 7%	17 7%	5 5%	4 12%
Joints/ Joint health	22 2%	-	1 1%	-	-	4 2%	13 3%	1 1%	14 2%	1 1%	15 6% efghik	1 1%	-
To maintain my sexual performance	19 2%	-	1 1%	-	-	5 2%	9 2%	1 1%	9 1%	3 2%	3 1%	2 2%	3 8%
Arthritis/ Osteoarthritis	10 1%	-	1 1%	-	-	2 1%	9 2%	1 1%	6 1%	-	9 4% h	-	-
Bones/ Bone health	9 1%	-	-	-	2 38%	2 1%	6 1%	-	8 1%	-	4 2%	2 2%	-
Other	28 3%	-	3 4%	1 3%	-	5 2%	9 2%	8 7% fh	13 2%	5 5%	17 7% efh	5 5%	1 2%
NET: OVER 65 HEALTH	195 19%	2 10%	8 11%	-	-	35 17%	96 21% k	35 28% beik	124 21% k	13 13%	72 30% befhik	7 8%	4 13%
To maintain my health as I get older	178 18%	2 10%	7 9%	-	-	32 15%	90 19% k	31 26% beik	119 20% bik	12 11%	62 26% beik	7 8%	3 10%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 25

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
To help my body absorb nutrients as I get older	62 6%	-	4 6%	-	-	13 6%	31 7%	13 10%	36 6%	4 3%	30 13%efhik	4 4%	1 3%
NET: WOMEN'S HEALTH	192 19%	2 9%	18 25%	13 82%	3 81%	51 24%	91 19%	21 17%	118 20%	19 18%	46 19%	16 18%	9 28%
To ensure I get all the nutrients a woman needs	135 14%	2 9%	12 17%	2 13%	2 43%	37 18%	63 13%	15 12%	83 14%	11 11%	34 14%	12 13%	9 26%
To ensure I get all the nutrients I need during the menopause	55 5%	-	7 10%	-	-	12 6%	25 5%	7 5%	29 5%	8 8%	11 5%	5 5%	3 9%
To ensure I get all the nutrients I need during pregnancy / trying to conceive	21 2%	-	3 4%	12 75%	* 11%	4 2%	8 2%	2 1%	12 2%	3 3%	3 1%	3 4%	2 7%
To ensure I get all the nutrients I need while breastfeeding	10 1%	-	-	* 3%	3 81%	1 1%	6 1%	* *	7 1%	-	-	1 1%	-
NET: DIET SUPPLEMENTATION	180 18%	8 43%	41 58%efghijk	1 8%	-	44 21%	74 16%	24 19%	91 15%	21 20%	57 24%fh	27 30%fh	7 21%
To ensure I get all the nutrients I need because there are certain foods I can't / don't eat	128 13%	4 23%	9 13%	-	-	34 16%	52 11%	18 15%	64 11%	16 16%	47 20%fh	21 23%fh	4 12%
To ensure I get all the nutrients I need as a vegetarian	55 6%	-	39 56%efghijk	1 8%	-	13 6%	22 5%	7 6%	26 4%	6 5%	12 5%	9 10%h	5 14%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 25

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
To ensure I get all the nutrients I need as a vegan	17 2%	7 40%	2 3%	- -	- -	3 1%	6 1%	1 1%	9 2%	1 1%	3 1%	2 2%	1 3%
NET: WEIGHT MANAGEMENT	171 17%	4 23%	8 11%	2 9%	1 14%	58 28%bfgjhj	92 20%j	20 16%	97 17%	18 17%	31 13%	15 17%	7 21%
To maintain a healthy metabolism	116 12%	1 4%	6 8%	2 9%	1 14%	26 12%	64 14%	14 11%	70 12%	13 13%	25 10%	12 13%	6 18%
To lose weight	52 5%	3 19%	2 3%	- -	- -	38 18%bfgghjk	27 6%	6 5%	24 4%	5 5%	6 2%	4 4%	- -
For weight gain	18 2%	1 4%	1 2%	- -	- -	3 2%	10 2%	1 1%	14 2%	2 2%	1 *	1 1%	1 3%
NET: BEAUTY	158 16%	-	11 15%	3 16%	1 14%	34 16%	77 16%	13 11%	104 18%	15 14%	29 12%	18 21%	7 21%
To improve / maintain my skin / complexion	117 12%	-	9 12%	3 16%	1 14%	27 13%	61 13%	12 9%	82 14%	9 9%	22 9%	15 16%	3 9%
To improve / maintain my hair	93 9%	-	7 10%	2 12%	1 14%	21 10%	40 9%	6 5%	59 10%	11 10%	15 6%	11 12%	7 20%
To improve / maintain my nails	77 8%	-	6 9%	1 5%	1 14%	15 7%	34 7%	6 5%	55 9%	8 8%	12 5%	10 11%	4 11%
NET: SPORTS	139 14%	8 47%	7 10%	- -	- -	28 13%j	89 19%gijk	12 10%j	90 15%jk	9 8%	9 4%	5 6%	5 14%
To build muscle	98 10%	4 23%	6 9%j	- -	- -	23 11%jk	62 13%jk	9 7%j	69 12%jk	7 6%	6 3%	3 3%	2 5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 25

Q5. What do you take these for?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
As performance enhancement for sports	70 7%	6 32%	3 5%	- -	- -	13 6%j	47 10%gijk	4 3%	45 8%j	3 3%	4 1%	3 3%	5 14%
NET: MEN'S HEALTH	132 13%	4 21%	5 7%	- -	- -	22 11%	79 17%j	12 10%	90 15%	11 11%	24 10%	11 12%	2 5%
To ensure I get all the nutrients a man needs	132 13%	4 21%	5 7%	- -	- -	22 11%	79 17%j	12 10%	90 15%	11 11%	24 10%	11 12%	2 5%
Mean no. of reasons	3.86	4.35	4.63	2.51	4.35	4.08	4.04	3.78	3.97	3.65	3.87	4.50	4.26
Standard deviation	3.11	2.35	3.75	2.10	3.91	2.91	3.09	2.90	3.21	2.84	2.78	3.38	4.66
Standard error	0.10	0.61	0.43	0.52	1.75	0.21	0.15	0.25	0.13	0.27	0.17	0.33	0.81
Median no. of reasons	2.5	3.3	2.8	1.0	3.0	2.8	2.7	2.5	2.5	2.2	2.6	3.2	2.0

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 26

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Multivitamins	630	268	362	45	128	118	125	92	122	178	184	133	135	45	23	65	48	47	48	30	63	91	76	70	22	98	296
	63%	57%	68%a	49%	68%di	68%di	72%di	64%di	53%	62%	68%	62%	59%	65%	61%	57%	58%	54%	70%	61%	65%	58%	63%	79%opq rtw	78%	67%	63%
Vitamin C	589	280	309	57	100	109	104	85	134	180	148	127	134	49	26	65	54	43	35	32	54	94	70	49	20	85	286
	59%	60%	58%	62%	53%	63%	60%	59%	58%	62%	55%	59%	59%	70%rs	67%	57%	66%	50%	51%	64%	55%	59%	58%	55%	72%	58%	61%
Fish oils	584	289	295	41	95	90	92	96	169	167	180	114	124	35	25	55	47	46	42	36	60	100	61	57	20	72	271
	58%	62%	56%	45%	51%	52%	53%	67%def g	73%def g	58%	67%ijm	53%	55%	51%	64%	49%	58%	54%	61%	73%npr w	62%	63%p	51%	64%p	72%	49%	58%
Vitamin D	474	199	276	41	91	81	75	73	113	156	119	93	106	36	17	50	29	43	29	24	41	77	58	52	18	68	225
	47%	42%	52%a	45%	49%	47%	43%	51%	49%	54%kl	44%	43%	47%	52%	44%	44%	36%	50%	43%	49%	43%	49%	48%	58%q	63%	46%	48%
Iron	409	136	273	29	81	90	73	62	73	123	113	90	83	28	13	35	36	34	27	20	41	69	46	45	14	72	186
	41%	29%	51%a	32%	43%i	52%di	42%i	43%i	32%	43%	42%	42%	37%	40%	34%	31%	45%	39%	39%	41%	43%	44%	38%	50%p	52%	49%	40%
Vitamin B	327	149	179	33	64	53	55	53	68	102	85	60	79	33	13	36	17	24	21	16	35	56	31	31	14	43	166
	33%	32%	34%	36%	34%	31%	32%	37%	29%	36%	32%	28%	35%	48%pqr sw	33%	32%	20%	27%	31%	32%	36%q	35%q	26%	35%q	51%	29%	35%
Calcium	269	97	172	18	55	46	42	36	72	77	76	56	60	22	4	25	21	21	18	12	26	41	33	38	8	32	127
	27%	21%	32%a	19%	29%	27%	24%	25%	31%d	27%	28%	26%	26%	32%o	10%	22%	25%	24%	27%	24%	27%	26%o	27%o	42%opq rtuvw	30%	21%	27%
Folic acid	250	47	203	11	60	65	50	28	35	61	63	73	54	18	8	27	19	21	18	5	22	45	37	26	5	45	105
	25%	10%	38%a	12%	32%dhi	37%dhi	29%di	20%	15%	21%	23%	34%jkm	24%	26%t	21%	24%	23%	24%	26%t	10%	23%	28%t	30%t	29%t	19%	30%	22%
Garlic	242	142	100	13	33	27	42	52	75	73	57	50	62	14	10	19	21	27	19	12	14	39	33	21	13	21	110
	24%	30%b	19%	14%	18%	16%	24%	36%def g	32%def g	25%	21%	23%	27%	20%	26%	16%	26%	31%pu	27%	24%	14%	25%	27%u	24%	47%	14%	23%a
Glucosamine	240	99	140	4	23	24	29	45	115	72	74	44	49	21	6	24	19	18	18	12	22	29	35	25	11	22	83
	24%	21%	26%	4%	12%	14%d	17%d	31%def g	50%def gh	25%	28%	21%	21%	30%	17%	21%	24%	21%	26%	24%	23%	18%	29%	28%	38%	15%	18%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 26

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector																																							
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)																																					
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469																																					
Vitamin E	214	109	105	23	49	31	36	29	45	82	42	42	48	17	9	22	12	12	14	16	41	28	23	10	28	112	21%	23%	20%	25%	26%	18%	21%	20%	21%	24%	25%	26%	23%	26%	36%	19%	24%																					
Magnesium	193	66	127	13	40	38	30	27	45	59	51	42	41	17	5	10	12	23	12	11	21	24	22	27	9	23	96	19%	14%	24%a	14%	22%	22%	17%	19%	19%	18%	25%p	14%	8%	15%	27%p	18%	23%p	22%p	15%	18%p	30%pqv	31%	16%	21%													
Vitamin A	164	81	83	21	42	28	27	19	26	53	43	37	31	16	6	19	7	14	10	9	18	30	17	15	3	24	98	16%	17%	16%	23%i	23%hi	16%	16%	13%	11%	18%	16%	17%	14%	23%q	15%	17%	9%	16%	15%	17%	18%	19%	14%	17%	10%	16%	21%										
Protein	160	106	54	32	58	39	20	9	3	53	45	33	30	12	7	21	15	16	12	8	12	34	17	4	4	25	109	16%	23%b	10%	35%fgh	31%ghi	23%ghi	11%i	6%i	1%	18%	17%	15%	13%	17%ix	18%ix	18%ix	16%ix	12%	12%	34	17	4	4	14%	5%	14%	17%	23%									
Caffeine	119	76	43	22	38	26	13	11	9	43	32	22	23	11	5	7	11	7	6	10	8	28	15	8	3	22	70	12%	16%b	8%	24%ghi	20%ghi	15%gi	7%	8%	4%	15%	12%	10%	10%	16%p	12%	6%	14%	8%	9%	21%p	9%	17%p	12%	9%	11%	15%	15%										
Ginseng	111	55	56	7	20	14	24	16	30	33	32	17	29	7	2	7	8	8	6	8	14	18	20	8	6	15	57	11%	12%	11%	7%	11%	8%	14%	11%	13%	12%	8%	13%	10%	5%	6%	9%	9%	17%p	14%	11%	16%p	9%	20%	10%	12%												
Gingko Biloba	93	39	54	2	16	13	17	19	26	30	24	16	23	6	4	6	6	6	7	4	5	23	15	9	3	12	47	9%	8%	10%	2%	9%	7%	10% ^d	13% ^d	11% ^d	10%	9%	7%	10%	9%	9%	6%	8%	7%	10%	7%	6%	14%p	12%	10%	9%	8%	10%										
Peppermint oil	80	35	45	7	17	17	14	11	13	19	22	17	23	3	3	8	7	5	4	5	9	12	9	12	3	11	44	8%	7%	8%	8%	9%	10%	8%	8%	6%	8%	7%	9%	9%	9%	9%	9%	9%	12	9	12	3	11	44	8%	7%	8%	8%	8%	8%	8%	8%	8%	13%	12%	12%	7%	9%
Amino acids	64	41	23	14	29	8	8	4	1	21	17	10	15	8	2	5	5	6	4	5	9	11	8	2	-	5	42	6%	9%b	4%	15%fgh	15%fghi	5%i	5%i	3%i	*	7%	6%	5%	7%	11%ix	4%	4%	6%	7%	6%	7%	6%	9%	9%	7%	7%	2%	-	3%	9%A								
Eye health supplements	57	25	32	5	7	12	1	9	23	18	16	15	9	4	2	8	4	5	6	3	7	7	6	3	2	5	25	6%	5%	6%	6%g	4%g	7%g	*	6%g	10%eg	6%	6%	7%	4%	5%	5%	7%	5%	9%	7%	7%	5%	5%	4%	5%	3%	5%											
Weight loss supplement (Please state)	30	7	23	3	5	13	4	3	1	5	14	4	7	-	-	6	4	4	-	1	1	5	4	5	-	7	15	3%	1%	4%a	3%	3%	8%ghi	2%	2%	1%	2%	5%j	2%	3%	-	-	6%	5%	4%	-	3%	1%	3%	3%	5%	-	4%	3%										

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 26

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Sports performance enhancer (Please state)	13 1%	12 2%b	1 *	3 3%fi	5 2%	-	2 1%	3 2%	1 *	3 1%	4 2%	2 1%	3 1%	2 3%	1 2%	-	* 1%	2 2%	3 4%	-	1 1%	2 1%	2 2%	-	-	2 1%	8 2%
Other(s) (Please state)	49 5%	13 3%	36 7%a	6 7%	4 2%	5 3%	4 3%	11 8%efg	19 8%efg	16 6%l	19 7%l	4 2%	10 5%	3 4%	1 3%	6 6%	4 4%	6 6%	3 5%	4 8%	4 5%	3 2%	4 3%	8 9%v	4 14%	5 3%	17 4%
Mean no. of supplements	5.36	5.05	5.64a	4.93	5.69	5.48	5.13	5.50	5.26	5.63	5.42	5.12	5.18	5.88p	4.92	4.63	4.97	5.04	5.26	5.67	5.21	5.55p	5.33	6.06p	6.84	5.01	5.53
Standard deviation	3.32	3.30	3.31	3.27	3.61	3.64	2.93	3.32	3.10	3.34	3.36	3.35	3.19	3.34	3.11	2.75	3.89	3.19	3.19	3.57	3.47	3.41	3.21	3.24	3.08	3.12	3.47
Standard error	0.11	0.15	0.14	0.33	0.29	0.28	0.22	0.27	0.20	0.19	0.21	0.23	0.22	0.38	0.49	0.26	0.43	0.36	0.37	0.49	0.34	0.29	0.29	0.35	0.67	0.27	0.17
Median no. of reasons	4.2	3.9	4.4	3.8	4.5	4.0	4.1	4.1	4.2	4.7	4.3	3.7	3.8	4.8	4.0	3.6	3.3	4.0	4.0	4.4	3.7	4.6	4.2	5.1	5.6	4.0	4.3

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 27

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Multivitamins	630 63%	4 44%	3 85%	353 62%	187 67%e	63 54%	12 74%	577 63%	49 58%	10 66%	26 59%	9 49%	3 49%	1 61%	509 63%	278 62%	231 65%	121 62%	101 61%	20 71%
Vitamin C	589 59%	4 44%	3 79%	325 58%	170 61%	71 62%	7 43%	542 60%	47 55%	10 68%	26 58%	6 35%	2 40%	2 100%	472 59%	270 60%	202 57%	117 60%	99 59%	18 64%
Fish oils	584 58%	4 53%	3 85%	333 59%	165 59%	59 52%	8 49%	531 58%	50 59%	11 74%	22 51%	9 51%	5 85%	2 100%	463 58%	269 60%	194 54%	121 62%	103 62%	18 61%
Vitamin D	474 47%	2 26%	3 79%	261 46%	142 51%	54 47%	4 28%	429 47%	45 53%	10 68%	20 45%	9 49%	5 87%	1 39%	371 46%	199 44%	172 48%	104 53%	87 52%	17 59%
Iron	409 41%	4 52%	1 30%	208 37%	130 33%	51 46%c	8 44%	378 42%	30 36%	7 50%	18 42%	3 18%	1 21%	-	320 40%	183 41%	138 39%	88 45%	73 44%	15 52%
Vitamin B	327 33%	5 64%	3 79%	170 30%	93 33%	47 41%c	4 25%	306 34%	22 25%	4 25%	12 26%	5 26%	1 24%	-	263 33%	144 32%	119 33%	65 33%	52 31%	13 46%
Calcium	269 27%	1 11%	2 64%	142 25%	78 28%	40 34%	3 17%	242 27%	27 32%	5 31%	16 36%	6 31%	1 21%	-	213 26%	112 25%	100 28%	56 29%	47 28%	9 32%
Folic acid	250 25%	5 55%	1 15%	133 24%	71 25%	37 32%	1 8%	224 25%	27 31%	5 31%	13 29%	7 36%	2 26%	1 39%	207 26%	108 24%	99 28%	44 22%	38 23%	5 19%
Garlic	242 24%	2 21%	2 64%	146 26%	59 21%	24 21%	1 9%	225 25%	18 20%	5 36%	7 16%	2 9%	3 46%	1 39%	194 24%	104 23%	90 25%	48 24%	36 22%	11 40%
Glucosamine	240 24%	2 29%	1 15%	146 26%	59 21%	30 26%	1 4%	229 25%h	11 13%	2 12%	7 17%	2 10%	-	-	172 21%	88 20%	84 24%	67 35%nop	59 36%nop	8 28%
Vitamin E	214 21%	2 21%	3 79%	102 18%	62 22%	37 33%c	3 19%	193 21%	21 24%	6 41%	10 23%	3 16%	1 24%	-	175 22%	93 21%	82 23%	39 20%	31 19%	7 25%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 27

Q6. Which of the following supplements have you ever taken?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Magnesium	193	-	1	98	59	31	4	185	8	1	2	2	3	-	147	72	74	46	37	10
	19%	-	15%	17%	21%	27% ^c	24%	20% ^{h,j}	10%	8%	5%	11%	46%	-	18%	16%	21%	24% ^o	22%	34%
Vitamin A	164	-	1	77	48	35	1	150	14	1	5	4	3	-	136	76	61	27	21	7
	16%	-	15%	14%	17%	30% ^{cd}	8%	16%	16%	10%	12%	21%	46%	-	17%	17%	17%	14%	12%	24%
Protein	160	2	1	72	61	22	2	138	23	3	13	4	1	1	144	84	60	17	13	4
	16%	23%	15%	13%	22% ^c	19%	15%	15%	26% ^g	17%	30% ^g	22%	21%	61%	18% ^{qr}	19% ^{qr}	17% ^{qr}	9%	8%	14%
Caffeine	119	-	2	62	37	15	3	110	10	2	3	1	2	1	108	67	41	11	8	3
	12%	-	48%	11%	13%	13%	20%	12%	11%	12%	8%	6%	36%	61%	13% ^{qr}	15% ^{qr}	12% ^{qr}	6%	5%	9%
Ginseng	111	-	1	65	27	17	1	102	9	2	3	1	4	-	89	51	38	22	15	8
	11%	-	37%	11%	10%	15%	5%	11%	11%	13%	7%	3%	61%	-	11%	11%	12%	12%	9%	26%
Ginkgo Biloba	93	1	-	49	27	16	-	89	3	1	-	2	1	-	80	48	32	13	6	7
	9%	10%	-	9%	10%	14%	-	10%	4%	6%	-	9%	15%	-	10% ^r	11% ^r	9%	7%	4%	23%
Peppermint oil	80	2	-	39	25	11	1	73	7	3	3	-	1	-	61	26	36	18	16	3
	8%	18%	-	7%	9%	9%	4%	8%	8%	19%	6%	-	21%	-	8%	6%	10% ^o	10%	10%	9%
Amino acids	64	-	1	26	23	10	2	60	4	1	2	-	-	1	56	31	25	8	6	2
	6%	-	15%	5%	8%	8%	16%	7%	5%	6%	4%	-	-	61%	7%	7%	7%	4%	3%	9%
Eye health supplements	57	1	-	28	13	14	1	53	4	1	2	-	1	-	45	20	26	11	10	1
	6%	11%	-	5%	5%	12% ^{cd}	4%	6%	5%	5%	5%	-	24%	-	6%	4%	7%	6%	6%	4%
Weight loss supplement (Please state)	30	1	-	21	7	-	-	25	4	-	1	3	-	-	25	17	7	5	3	2
	3%	13%	-	4%	3%	-	-	3%	5%	-	2%	17%	-	-	3%	4%	2%	3%	2%	7%
Sports performance enhancer (Please state)	13	-	-	8	4	1	-	11	1	-	-	-	-	1	13	8	5	-	-	-
	1%	-	-	1%	1%	1%	-	1%	2%	-	-	-	-	61%	2%	2%	1%	-	-	-
Other(s) (Please state)	49	-	-	25	15	5	1	47	2	-	2	-	-	-	36	22	14	13	12	1
	5%	-	-	4%	6%	5%	9%	5%	3%	-	6%	-	-	-	4%	5%	4%	7%	7%	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 27

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Mean no. of supplements	5.36	4.96	8.20	5.11	5.59	6.00c	4.31	5.40	5.10	5.97	4.88	4.20	6.95	6.21	5.34	5.28	5.41	5.46	5.26	6.62
Standard deviation	3.32	2.92	4.79	3.23	3.24	3.67	3.63	3.33	3.22	3.20	3.07	3.23	4.26	1.33	3.35	3.17	3.56	3.19	3.12	3.42
Standard error	0.11	1.03	2.40	0.14	0.20	0.35	0.77	0.11	0.37	0.86	0.48	0.83	1.90	0.94	0.12	0.15	0.19	0.23	0.24	0.68
Median no. of reasons	4.2	2.8	6.1	3.9	4.6	4.8	3.1	4.2	4.2	5.1	4.0	2.4	5.1	5.4	4.2	4.3	4.1	4.2	3.9	6.1

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 28

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Multivitamins	630	394	308	86	236	25	39	35	89	47	420	209	184	182	66	111	82	47
	63%	64%h	64%h	63%	62%	75%h	76%dgh	55%	54%	67%	61%	67%	66%	69%	64%	68%	67%	77%j
Vitamin C	589	371	278	93	218	21	26	40	90	40	403	184	165	163	59	97	74	42
	59%	60%	58%	68%bdfh	57%	63%	50%	64%	55%	57%	59%	59%	59%	62%	58%	60%	61%	69%
Fish oils	584	342	271	72	242	16	26	41	124	34	426	158	141	138	48	84	69	28
	58%	55%	56%	52%	63%aci	49%	51%	65%	75%abcdefi	48%	62%klmnoq	51%	51%	52%	47%	51%	57%	46%
Vitamin D	474	293	222	71	182	15	23	36	74	32	325	148	138	122	54	75	65	23
	47%	47%	46%	52%	47%	46%	45%	58%	45%	46%	47%	48%	50%	46%	52%	46%	53%	37%
Iron	409	258	187	71	150	16	24	22	48	40	254	153	139	133	53	83	59	32
	41%	42%h	39%h	52%abdg	39%h	47%	47%h	36%	29%	56%abdg	37%	49%j	50%j	50%j	51%j	51%j	48%j	52%j
Vitamin B	327	209	160	48	119	14	14	23	47	21	231	95	87	79	30	50	39	19
	33%	34%	33%	35%	31%	43%	27%	37%	29%	29%	34%	31%	31%	30%	29%	31%	32%	32%
Calcium	269	159	124	35	110	7	9	21	52	21	186	83	75	68	30	46	27	12
	27%	26%	26%	26%	29%	21%	17%	34%	31%fi	30%	27%	27%	27%	26%	29%	28%	22%	20%
Folic acid	250	150	98	52	100	10	16	11	24	39	116	134	122	114	53	79	46	25
	25%	24%h	20%	38%abdg	26%h	30%h	30%h	18%	15%	56%abcdefgh	17%	43%j	44%j	43%j	51%j	49%j	38%j	41%j
Garlic	242	131	105	26	111	9	7	23	56	16	189	52	47	44	18	27	23	13
	24%	21%	22%	19%	29%abc	27%	13%	37%abc	34%abc	23%	28%klmno	17%	17%	16%	17%	17%	18%	22%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 28

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Glucosamine	240	105	75	31	134	4	7	28	82	13	204	35	31	30	12	17	13	4
	24%	17%	16%	22%	35%abc	13%	13%	44%abc	50%abc	19%	30%klm	11%	11%	11%	11%	11%	11%	6%
Vitamin E	214	141	115	26	73	10	8	18	24	14	145	68	62	54	28	33	29	14
	21%	23%h	24%h	19%	19%	29%	15%	29%h	14%	20%	21%	22%	22%	20%	27%	20%	23%	23%
Magnesium	193	119	92	27	73	5	9	14	32	14	129	63	59	54	20	34	27	11
	19%	19%	19%	20%	19%	15%	17%	23%	19%	19%	19%	20%	21%	20%	19%	21%	22%	18%
Vitamin A	164	122	101	21	42	1	4	10	15	11	95	67	62	58	21	40	25	10
	16%	20%def	21%def	15%	11%	4%	8%	15%	9%	15%	14%	22%j	22%j	22%j	20%	25%j	20%	16%
Protein	160	134	117	17	26	8	10	2	1	5	100	59	57	53	21	37	24	10
	16%	22%cdg	24%cdg	12%cdg	7%h	25%dgh	20%dghi	3%	1%	6%h	15%	19%	20%j	20%	21%	23%j	20%	16%
Caffeine	119	92	81	11	27	4	8	1	6	8	78	40	38	34	18	25	14	7
	12%	15%cdg	17%cdg	8%	7%	12%g	15%dgh	2%	4%	11%gh	11%	13%	14%	13%	17%	16%	12%	11%
Ginseng	111	71	57	14	40	5	2	10	14	9	80	31	28	29	7	20	18	5
	11%	12%	12%	10%	10%	14%	5%	16%	8%	13%	12%	10%	10%	11%	6%	12%	15%	8%
Ginkgo Biloba	93	58	49	10	34	3	1	9	16	6	66	26	24	22	10	16	12	3
	9%	9%	10%	7%	9%	8%	2%	14%f	10%	8%	10%	9%	9%	8%	10%	10%	9%	4%
Peppermint oil	80	55	41	14	25	2	2	4	10	7	51	28	26	21	13	15	7	5
	8%	9%	9%	10%	7%	6%	4%	6%	6%	10%	7%	9%	9%	8%	13%	9%	6%	8%
Amino acids	64	47	41	6	17	4	8	1	1	4	41	22	21	20	9	15	8	2
	6%	8%h	9%dh	4%h	4%h	11%gh	16%acd	1%	*	5%h	6%	7%	8%	8%	9%	9%	6%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 28

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Eye health supplements	57 6%	30 5%	25 5%	5 3%	27 7%	1 2%	2 4%	5 7%	19 11%abc	1 1%	42 6%	15 5%	14 5%	14 5%	5 5%	7 4%	8 6%	3 4%
Weight loss supplement (Please state)	30 3%	22 4%	17 4%	4 3%	8 2%	1 3%	1 1%	1 2%	2 1%	3 5%	14 2%	13 5%j	15 5%j	2 6%j	9 2%	6 6%j	5 5%	5 8%j
Sports performance enhancer (Please state)	13 1%	10 2%	6 1%	3 2%h	3 1%	1 4%h	2 3%h	-	-	-	13 2%klm	-	-	-	-	-	-	-
Other(s) (Please state)	49 5%	22 4%	17 3%	5 4%	27 7%ab	2 7%	2 4%	5 9%	14 8%ab	3 5%	38 6%	11 4%	10 4%	10 4%	5 5%	5 3%	4 4%	2 4%
Mean no. of supplements	5.36	5.41	5.40	5.44	5.29	5.55	4.85	5.75	5.11	5.50	5.31	5.47	5.54	5.48	5.63	5.69	5.56	5.26
Standard deviation	3.32	3.39	3.45	3.20	3.19	3.08	3.31	3.40	3.01	3.37	3.33	3.29	3.32	3.27	3.34	3.33	3.33	2.93
Standard error	0.11	0.14	0.17	0.24	0.16	0.51	0.41	0.45	0.23	0.37	0.13	0.19	0.20	0.21	0.33	0.27	0.31	0.38
Median no. of reasons	4.2	4.2	4.2	4.1	4.2	4.4	3.6	4.4	4.2	4.2	4.2	4.2	4.3	4.2	4.3	4.5	4.1	4.2

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 29

Q6. Which of the following supplements have you ever taken?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Multivitamins	630	158	389	274	6	108	79	21	8	49	22	87	97	82	88	66	36	37	74	149	64	107	56	9	470
	63%	61%	64%	61%	46%	75%abc	62%	58%	65%	63%	65%	69%	64%	58%	64%	64%	63%	59%	70%	66%	75%x	68%	74%	61%	62%
Vitamin C	589	150	357	261	7	89	79	21	8	50	24	81	83	78	76	66	33	42	59	139	53	100	39	6	438
	59%	58%	59%	58%	55%	61%	62%	58%	61%	65%	72%	64%	55%	56%	55%	65%	58%	66%	55%	62%	61%	64%	52%	43%	58%
Fish oils	584	142	360	271	4	85	79	28	6	45	19	68	92	76	85	66	30	40	55	134	43	100	44	7	438
	58%	55%	59%	60%	29%	59%	62%	76%a	49%	57%	58%	55%	60%	54%	62%	64%	53%	63%	51%	60%	50%	64%t	59%	46%	58%
Vitamin D	474	123	284	216	5	63	65	19	5	40	19	65	56	71	57	51	19	30	62	130	58	92	48	7	336
	47%	48%	47%	48%	34%	44%	51%	52%	43%	52%	57%lp	52%lp	37%	51%lp	42%	49%	33%	48%	58%lnp	58%x	68%x	58%x	63%x	49%	44%
Iron	409	109	245	180	5	60	53	12	6	35	16	56	62	53	54	38	22	31	43	106	43	79	37	4	293
	41%	42%	40%	40%	40%	42%	41%	31%	50%	45%	47%	44%	41%	38%	39%	37%	39%	48%	41%	47%x	51%x	50%x	50%	27%	39%
Vitamin B	327	94	184	141	3	39	46	15	4	28	13	53	43	37	41	36	15	27	35	85	33	67	23	6	235
	33%	37%	30%	31%	24%	27%	36%	40%	29%	36%	40%	42%lmn	28%	26%	29%	35%	26%	42%lm	33%	38%	39%	43%x	31%	41%	31%
Calcium	269	64	158	119	8	32	45	15	2	29	11	35	35	39	40	22	16	11	35	64	24	48	20	4	204
	27%	25%	26%	26%	58%	22%	35%abe	40%e	14%	37%abe	33%	28%	23%	28%	29%	21%	28%	18%	33%	29%	28%	31%	27%	28%	27%
Folic acid	250	49	167	128	1	38	35	11	4	20	8	32	34	37	33	28	21	14	31	66	28	49	29	4	181
	25%	19%	27%a	28%a	8%	26%	27%	30%	30%	26%	24%	26%	22%	27%	24%	27%	36%	22%	29%	30%	33%	31%	38%x	25%	24%
Garlic	242	63	138	105	3	30	39	11	1	27	10	46	38	30	28	27	15	11	23	74	24	53	24	4	161
	24%	25%	23%	23%	21%	21%	31%	30%	9%	34%bce	29%	36%lmn	25%	21%	20%	26%	27%	18%	21%	33%x	28%	34%x	32%x	26%	21%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 29

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Glucosamine	240	40	148	117	3	29	50	14	2	34	6	40	40	38	30	25	18	9	12	73	18	62	26	3	164
	24%	15%	24%a	26%a	22%	20%	39%abc	39%ae	15%	14%	2%	17%	17%	18%	17%	15%	12%	11%	33%tx	21%	39%tx	34%x	20%	22%	
Vitamin E	214	54	132	102	4	26	26	7	1	18	12	23	23	26	25	27	9	18	34	50	16	35	19	4	159
	21%	21%	22%	23%	29%	18%	21%	19%	9%	23%	35%kl	18%	15%	19%	18%	27%l	15%	28%	32%klm	22%	18%	22%	26%	27%	21%
Magnesium	193	49	116	83	5	28	27	3	4	19	6	28	21	25	21	23	15	11	27	47	17	35	23	2	144
	19%	19%	19%	18%	36%	20%	21%	9%	33%	25%	18%	22%	14%	18%	15%	22%	26%l	17%	25%l	21%	20%	22%	31%x	17%	19%
Vitamin A	164	48	100	71	6	23	14	5	*	8	5	14	23	22	23	15	5	17	24	33	14	26	8	1	128
	16%	19%	16%	16%	43%	16%	11%	15%	3%	11%	14%	11%	15%	15%	17%	15%	10%	26%kp	22%k	15%	16%	16%	10%	7%	17%
Protein	160	59	96	57	3	36	5	-	1	4	6	15	15	20	20	19	8	19	23	26	16	15	7	1	132
	16%	23%bcf	16%fgi	13%fgi	23%	25%bcfg	4%	-	11%	5%	17%	12%	10%	14%	15%	19%	15%	30%klm	22%l	12%	19%u	9%	9%	6%	17%u
Caffeine	119	45	66	38	1	27	8	2	2	4	6	18	18	15	10	5	11	18	33	20	24%ux	21	10	1	80
	12%	18%bcf	11%	8%	11%	19%bcfg	6%	4%	15%	6%	17%	14%	12%	11%	7%	10%	8%	17%	17%n	15%	24%ux	13%	13%	7%	11%
Ginseng	111	33	64	49	2	13	13	2	2	9	5	13	14	12	20	15	5	8	12	25	11	21	3	-	81
	11%	13%	11%	11%	16%	9%	10%	7%	15%	11%	14%	11%	9%	9%	15%	15%	9%	13%	11%	11%	13%	13%	5%	-	11%
Ginkgo Biloba	93	28	57	40	1	15	9	3	2	4	4	11	16	3	14	6	3	4	18	15	4	11	2	-	72
	9%	11%	9%	9%	8%	11%	7%	7%	15%	5%	13% ^m	9% ^m	10% ^m	2%	10% ^m	6%	5%	7%	17% ^{mo}	7%	5%	7%	3%	-	10%
Peppermint oil	80	22	47	38	-	9	11	2	2	7	3	12	16	11	10	9	4	5	5	27	12	19	9	3	51
	8%	9%	8%	8%	-	6%	8%	5%	16%	9%	8%	9%	11%	8%	7%	8%	6%	8%	5%	12% ^x	14% ^x	12% ^x	12%	17%	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 29

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Amino acids	64 6%	29 11% i	32 bcfg 5%	20 5%	-	12 8%f	3 2%	-	* 3%	2 3%	2 7%	9 7%	10 7%	7 5%	9 7%	3 3%	2 4%	9 13% o	6 6%	17 7%	10 11% x	9 6%	8 10%	-	44 6%
Eye health supplements	57 6%	15 6%	34 6%	29 6%	2 14%	3 2%	8 6%	4 12% e	1 7%	3 4%	2 5%	8 7%	12 8%	6 4%	5 3%	6 6%	5 9%	4 6%	5 5%	16 7%	3 4%	14 9%	7 9%	1 5%	40 5%
Weight loss supplement (Please state)	30 3%	10 4%	16 3%	11 2%	4 27%	2 1%	3 3%	-	-	3 4%	-	2 2%	8 5% m	1 1%	8 6% m	1 1%	1 2%	2 3%	3 3%	8 4%	5 6%	7 4%	4 5%	-	21 3%
Sports performance enhancer (Please state)	13 1%	5 2%	7 1%	5 1%	-	2 2%	-	-	-	-	1 3%	2 1%	1 1%	3 2%	* 1%	1 -	-	3 4%	2 2%	2 1%	-	2 1%	-	-	10 1%
Other(s) (Please state)	49 5%	13 5%	27 4%	22 5%	-	5 3%	9 7%	3 7%	-	6 8%	-	10 8%	10 7%	5 4%	8 6%	6 6%	3 5%	2 3%	3 3%	15 7%	3 3%	10 6%	8 10% x	2 12%	31 4%
Mean no. of supplements	5.36	5.45	5.29	5.27	5.45	5.35	5.54	5.38	4.92	5.72	5.95	5.79	5.06	4.99	5.12	5.49	5.08	5.74	5.70	5.94x	6.05x	6.22x	6.02x	4.66	5.19
Standard deviation	3.32	3.62	3.21	3.21	3.13	3.27	3.19	3.16	2.98	3.26	3.30	3.36	3.36	3.16	3.31	3.17	3.30	3.98	3.31	3.25	3.24	3.18	3.33	3.67	3.31
Standard error	0.11	0.23	0.13	0.15	0.94	0.28	0.27	0.51	0.77	0.35	0.53	0.29	0.26	0.27	0.28	0.33	0.43	0.52	0.35	0.21	0.33	0.24	0.38	0.92	0.12
Median no. of reasons	4.2	4.2	4.1	4.1	4.8	4.3	4.5	4.5	3.9	4.5	5.2	4.5	4.0	4.1	3.7	4.3	3.8	4.5	4.4	5.1	5.3	5.4	5.6	3.3	4.0

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 30

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Multivitamins	630 63%	7 42%	48 69%	11 69%	3 71%	144 69%	291 62%	90 73% ^f	382 65%	79 77% ^{fh}	166 69%	69 77% ^{fh}	18 54%
Vitamin C	589 59%	11 61%	43 61%	5 28%	1 33%	134 64%	291 62%	69 56%	345 59%	64 62%	154 65%	61 67%	17 52%
Fish oils	584 58%	3 15%	34 49%	6 38%	1 33%	116 56%	291 62% ^{bik}	69 56%	375 64% ^{bik}	45 44%	143 60% ^{ik}	42 46%	17 52%
Vitamin D	474 47%	9 53%	26 37%	12 71%	4 89%	104 50%	221 47%	68 56% ^{bh}	261 44%	67 65% ^{befh}	144 60% ^{befh}	58 64% ^{befh}	11 33%
Iron	409 41%	6 35%	45 65% ^{efghj}	8 51%	4 100%	102 49%	195 42%	57 46%	237 40%	60 58% ^{fh}	114 48%	49 55% ^{fh}	9 27%
Vitamin B	327 33%	10 58%	30 43%	3 17%	1 33%	70 33%	158 34%	45 36%	185 31%	42 41%	89 37%	41 45% ^{fh}	12 36%
Calcium	269 27%	4 25%	13 18%	4 26%	1 14%	55 26%	129 27%	35 28%	156 26%	34 33% ^b	73 31% ^b	25 28%	10 30%
Folic acid	250 25%	3 15%	27 38% ^{fh}	14 84%	4 100%	67 32% ^{fh}	94 20%	39 32% ^{fh}	134 23%	37 36% ^{fh}	74 31% ^{fh}	32 35% ^{fh}	6 19%
Garlic	242 24%	3 19%	18 25%	1 4%	1 14%	44 21%	117 25%	31 26%	139 24%	25 24%	71 30% ^e	19 21%	8 24%
Glucosamine	240 24%	4 25%	10 15%	2 13%	1 14%	50 24%	112 24%	39 32% ^b	148 25%	23 22%	87 37% ^{befhik}	19 21%	7 21%
Vitamin E	214 21%	7 40%	14 20%	- -	1 33%	49 23%	107 23%	21 17%	127 22%	24 24%	52 22%	19 21%	9 26%
Magnesium	193 19%	2 10%	15 21%	5 28%	1 25%	41 19%	90 19%	27 22%	111 19%	25 24%	51 21%	19 21%	10 29%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 30

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Vitamin A	164 16%	3 16%	10 15%	3 19%	-	32 15%	87 19%	20 17%	103 17%	17 16%	34 14%	14 15%	9 28%
Protein	160 16%	5 28%	16 22%j	1 9%	-	45 21%j	91 19%j	19 15%j	101 17%j	19 19%j	17 7%	16 18%j	5 14%
Caffeine	119 12%	2 13%	12 17%	1 9%	1 14%	35 17%h	63 13%	17 14%	63 11%	19 19%hj	25 11%	20 22%fhj	3 9%
Ginseng	111 11%	6 31%	11 16%	3 16%	-	37 18%fh	47 10%	13 11%	63 11%	11 10%	31 13%	14 16%	7 21%
Ginkgo Biloba	93 9%	2 10%	7 10%	1 9%	-	16 8%	47 10%	9 7%	52 9%	9 9%	20 9%	7 7%	7 22%
Peppermint oil	80 8%	1 7%	11 16%fh	1 7%	-	19 9%	33 7%	11 9%	37 6%	14 13%fh	34 14%fh	15 17%fh	1 2%
Amino acids	64 6%	3 19%	6 9%	-	-	12 6%	28 6%	6 5%	38 6%	6 5%	11 5%	8 9%	3 10%
Eye health supplements	57 6%	3 18%	3 4%	-	-	13 6%	32 7%	6 4%	32 5%	6 6%	17 7%	4 4%	6 19%
Weight loss supplement (Please state)	30 3%	-	1 1%	-	-	20 9%bfhj	11 2%	8 7%fh	13 2%	6 6%fh	9 4%	8 9%fh	-
Sports performance enhancer (Please state)	13 1%	2 9%	1 2%	-	-	3 2%	11 2%	-	12 2%	-	2 1%	-	-
Other(s) (Please state)	49 5%	-	6 8%	-	-	13 6%	22 5%	12 10%fh	30 5%	5 5%	23 10%fh	4 4%	1 2%
Mean no. of supplements	5.36	5.49	5.81	4.97	5.69	5.82	5.48	5.78	5.34	6.18h	6.03fh	6.25fh	5.29
Standard deviation	3.32	2.66	3.37	3.16	3.87	3.24	3.16	3.41	3.29	3.41	3.39	3.26	4.51
Standard error	0.11	0.69	0.39	0.79	1.73	0.23	0.15	0.30	0.14	0.32	0.21	0.32	0.78

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 30

Q6. Which of the following supplements have you ever taken?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Median no. of reasons	4.2	5.6	4.4	3.4	3.5	4.7	4.4	4.7	4.2	5.3	5.0	5.5	3.3

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 31

Q7. Which of the following supplements do you currently take?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Multivitamins	413	188	225	31	90	85	88	54	65	115	119	86	93	30	16	44	34	28	30	22	41	59	53	41	15	61	210
	41%	40%	42%	34%	48% ^{di}	49% ^{di}	51% ^{dhi}	38%	28%	40%	44%	40%	41%	43%	42%	38%	41%	32%	44%	44%	43%	37%	44%	46%	55%	42%	45%
Fish oils	350	187	163	23	46	40	57	58	125	93	116	74	66	20	13	37	31	26	22	25	37	56	39	34	10	35	154
	35%	40% ^b	31%	26%	25%	23%	33%	40% ^{def}	54% ^{def}	32%	43% ^{jm}	35%	29%	30%	33%	32%	38%	30%	32%	50% ^{npr}	38%	35%	33%	38%	35%	24%	33%
Vitamin D	294	112	182	20	60	49	37	46	83	94	78	56	66	23	6	30	19	29	20	9	23	51	38	31	14	36	127
	29%	24%	34% ^a	21%	32% ^g	28%	21%	32% ^g	36% ^{dg}	33%	29%	26%	29%	34%	16%	27%	23%	33%	20%	19%	24%	32%	32%	34% ^o	49%	25%	27%
Vitamin C	241	127	114	32	39	61	33	33	43	75	59	51	56	22	10	29	26	22	9	14	23	43	23	16	4	35	135
	24%	27%	21%	35% ^{egh}	21%	35% ^{egh}	19%	23%	18%	26%	22%	24%	24%	31% ^s	25%	26%	32% ^{sw}	26%	13%	29% ^s	24%	27% ^s	19%	18%	14%	24%	29%
Iron	130	39	90	13	29	27	27	15	18	36	30	35	29	10	4	12	13	9	9	6	16	23	10	14	4	23	58
	13%	8%	17% ^a	14%	16% ⁱ	16% ⁱ	16% ⁱ	11%	8%	12%	11%	16%	13%	14%	10%	16%	11%	11%	13%	13%	16%	14%	8%	16%	16%	16%	12%
Vitamin B	124	53	72	11	26	24	18	22	25	41	27	21	35	12	3	14	6	9	5	9	12	23	13	12	7	14	60
	12%	11%	14%	12%	14%	14%	10%	15%	11%	14%	10%	10%	16%	17%	7%	13%	7%	11%	7%	17%	12%	15%	11%	14%	25%	10%	13%
Glucosamine	101	46	56	1	9	4	14	20	54	37	33	14	18	10	1	8	6	5	8	6	13	14	14	11	4	9	32
	10%	10%	11%	1%	5%	2%	8% ^{df}	14% ^{def}	23% ^{def}	13% ^l	12%	7%	8%	14% ^o	2%	7%	8%	6%	12%	13%	14%	9%	12%	13%	15%	6%	7%
Calcium	95	31	64	4	19	15	14	16	28	31	26	20	18	9	15	9	4	6	5	4	14	10	16	3	9	44	
	9%	7%	12% ^a	4%	10%	9%	8%	11%	12% ^d	11%	10%	9%	8%	12% ^u	4%	13% ^{ru}	11%	4%	9%	9%	4%	9%	8%	18% ^{oruv}	9%	6%	9%
Garlic	90	62	28	2	10	6	13	19	41	22	23	21	23	6	2	5	9	13	10	6	2	14	13	4	6	8	32
	9%	13% ^b	5%	2%	5%	3%	8%	13% ^{def}	18% ^{defg}	8%	9%	10%	10%	8%	5%	5%	11% ^u	15% ^{pux}	15% ^{pux}	13% ^u	2%	9% ^u	11% ^u	4%	21%	6%	7%
Magnesium	83	28	55	2	16	15	14	13	23	27	21	17	19	9	3	2	6	13	4	6	11	11	7	9	3	7	45
	8%	6%	10% ^a	3%	9%	9%	8%	9%	10% ^d	9%	8%	8%	8%	12% ^p	8%	2%	7%	15% ^{pw}	6%	12% ^p	11% ^p	7%	5%	10% ^p	11%	5%	10%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 31

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Protein	72 7%	54 12%b	18 3%	16 18%ghi	29 16%ghi	16 9%hi	8 4%i	2 2%	1 *	29 10%am	19 7%	15 7%	9 4%	4 6%	4 11%u	11 9%u	4 5%	7 8%	6 8%	3 7%	2 2%	21 13%ux	7 6%	2 3%	1 4%	7 5%	55 12%A
Folic acid	55 6%	16 3%	39 7%a	5 5%	14 8%	11 7%	9 5%	8 5%	8 3%	16 5%	12 5%	17 8%	11 5%	5 8%p	2 4%	1 1%	4 5%	8 9%pt	2 4%	-	4 4%	9 6%	10 8%pt	8 9%pt	1 5%	9 6%	28 6%
Vitamin E	51 5%	26 6%	25 5%	4 4%	14 7%	9 5%	9 5%	6 4%	10 4%	22 8%l	12 4%	7 3%	11 5%	2 2%	3 7%	2 2%	4 5%	5 6%	1 2%	4 8%	2 2%	14 9%p	9 7%	4 4%	2 7%	6 4%	33 7%
Vitamin A	44 4%	24 5%	20 4%	6 7%	15 8%	5 3%	6 3%	4 3%	7 3%	17 6%k	6 2%	10 5%	11 5%	3 5%	2 5%	5 4%	3 4%	5 6%	-	3 6%	4 5%	10 7% s	6 5%	2 3%	-	6 4%	25 5%
Caffeine	29 3%	20 4%b	9 2%	7 7%ghi	10 6%i	6 4%i	3 2%	2 2%	1 *	10 3%	9 3%	5 2%	5 2%	4 6%	2 4%	2 2%	3 4%	1 1%	1 1%	1 1%	2 2%	7 4%	5 5%	2 2%	-	4 3%	20 4%
Eye health supplements	24 2%	10 2%	13 2%	* 1%	2 1%	3 2%	-	4 3%g	14 6%deg	7 3%	6 2%	6 3%	4 2%	4 5%	* 1%	2 2%	1 1%	2 2%	1 2%	-	2 2%	4 2%	4 3%	1 2%	2 5%	1 1%	9 2%
Ginseng	18 2%	9 2%	9 2%	-	8 4%i	3 2%	3 2%	3 2%	2 1%	5 2%	4 2%	2 1%	7 3%	-	* 1%	1 1%	4 5%w	2 2%	-	1 1%	5 5%wx	4 3%	-	-	1 5%	2 2%	13 3%
Ginkgo Biloba	17 2%	9 2%	8 2%	-	4 2%	2 1%	3 2%	3 2%	4 2%	6 2%	2 1%	4 2%	5 2%	1 1%	1 2%	-	2 2%	2 2%	2 3%	2 3%	-	6 4%	2 2%	1 1%	-	3 2%	10 2%
Amino acids	16 2%	13 3%b	4 1%	3 4%fi	8 4%fi	-	4 2%i	1 1%	-	7 2%	3 1%	5 2%	2 1%	1 1%	2 4%	2 2%	-	4 4%	3 4%	-	2 2%	2 1%	2 1%	-	-	2 2%	12 2%
Peppermint oil	12 1%	5 1%	7 1%	3 3%	1 1%	3 2%	2 1%	2 1%	2 1%	4 1%	3 1%	4 2%	2 1%	-	-	2 2%	1 1%	1 1%	1 1%	1 2%	1 1%	1 1%	3 2%	* 1%	-	1 1%	6 1%
Weight loss supplement (Please state)	14 1%	4 1%	10 2%	2 2%i	3 2%	5 3%i	4 2%i	1 *	-	2 1%	8 3%j	2 1%	3 1%	-	-	4 3%	-	1 1%	-	-	1 1%	5 3%	1 1%	3 3%	-	7 4%B	6 1%
Sports performance enhancer (Please state)	10 1%	9 2%b	1 *	2 2%i	4 2%i	-	2 1%	3 2%	-	3 1%	2 1%	2 1%	3 1%	2 3%	1 2%	-	-	2 2%	2 2%	-	-	2 1%	2 2%	-	-	2 1%	7 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 31

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
Other(s) (Please state)	41	13	29	5	4	4	3	9	16	15	15	2	10	2	-	5	4	4	2	4	4	3	3	7	4	3	16
	4%	3%	5%	5%	2%	2%	2%	6%	7%efg	5%l	5%l	1%	5%l	3%	-	5%	4%	5%	3%	8%	4%	2%	2%	8%v	14%	2%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 32

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Multivitamins	413	3	2	233	113	47	8	374	35	7	19	7	1	1	335	184	151	78	64	14
	41%	33%	64%	41%	40%	41%	50%	41%	41%	48%	43%	36%	15%	61%	42%	41%	42%	40%	38%	50%
Fish oils	350	3	3	215	84	31	4	325	22	3	9	5	2	2	275	153	122	75	66	9
	35%	39%	85%	38%de	30%	27%	29%	36%	25%	23%	21%	26%	34%	100%	34%	34%	34%	39%	40%	31%
Vitamin D	294	2	2	161	92	29	4	261	33	8	14	8	2	1	228	125	103	66	54	12
	29%	26%	63%	28%	33%	26%	24%	29%	38%	53%	31%	42%	41%	39%	28%	28%	29%	34%	33%	41%
Vitamin C	241	3	2	128	67	37	3	219	22	3	13	3	2	1	202	128	74	39	34	5
	24%	33%	48%	23%	24%	32%	19%	24%	26%	17%	30%	16%	40%	39%	25%	28%pq	21%	20%	20%	18%
Iron	130	2	1	64	35	24	2	119	11	4	5	2	-	-	98	61	38	31	27	5
	13%	28%	15%	11%	12%	21%c	16%	13%	13%	28%	10%	12%	-	-	12%	14%	11%	16%	16%	16%
Vitamin B	124	2	2	69	28	18	1	112	13	4	7	2	-	-	109	59	50	16	16	-
	12%	28%	63%	12%	10%	16%	9%	12%	15%	25%	16%	12%	-	-	13%	13%	14%	8%	9%	-
Glucosamine	101	-	-	71	25	6	-	99	3	1	1	1	-	-	70	33	37	32	26	6
	10%	-	-	13%e	9%	5%	-	11%h	3%	5%	3%	3%	-	-	9%	7%	10%	16%no	16%no	20%
Calcium	95	1	-	47	29	17	-	82	13	2	10	1	-	-	76	41	34	19	18	1
	9%	11%	-	8%	10%	15%c	-	9%	15%	14%	22%g	6%	-	-	9%	9%	10%	10%	11%	4%
Garlic	90	2	2	55	19	8	1	86	4	2	1	1	-	-	67	41	26	22	19	4
	9%	21%	48%	10%	7%	7%	4%	9%	4%	11%	2%	6%	-	-	8%	9%	7%	12%	11%	14%
Magnesium	83	-	-	47	16	18	2	78	5	1	2	1	1	-	65	32	33	18	17	1
	8%	-	-	8%	6%	15%cd	14%	9%	6%	4%	5%	6%	21%	-	8%	7%	9%	9%	10%	4%
Protein	72	1	-	29	31	9	1	60	12	1	7	1	1	1	67	41	26	5	5	-
	7%	10%	-	5%	11%c	8%	8%	7%	14%g	7%	16%g	6%	21%	61%	8%qr	9%qr	7%q	2%	3%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 32

Q7. Which of the following supplements do you currently take?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
Folic acid	55 6%	2 24%	-	27 5%	12 4%	13 12%cd	-	51 6%	4 5%	-	-	2 13%	2 26%	-	44 6%	18 4%	26 7%	11 6%	9 6%	1 5%
Vitamin E	51 5%	1 10%	2 48%	28 5%d	4 1%	14 13%cd	1 5%	47 5%	4 5%	1 6%	2 5%	1 3%	-	-	48 6%q	30 7%qr	18 5%	3 2%	3 2%	-
Vitamin A	44 4%	-	-	20 4%	10 4%	13 12%cd	1 5%	40 4%	4 5%	-	2 6%	2 9%	-	-	43 5%qr	24 5%qr	20 6%qr	* *	* *	-
Caffeine	29 3%	-	-	15 3%	11 4%	3 3%	-	27 3%	2 3%	-	1 3%	1 6%	-	-	27 3%	17 4%	10 3%	2 1%	2 1%	-
Eye health supplements	24 2%	-	-	12 2%	8 3%	3 3%	-	22 2%	1 2%	-	1 3%	-	-	-	16 2%	7 2%	9 3%	7 4%	6 4%	1 4%
Ginseng	18 2%	-	-	5 1%	5 2%	8 7%cd	-	16 2%	2 3%	-	1 2%	1 3%	1 15%	-	15 2%	6 1%	8 2%	4 2%	4 2%	-
Ginkgo Biloba	17 2%	-	-	8 2%	4 1%	5 4%	-	16 2%	2 2%	1 6%	-	1 3%	-	-	17 2%	11 3%	6 2%	1 *	-	1 2%
Amino acids	16 2%	-	-	6 1%	3 1%	4 4%	1 9%	16 2%	1 1%	1 6%	-	-	-	-	16 2%	6 1%	11 3%qr	-	-	-
Peppermint oil	12 1%	-	-	3 1%	5 2%	4 4%c	-	11 1%	1 1%	-	1 3%	-	-	-	9 1%	4 1%	5 1%	3 2%	3 2%	-
Weight loss supplement (Please state)	14 1%	-	-	12 2%	2 1%	-	-	11 1%	3 4%	-	-	3 17%	-	-	12 2%	9 2%	3 1%	2 1%	2 1%	-
Sports performance enhancer (Please state)	10 1%	-	-	6 1%	3 1%	1 1%	-	9 1%	1 2%	-	-	-	-	1 61%	10 1%	6 1%	5 1%	-	-	-
Other(s) (Please state)	41 4%	-	-	23 4%	12 4%	4 3%	1 9%	39 4%	2 3%	-	2 6%	-	-	-	30 4%	19 4%	11 3%	11 6%	11 7%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 33

Q7. Which of the following supplements do you currently take?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired pri-vate pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Multivitamins	413	271	216	55	142	16	28	16	47	35	260	151	131	134	47	79	59	35
	41%	44%dgh	45%dgh	40%gh	37%	49%gh	54%dgh	25%	28%	50%dgh	38%	49%j	47%j	50%j	45%	48%j	48%	58%j
Fish oils	350	189	149	40	161	9	10	32	93	17	272	77	70	68	16	40	39	12
	35%	31%	31%	29%	42%abc	26%	20%	52%abc	56%abc	24%	40%klm	25%	25%	25%	15%	25%	32%n	20%
					fi			efi	defi		noq							
Vitamin D	294	163	119	45	131	12	17	28	53	20	210	83	79	68	29	42	40	15
	29%	26%	25%	33%	34%ab	36%	33%	45%ab	32%	29%	31%	27%	28%	26%	28%	26%	33%	24%
Vitamin C	241	169	128	41	71	3	12	15	23	17	149	91	83	80	25	51	34	14
	24%	27%deh	27%deh	30%deh	19%	10%	24%	24%	14%	24%	22%	29%j	30%j	30%j	24%	31%j	28%	23%
Iron	130	81	57	25	48	8	11	7	9	13	78	52	47	46	17	29	20	11
	13%	13%h	12%h	18%h	13%h	24%h	22%bh	11%	5%	19%h	11%	17%j	17%j	17%j	16%	18%j	16%	17%
Vitamin B	124	75	55	20	50	6	7	13	13	10	89	35	34	28	12	20	14	5
	12%	12%	11%	14%	13%	18%	14%	21%bh	8%	14%	13%	11%	12%	10%	12%	12%	12%	7%
Glucosamine	101	41	32	9	60	2	-	12	41	5	91	10	8	7	5	4	1	2
	10%	7%f	7%f	7%f	16%abcf	6%	-	20%abc	25%abcd	7%f	13%klmn	3%	3%	3%	5%	2%	1%	3%
					fi			efi	opq		opq							
Calcium	95	52	41	11	43	1	2	8	22	9	64	31	30	26	9	20	10	3
	9%	8%	9%	8%	11%	4%	5%	12%	13%	13%	9%	10%	11%	10%	9%	12%	8%	6%
Garlic	90	41	30	11	49	2	1	13	26	7	74	15	14	12	5	8	6	3
	9%	7%	6%	8%	13%abf	7%	2%	21%abc	16%abc	10%	11%klmo	5%	5%	5%	5%	5%	5%	5%
								f	f									
Magnesium	83	52	38	14	31	3	4	10	11	3	57	26	24	25	5	18	9	4
	8%	8%	8%	10%	8%	9%	8%	16%hi	7%	4%	8%	8%	9%	9%	5%	11%	8%	6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 33

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not working (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pension only (g)	Ret-ired pri-vate pension (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Protein	72 7%	62 10%cdg hi	57 12%cdgh j	6 4%h	10 2%h	3 8%gh	5 10%dghi	-	-	2 2%	50 7%	21 7%	20 7%	18 7%	7 7%	12 8%	9 8%	3 5%
Folic acid	55 6%	36 6%	27 6%	9 7%g	19 5%	2 6%	4 8%g	-	7 4%	6 8%g	30 4%	26 8%j	24 8%j	21 8%j	12 12%j	15 9%j	8 6%	2 4%
Vitamin E	51 5%	39 6%dh	30 6%dh	9 6%h	12 3%h	1 2%	2 3%h	5 8%h	1 *	4 5%h	32 5%	19 6%	18 6%	15 6%	8 7%	11 7%	8 7%	1 2%
Vitamin A	44 4%	31 5%h	27 6%h	4 3%	13 3%	-	1 2%	5 9%h	2 1%	4 6%h	25 4%	19 6%	18 7%	17 6%	6 6%	14 9%j	7 6%	2 3%
Caffeine	29 3%	24 4%dh	19 4%h	5 3%	6 1%	1 3%	2 3%	-	1 1%	2 3%	24 3%	6 2%	6 2%	6 2%	2 2%	5 3%	2 2%	2 3%
Eye health supplements	24 2%	10 2%	6 1%	4 3%	14 4%b	-	1 1%	3 5%b	10 6%abi	-	20 3%	3 1%	3 1%	3 1%	* *	* *	3 2%	1 1%
Ginseng	18 2%	15 2%	13 3%h	2 1%	3 1%	1 2%	1 1%	1 2%	-	1 2%	7 1%	10 3%j	10 4%j	10 4%j	2 2%	10 6%j	5 4%j	-
Ginkgo Biloba	17 2%	14 2%	10 2%	3 2%	4 1%	1 2%	-	2 3%	1 1%	-	12 2%	6 2%	5 2%	6 2%	2 2%	4 2%	4 3%	1 3%
Amino acids	16 2%	14 2%	12 2%	2 2%	2 1%	-	2 5%dh	-	-	-	12 2%	4 1%	4 1%	4 2%	2 2%	4 2%	3 3%	-
Peppermint oil	12 1%	7 1%	4 1%	4 3%	5 1%	1 2%	* 1%	-	3 2%	1 2%	7 1%	5 2%	5 2%	1 1%	3 3%o	-	1 1%	-
Weight loss supplement (Please state)	14 1%	13 2%d	11 2%d	2 2%	2 *	-	-	-	-	2 2%	6 1%	9 3%j	7 3%	9 3%j	2 2%	3 2%	4 4%j	2 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 33

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
Sports performance enhancer (Please state)	10 1%	8 1%	6 1%	2 1%	2 1%	1 4%dh	1 2%	-	-	-	10 2%k	-	-	-	-	-	-	-
Other(s) (Please state)	41 4%	19 3%	14 3%	5 4%	22 6%	2 7%	2 4%	5 9%ab	10 6%	2 2%	31 4%	10 3%	10 3%	9 3%	4 4%	4 3%	4 4%	2 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 34

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Multivitamins	413 41%	113 44%	246 40%	172 38%	5 39%	69 47%	51 40%	13 34%	5 41%	33 42%	13 39%	55 44% _m	65 43% _m	42 30%	61 45% _m	50 48% _m	25 44%	28 44%	52 48% _m	101 45%	43 51%	71 45%	40 53% _x	7 46%	303 40%
Fish oils	350 35%	77 30%	223 37%	175 39% _a	2 15%	46 32%	47 37%	16 45%	2 18%	29 37%	9 27%	38 30%	58 38%	44 31%	52 38%	35 34%	19 33%	27 42%	33 31%	80 36% _t	17 20%	59 37% _t	26 34%	2 16%	265 35% _t
Vitamin D	294 29%	75 29%	170 28%	138 31%	1 6%	31 22%	47 37% _b _e	15 41% _e	4 30%	29 37% _e	12 35%	48 38% _{lnp}	36 24%	46 33%	30 22%	26 25%	12 20%	17 26%	38 35% _n	87 39% _x	40 47% _x	61 39% _x	34 45% _x	4 27%	202 27%
Vitamin C	241 24%	64 25%	140 23%	100 22%	5 38%	35 24%	35 27%	12 33%	2 16%	21 27%	13 38% _{ln}	31 24%	30 20%	39 28%	25 18%	25 24%	14 25%	22 35% _{ln}	23 22%	49 22%	20 23%	36 23%	16 21%	- -	189 25%
Iron	130 13%	45 17% _{bc}	68 11%	46 10%	1 11%	20 14%	17 13%	6 17%	1 8%	9 12%	9 25% _{lopq}	20 16% _l	12 8%	22 16%	17 12%	10 10%	5 9%	5 7%	18 17%	35 16%	12 15%	29 18% _x	10 14%	3 20%	91 12%
Vitamin B	124 12%	35 13%	66 11%	51 11%	1 11%	14 10%	22 17%	10 27% _{abc} _e	2 18%	10 13%	8 22% _{lo}	26 21% _{lnop}	14 9%	17 12%	15 11%	5 5%	5 8%	9 15%	11 11%	34 15%	14 16%	27 17%	12 16%	1 7%	85 11%
Glucosamine	101 10%	12 5%	66 11% _a	51 11% _a	- -	15 10% _a	23 18% _{ab}	8 23% _{ab}	2 15%	13 16% _a	3 9%	17 14% _m	18 12%	8 6%	18 13%	11 11%	7 12%	3 4%	7 6%	25 11% _t	3 3%	20 13% _t	9 12% _t	1 9%	76 10% _t
Calcium	95 9%	14 6%	60 10%	50 11% _{ae}	3 24%	7 5%	20 16% _{ae}	9 24% _{abce}	- -	11 14% _{ae}	2 5%	13 11%	16 10%	14 10%	11 8%	10 9%	5 8%	5 7%	9 9%	22 10%	9 10%	17 11%	9 12%	3 17%	72 9%
Garlic	90 9%	22 9%	48 8%	37 8%	- -	12 8%	18 14% _{bc}	8 22% _{abce}	- -	10 13%	2 6%	17 13% _q	17 11% _q	13 9%	9 7%	10 9%	5 9%	1 2%	9 8%	30 14% _x	6 7%	22 14% _x	10 14%	3 20%	56 7%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 34

Q7. Which of the following supplements do you currently take?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Magnesium	83	22	47	30	4	13	14	2	3	9	3	15	10	10	7	6	7	5	12	18	6	12	13	1	63
	8%	8%	8%	7%	30%	9%	11%	7%	21%	11%	10%	12%	6%	7%	5%	6%	13%	8%	11%	8%	7%	8%	18%stux	4%	8%
Protein	72	31	40	25	2	12	1	-	1	-	3	5	9	6	8	5	3	11	14	7	5	4	2	1	64
	7%	12%bcfg	7%fi	6%fi	16%	9%fi	1%	-	11%	-	8%	4%	6%	4%	6%	5%	6%	17%klm	13%km	3%	6%	3%	3%	6%	8%su
Folic acid	55	17	30	23	1	6	9	6	-	2	3	10	9	7	4	4	5	3	9	18	7	10	7	3	37
	6%	6%	5%	5%	8%	4%	7%	17%abce	-	3%	10%	8%	6%	5%	3%	3%	9%	4%	8%	8%	8%	6%	10%	20%	5%
Vitamin E	51	17	25	20	1	4	8	5	-	4	3	6	8	8	4	3	1	4	10	9	3	6	4	-	41
	5%	7%	4%	4%	8%	3%	6%	12%bce	-	5%	10%	4%	5%	5%	3%	3%	2%	6%	9%	4%	3%	4%	6%	-	5%
Vitamin A	44	14	24	18	2	4	5	5	-	-	2	5	8	5	7	3	1	3	7	6	2	5	2	-	38
	4%	5%ai	4%	4%	18%	3%	4%	15%abce	-	-	5%	4%	5%	4%	5%	3%	2%	5%	6%	3%	2%	3%	3%	-	5%
Caffeine	29	14	14	6	*	7	1	-	-	1	1	7	2	6	1	2	1	4	4	8	6	5	3	-	19
	3%	6%bcf	2%	1%	4%	5%c	1%	-	-	2%	4%	5%n	2%	4%	1%	2%	2%	6%n	4%	4%	7%x	3%	4%	-	3%
Eye health supplements	24	1	18	17	-	1	4	3	-	1	*	4	4	2	1	1	3	2	3	10	-	8	4	-	14
	2%	1%	3%	4%a	-	1%	3%a	9%abei	-	1%	1%	3%	2%	2%	1%	1%	5%	4%	2%	4%tx	-	5%tx	5%tx	-	2%
Ginseng	18	8	8	7	-	1	1	1	-	1	1	1	1	1	4	-	1	2	4	2	1	2	1	-	16
	2%	3%	1%	2%	-	1%	1%	3%	-	1%	4%o	1%	1%	1%	3%	-	1%	4%	4%	1%	1%	1%	1%	-	2%
Gingko Biloba	17	5	8	8	-	*	5	2	1	2	1	6	1	1	4	-	-	-	4	2	1	1	*	-	13
	2%	2%	1%	2%	-	*	4%e	5%e	8%	3%	4%	5%lmo	1%	*	3%	-	-	-	4%	1%	1%	*	1%	-	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 34

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Amino acids	16 2%	6 2%	11 2%	8 2%	-	3 2%	-	-	-	-	1 4%n	2 1%	1 *	3 2%	-	-	1 1%	3 4%n	4 4%n	2 1%	1 1%	2 1%	2 2%	-	14 2%
Peppermint oil	12 1%	4 2%	5 1%	5 1%	-	-	3 2%	1 3%e	* 3%	1 1%	1 3%	2 2%	3 2%	3 2%	* *	-	-	1 2%	2 2%	4 2%	1 2%	4 3%	2 3%	1 7%	8 1%
Weight loss supplement (Please state)	14 1%	5 2%	7 1%	5 1%	3 19%	-	2 2%	-	-	2 3%	-	1 1%	3 2%	1 *	5 3%	-	-	-	2 1%	3 2%	2 3%	2 1%	-	-	11 1%
Sports performance enhancer (Please state)	10 1%	5 2%	6 1%	5 1%	-	1 1%	-	-	-	-	1 3%	2 1%	1 1%	2 2%	-	-	-	3 4%n	2 2%	1 *	-	1 1%	-	-	9 1%
Other(s) (Please state)	41 4%	12 5%	21 3%	16 4%	-	4 3%	9 7%	3 7%	-	6 8%	-	10 8%	9 6%	5 4%	6 4%	4 4%	1 1%	2 3%	2 2%	14 6%x	3 3%	9 6%	8 10%x	2 12%	24 3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 35

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Multivitamins	413	5	32	4	1	90	192	53	249	56	99	51	9
	41%	26%	46%	25%	33%	43%	41%	43%	42%	54%fhj	42%	56%efhj	28%
Fish oils	350	1	8	2	1	61	181	37	230	24	91	16	12
	35%	4%	12%	10%	14%	29%bkb	39%beik	30%bk	39%beik	23%	38%bik	18%	35%
Vitamin D	294	7	18	8	2	59	133	44	162	40	96	37	7
	29%	38%	26%	46%	57%	28%	28%	36%	28%	39%fh	40%beth	41%efh	20%
Vitamin C	241	6	17	-	1	46	119	25	131	23	53	21	11
	24%	35%	24%	-	19%	22%	25%	21%	22%	23%	22%	23%	33%
Iron	130	4	23	3	2	29	61	19	69	26	41	19	3
	13%	21%	33%efghj	18%	51%	14%	13%	16%	12%	26%efh	17%	21%fh	9%
Vitamin B	124	5	16	1	1	24	48	19	61	19	32	15	8
	12%	29%	22%efh	8%	19%	11%	10%	16%	10%	19%fh	14%	17%	23%
Glucosamine	101	1	5	1	-	23	56	11	67	6	36	5	2
	10%	4%	7%	4%	-	11%	12%	9%	11%	6%	15%ik	5%	7%
Calcium	95	1	6	1	-	19	40	13	55	12	27	8	6
	9%	4%	8%	7%	-	9%	8%	11%	9%	12%	11%	9%	17%
Garlic	90	-	9	1	-	17	43	10	56	6	25	4	3
	9%	-	12%	4%	-	8%	9%	8%	9%	5%	11%	4%	10%
Magnesium	83	-	5	1	-	20	34	14	49	7	18	5	4
	8%	-	7%	4%	-	9%	7%	11%	8%	7%	8%	6%	13%
Protein	72	4	4	-	-	15	51	4	55	4	3	5	1
	7%	24%	6%j	-	-	7%j	11%gij	3%	9%gj	4%	1%	5%j	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 35

Q7. Which of the following supplements do you currently take?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Folic acid	55 6%	1 7%	6 9%	11 65%	* 11%	13 6%	24 5%	12 9%h	20 3%	16 16%efhj	19 8%h	9 10%h	3 9%
Vitamin E	51 5%	2 10%	5 7%	- -	1 19%	8 4%	24 5%	6 5%	26 4%	6 6%	11 5%	4 4%	5 15%
Vitamin A	44 4%	3 16%	5 7%	1 6%	- -	5 3%	18 4%	5 4%	25 4%	4 4%	7 3%	2 2%	2 6%
Caffeine	29 3%	- -	3 4%	- -	- -	8 4%	17 4%	2 1%	17 3%	6 6%	8 3%	8 9%fghj	- -
Eye health supplements	24 2%	- -	* 1%	- -	- -	7 4%	11 2%	2 1%	13 2%	2 2%	9 4%	- -	3 9%
Ginseng	18 2%	- -	2 3%	- -	- -	2 1%	5 1%	2 1%	12 2%	1 1%	2 1%	1 1%	2 5%
Gingko Biloba	17 2%	- -	1 2%	- -	- -	2 1%	8 2%	2 1%	7 1%	1 1%	1 *	- -	4 12%
Amino acids	16 2%	2 9%	- -	- -	- -	4 2%	11 2%	- -	10 2%	1 1%	1 1%	- -	2 5%
Peppermint oil	12 1%	1 7%	* 1%	- -	- -	2 1%	6 1%	1 1%	6 1%	3 3%	5 2%	1 2%	1 2%
Weight loss supplement (Please state)	14 1%	- -	- -	- -	- -	12 6%fhj	8 2%	3 2%	8 1%	3 3%	2 1%	2 3%	- -
Sports performance enhancer (Please state)	10 1%	2 9%	- -	- -	- -	3 2%	10 2%	- -	10 2%	- -	1 *	- -	- -
Other(s) (Please state)	41 4%	- -	5 7%	- -	- -	12 6%	18 4%	11 9%fh	24 4%	5 5%	19 8%fh	4 4%	1 2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

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Absolutes/col percents

Table 36

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Summary table

	Total Supplem ents	Multivi tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa mine	Garlic	Ginseng	Protein	Caffein e	Folic acid	Pepperm int oil	Gingko Biloba	Magnesi um	Eye health supplem ents	Weight loss supplem ent	Sports perform ance enhance r	Other(s)
Unweighted base	1586	247	39	86	154	167	39	76	93	198	16	78	69	16	58	26	47	14	17	66	23	13	9	35
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
NET: Benefits	1052	148	23	47	113	98	18	45	58	137	15	66	45	14	49	19	26	10	12	42	15	13	9	30
	66%	60%	58%	58%	72%	58%	48%	61%	66%	69%	89%	86%	65%	87%	79%	74%	53%	75%	72%	63%	65%	87%	87%	85%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	233	51	4	19	18	29	1	1	40	3	6	-	2	10	6	18	7	-	1	7	-	3	3	3
	15%	21%	10%	23%	12%	17%	4%	1%	45%	2%	37%	-	2%	61%	9%	71%	14%	-	8%	11%	-	19%	32%	9%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	159	43	2	1	75	12	-	-	3	2	1	-	15	-	1	-	-	-	-	-	-	-	-	4
	10%	17%	6%	1%	48%	7%	-	-	3%	1%	5%	-	21%	-	2%	-	-	-	-	-	-	-	-	12%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	134	1	-	1	*	5	1	2	-	62	-	53	-	-	-	-	-	-	-	6	-	-	-	2
	8%	*	-	1%	*	3%	2%	3%	-	31%	-	69%	-	-	-	-	-	-	-	10%	-	-	-	5%
I feel well/ healthy/ better/ a sense of well being	114	42	4	9	11	7	3	7	4	11	1	2	5	1	2	1	1	*	-	2	1	-	-	1
	7%	17%	10%	10%	7%	4%	9%	9%	5%	5%	5%	3%	7%	6%	3%	4%	2%	4%	-	3%	4%	-	-	2%
My skin is in good condition/ good complexion/ repairs damaged skin	64	13	4	3	12	5	4	-	2	12	-	-	1	-	1	-	-	-	-	2	-	-	-	4
	4%	5%	10%	4%	8%	3%	12%	-	2%	6%	-	-	2%	-	2%	-	-	-	-	3%	-	-	-	12%
No side effects/ adverse effects	56	9	1	2	5	8	4	2	3	4	1	4	5	-	-	1	1	-	1	4	-	-	-	-
	4%	4%	4%	3%	3%	5%	10%	3%	3%	2%	6%	5%	8%	-	-	5%	2%	-	5%	6%	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	53	1	-	-	-	1	-	3	1	1	7	1	-	-	26	-	1	-	-	2	-	-	7	1
	3%	1%	-	-	-	1%	-	4%	1%	*	45%	1%	-	-	42%	-	3%	-	-	2%	-	-	65%	2%
Other benefits	52	2	-	3	5	3	-	2	2	2	2	-	2	-	2	-	6	5	1	5	3	1	1	5
	3%	1%	-	4%	3%	2%	-	2%	3%	1%	11%	-	3%	-	4%	-	12%	37%	5%	8%	12%	8%	9%	13%

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Absolutes/col percents

Table 36

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Summary table

	Total Supple- ments	Multivi- tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa- mine	Garlic	Ginseng	Protein	Caffein- e	Folic acid	Pepperm- int oil	Gingko Biloba	Magnesi- um	Eye health supple- ments	Weight loss supple- ment	Sports perform- ance enhance- r	Other(s)
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
Healthier bones/ I have stronger bones	50 3%	-	2 6%	-	-	11 7%	-	25 33%	1 1%	2 1%	-	2 2%	1 1%	-	-	-	1 2%	-	-	3 5%	-	-	-	2 5%
I believe I would feel worse without them/ believe they do good without noticeable effects	50 3%	6 2%	1 2%	-	2 2%	7 4%	-	1 1%	-	18 9%	-	6 7%	4 6%	-	-	-	1 2%	-	1 6%	-	2 7%	2 11%	-	-
They give me all the vitamins I need/ ensure a balanced diet	40 3%	14 6%	1 3%	-	-	11 7%	-	1 1%	1 1%	2 1%	* 3%	-	-	-	5 7%	-	-	-	-	-	1 6%	-	-	4 11%
My hair is in good condition/ shiny/ less hair loss/ good growth	33 2%	7 3%	* 1%	4 5%	-	5 3%	1 2%	1 2%	4 4%	8 4%	-	-	-	-	-	-	1 2%	-	-	1 1%	-	-	-	2 5%
My nails are in good condition/ stronger nails/ good growth	29 2%	3 1%	-	3 3%	-	6 4%	2 5%	5 7%	2 2%	6 3%	-	-	-	-	-	-	2 4%	-	-	* 1%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	26 2%	3 1%	-	-	-	1 *	-	1 1%	1 1%	9 5%	-	-	-	-	-	1 3%	-	-	5 32%	4 6%	-	-	1 6%	1 4%
I have good digestion	24 2%	4 2%	-	2 2%	-	-	-	1 2%	-	-	1 3%	-	4 5%	-	2 2%	-	1 1%	6 46%	-	1 2%	-	1 8%	-	2 7%
I have an improved mood	24 2%	3 1%	-	5 6%	-	11 6%	-	-	2 3%	1 *	-	-	-	-	* 1%	-	-	-	1 8%	1 1%	-	-	-	-
Less aches and pains	22 1%	1 1%	-	-	-	5 3%	-	1 2%	-	5 2%	-	3 3%	-	-	-	-	1 1%	-	-	3 4%	-	-	-	4 11%
My vision is good/ has improved/ other benefits to eyes	22 1%	2 1%	3 7%	1 2%	1 *	-	-	-	-	3 1%	-	-	-	1 6%	-	-	-	-	-	1 2%	9 40%	-	-	1 2%

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Absolutes/col percents

Table 36

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Summary table

	Total Supple- ments	Multivi- tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa- mine	Garlic	Ginseng	Protein	Caffein- e	Folic acid	Pepperm- int oil	Ginkgo Biloba	Magnesi- um	Eye health supple- ments	Weight loss supple- ment	Sports perform- ance enhance- r	Other(s)
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
They help to lose/ control weight/ suppresses appetite	21 1%	-	-	-	-	-	1 2%	-	-	1 *	-	-	1 1%	-	7 11%	1 4%	-	-	-	-	-	10 69%	1 9%	-
I sleep better	19 1%	4 2%	-	2 2%	1 1%	3 2%	-	-	2 2%	-	-	-	-	1 4%	-	-	-	-	-	8 12%	-	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	17 1%	2 1%	-	-	-	-	-	-	-	10 5%	-	5 7%	-	-	-	-	-	-	-	-	-	-	1 8%	-
They give me a boost during the winter months/ when there is a lack of sunshine	15 1%	-	-	-	-	15 9%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Maintains a healthy heart	14 1%	-	-	-	1 *	-	-	-	-	7 4%	-	-	6 8%	-	-	-	-	-	-	-	2 2%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	14 1%	2 1%	1 3%	1 1%	-	2 1%	-	-	-	-	-	-	-	-	-	2 4%	-	-	-	6 9%	-	-	-	-
Improved recovery after exercise/ muscle repair	14 1%	-	-	-	-	-	-	-	-	-	-	-	-	-	14 22%	-	-	-	-	-	-	-	-	-
They prevent anaemia	14 1%	-	-	-	-	-	-	-	14 15%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lowers blood pressure	8 *	-	-	-	-	-	-	-	-	1 *	-	-	3 4%	1 9%	-	-	-	-	2 13%	1 1%	-	-	-	-
Lowers cholesterol	8 *	-	-	-	-	-	-	-	-	3 2%	-	-	4 6%	-	-	-	-	-	-	-	-	-	-	-
Improved bowel movements	6 *	2 1%	-	-	-	-	-	-	-	1 *	-	-	-	-	-	-	1 3%	-	-	1 1%	-	-	-	2 4%
Injuries heal quicker	5 *	-	-	-	3 2%	-	-	-	-	-	2 9%	-	1 1%	-	-	-	-	-	-	-	-	-	-	-

Food Supplements Survey

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Absolutes/col percents

Table 36

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Summary table

	Total Supplements	Multivitamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosamine	Garlic	Ginseng	Protein	Caffeine	Folic acid	Peppermint oil	Ginkgo Biloba	Magnesium	Eye health supplements	Weight loss supplement	Sports performance enhancer	Other(s)
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
They help balance my hormones/ good for hormonal conditions/ menopause etc	5*	1*	-	2 2%	-	-	1 2%	-	-	-	-	-	-	1 5%	-	-	-	-	-	1 2%	-	-	-	-
They are good for the blood (other)	4*	-	-	1 1%	-	-	-	-	2 2%	-	-	-	1 1%	-	-	-	1 2%	-	-	-	-	-	-	-
Increased libido/ improved sexual performance	4*	-	-	-	-	-	-	-	-	-	-	-	-	2 14%	-	-	-	-	1 4%	-	-	-	-	1 4%
They reduce head aches/ migraines	4*	-	-	1 1%	-	-	-	-	-	-	-	-	-	-	-	-	1 2%	-	-	2 3%	-	-	-	-
Reduces wind/ bloating	4*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4 26%	-	-	-	-	-	-
They counter the side effects of other drugs/ medication	3*	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	3 5%	-	-	-	-	-	-	-
Less feelings of light headedness	3*	-	-	-	-	-	-	-	3 4%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Healthy teeth/ strong teeth	3*	-	1 2%	-	-	-	-	2 3%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Improved liver function	3*	-	-	1 1%	-	-	-	-	-	-	-	-	1 2%	-	-	-	1 3%	-	-	-	-	-	-	-
They reduce/ assist with cramps	3*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3 5%	-	-	-	-
Improved circulation	3*	-	-	-	-	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	2 12%	-	-	-	-	-
They are good for blood sugar levels	3*	-	-	-	-	-	-	-	1 1%	-	-	-	2 2%	-	-	-	-	-	-	-	-	-	-	-
They keep my blood thin	2*	-	-	-	-	-	-	-	-	2 1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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Absolutes/col percents

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Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
NET: Adverse effects	50 3%	2 1%	-	3 4%	2 1%	1 1%	-	2 2%	17 19%	2 1%	-	1 1%	2 3%	-	4 7%	4 16%	2 4%	1 6%	* 3%	3 4%	-	4 26%	1 8%	-
It has effected my bowel movements/ colour, hardness etc	9 1%	-	-	-	-	-	-	-	7 8%	-	-	-	-	-	-	-	-	-	-	-	-	2 11%	-	-
Other adverse effects	6 *	-	-	1 2%	-	1 1%	-	1 1%	-	-	-	-	-	-	-	-	-	-	* 3%	-	-	2 15%	1 8%	-
Insomnia	6 *	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3 12%	-	-	-	1 2%	-	2 15%	-	-
They cause constipation	6 *	-	-	-	-	-	-	-	6 6%	-	-	-	-	-	-	-	-	-	-	1 1%	-	-	-	-
It has affected my urine/ smell, colour	5 *	2 1%	-	1 2%	2 1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Feeling gassy/ problems with wind	4 *	-	-	-	-	-	-	1 1%	-	1 *	-	-	-	-	2 4%	-	-	-	-	-	-	-	-	-
They cause indigestion/ heartburn	4 *	-	-	1 1%	-	-	-	-	2 2%	-	-	1 1%	-	-	-	-	-	1 6%	-	-	-	-	-	-
I dislike the aftertaste	3 *	-	-	1 1%	-	-	-	-	1 1%	2 1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Diarrhoea/ increased use of the toilet	3 *	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	2 3%	-	-	-	-	-	-	-	-	-
They cause cramps	3 *	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2 4%	-	-	1 1%	-	-	-	-
They cause bad breath	2 *	-	-	-	-	-	-	-	-	-	-	-	2 3%	-	-	-	-	-	-	-	-	-	-	-
Dehydration/ dry mouth	1 *	-	-	-	-	-	-	-	-	-	-	-	-	-	1 4%	-	-	-	* 3%	-	-	-	-	-
Nothing/ I have not noticed anything	426 27%	89 36%	7 17%	26 32%	36 23%	63 37%	8 23%	28 37%	13 15%	53 27%	2 11%	10 14%	20 29%	1 9%	9 14%	3 12%	21 42%	2 11%	3 20%	21 32%	4 16%	2 13%	1 13%	5 15%

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Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
Don't know	81 5%	9 3%	10 26%	7 8%	7 4%	6 4%	10 29%	-	4 5%	9 5%	-	-	3 4%	*	1 2%	3 10%	3 6%	2 13%	1 8%	1 2%	4 19%	-	-	-

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Table 37

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Base: All respondents answering for ...

Multivitamins

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	247	110	137	21	50	50	62	32	32	73	66	51	57	20	14	23	22	12	19	12	28	31	35	25	6	45	114
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
NET: Benefits	148	56	92	12	37	29	31	18	22	47	44	24	33	9	9	17	11	12	10	7	12	19	21	18	3	28	70
	60%	51%	67%a	61%	61%	59%	53%	61%	69%	66%	64%	50%	56%	59%	56%	66%	59%	70%	55%	75%	42%	61%	59%	71%	52%	56%	58%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	51	21	30	6	15	12	6	6	6	16	14	9	12	2	3	2	5	7	5	1	2	11	8	3	2	15	20
	21%	19%	22%	31%	24%	25%	11%	19%	20%	23%	20%	19%	20%	14%	17%	8%	25%	41%	25%	15%	7%	35%	23%	12%	33%	30%	17%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	43	14	28	4	12	8	9	6	4	12	13	8	9	3	3	7	3	2	4	2	1	8	5	5	-	6	26
	17%	13%	21%	20%	20%	16%	15%	21%	14%	17%	19%	17%	16%	18%	18%	28%	18%	12%	19%	18%	3%	28%	15%	18%	-	13%	22%
I feel well/ healthy/ better/ a sense of well being	42	17	24	3	12	5	9	8	5	12	12	10	8	1	1	3	3	3	6	3	4	2	8	7	1	7	20
	17%	16%	18%	15%	20%	11%	16%	26%	16%	17%	17%	21%	14%	7%	6%	11%	14%	17%	32%	32%	15%	6%	23%	28%	20%	15%	17%
They give me all the vitamins I need/ ensure a balanced diet	14	3	11	-	1	3	5	3	3	4	7	-	3	-	-	2	-	-	1	-	2	3	2	4	-	4	6
	6%	3%	8%	-	2%	6%	8%	9%	9%	6%	10%l	-	6%	-	-	7%	-	-	4%	-	8%	11%	6%	17%	-	8%	5%
My skin is in good condition/ good complexion/ repairs damaged skin	13	2	11	2	2	1	7	1	1	6	3	1	2	2	2	1	-	1	1	2	3	-	1	-	1	-	9
	5%	2%	8%a	8%	4%	2%	11%	2%	2%	9%	5%	3%	3%	14%	10%	2%	-	3%	5%	24%	10%	-	2%	-	20%	-	7%
No side effects/ adverse effects	9	2	6	-	1	2	2	3	2	3	4	-	2	1	-	-	1	1	-	-	1	1	1	2	1	-	5
	4%	2%	5%	-	1%	4%	3%	10%	5%	5%	6%	-	3%	4%	-	-	4%	5%	-	-	5%	4%	3%	7%	20%	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 37

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
My hair is in good condition/ shiny/ less hair loss/ good growth	7 3%	1 1%	6 4%	1 3%	1 1%	2 4%	3 6%	- -	- -	2 2%	4 5%	1 2%	1 1%	1 9%	- -	1 2%	- -	1 3%	1 5%	- -	1 2%	* 1%	1 2%	- -	1 20%	- -	4 3%
I believe I would feel worse without them/ believe they do good without noticeable effects	6 2%	3 3%	3 2%	- -	2 3%	1 2%	2 3%	1 2%	1 3%	3 5%	2 2%	1 2%	- -	2 10%	- -	- -	- -	- -	1 5%	1 11%	- -	- -	2 5%	1 3%	- -	2 4%	2 1%
I sleep better	4 2%	1 1%	3 2%	- -	2 3%	1 2%	- -	1 4%	- -	2 2%	1 1%	- -	1 2%	- -	2 10%	1 4%	- -	- -	- -	- -	- -	- -	- -	- -	1 20%	- -	3 2%
I have good digestion	4 2%	2 2%	2 1%	- -	- -	1 2%	1 1%	- -	2 6%	1 2%	- -	2 5%	- -	1 4%	- -	- -	1 6%	- -	- -	1 7%	- -	- -	- -	1 5%	- -	- -	- -
I have improved memory/ cognitive function/ aids concentration	3 1%	1 *	3 2%	- -	- -	1 3%	1 1%	1 4%	- -	- -	1 1%	- -	3 4%	- -	- -	- -	- -	- -	- -	1 2%	- -	- -	- -	1 5%	1 20%	1 3%	- -
My nails are in good condition/ stronger nails/ good growth	3 1%	1 1%	2 2%	- -	- -	- -	3 5%	- -	- -	2 3%	1 1%	- -	- -	- -	- -	- -	1 3%	- -	1 7%	2 6%	- -	- -	- -	- -	- -	- -	2 2%
I have an improved mood	3 1%	1 1%	2 1%	2 9%	- -	- -	- -	- -	1 3%	1 1%	2 2%	- -	- -	- -	- -	- -	1 4%	1 5%	- -	10**	- -	- -	- -	- -	- -	- -	- -
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	1 1%	1 1%	- -	- -	1 2%	1 2%	- -	- -	1 2%	1 1%	- -	- -	- -	1 8%	1 4%	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 3%	1 1%
Improved bowel movements	2 1%	1 1%	1 1%	- -	1 2%	- -	1 1%	- -	- -	- -	- -	1 3%	1 1%	- -	1 5%	1 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 37

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
My vision is good/ has improved/ other benefits to eyes	2 1%	-	2 1%	-	-	-	2 3%	-	-	2 3%	-	-	-	-	1 8%	-	-	-	-	1 7%	-	-	-	-	-	1 3%	-
Other benefits	2 1%	1 1%	1 1%	-	-	1 1%	-	-	1 3%	1 1%	-	1 1%	-	1 5%	-	-	-	-	-	-	-	-	-	1 4%	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	2 1%	-	2 1%	-	-	2 3%	-	-	-	-	1 1%	1 2%	-	-	-	-	-	-	1 4%	-	-	-	1 2%	-	-	1 2%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	1 1%	-	-	-	-	1 4%	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	-	1 20%	-	-
Less aches and pains	1 1%	-	1 1%	-	-	-	-	-	1 4%	1 2%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 5%	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 *	-	1 1%	-	-	-	1 2%	-	-	-	1 2%	-	-	-	-	-	1 6%	-	-	-	-	-	-	-	-	1 2%	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 *	-	1 1%	-	-	1 2%	-	-	-	-	-	1 2%	-	-	-	-	-	-	1 4%	-	-	-	-	-	-	1 2%	-
NET: Adverse effects	2 1%	2 2%	-	2 8%	-	-	1 1%	-	-	-	2 3%	-	-	-	-	-	-	-	-	-	1 2%	-	2 4%	-	-	-	-
It has affected my urine/ smell, colour	2 1%	2 2%	-	2 8%	-	-	1 1%	-	-	-	2 3%	-	-	-	-	-	-	-	-	-	1 2%	-	2 4%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 37

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
Nothing/ I have not noticed anything	89 36%	46 42%	43 31%	6 32%	21 35%	19 38%	23 41%	10 33%	10 31%	21 29%	21 30%	22 46%	25 43%	6 41%	6 37%	7 29%	7 37%	5 30%	8 45%	2 18%	14 49%	10 34%	13 37%	7 27%	3 48%	22 44%	44 36%
Don't know	9 3%	6 5%	3 2%	-	2 3%	1 3%	3 6%	2 6%	-	3 5%	3 4%	2 4%	1 1%	-	1 6%	1 6%	1 4%	-	-	1 7%	3 9%	1 4%	-	1 3%	-	-	8 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 38

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	247	1	1	140	68	27	7	229	16	3	10	3	-	-	202	112	90	45	40	5
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
NET: Benefits	148	1	-	84	39	19	4	137	10	2	7	1	-	-	117	66	52	31	25	6
	60%	100%	-	60%	56%	70%	68%	60%	59%	53%	63%	51%	-	-	58%	59%	56%	71%	69%	81%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	51	1	-	25	13	8	2	42	9	2	7	1	-	-	43	26	17	8	6	2
	21%	100%	-	18%	19%	30%	43%	18%	55%	53%	63%	24%	-	-	21%	23%	18%	19%	16%	33%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	43	-	-	30	10	3	1	41	2	-	1	1	-	-	35	18	17	8	6	1
	17%	-	-	21%	14%	10%	14%	18%	12%	-	6%	51%	-	-	17%	17%	18%	18%	18%	17%
I feel well/ healthy/ better/ a sense of well being	42	-	-	25	10	6	1	42	-	-	-	-	-	-	36	13	22	6	6	-
	17%	-	-	18%	15%	23%	10%	18%	-	-	-	-	-	-	18%	12%	24%	14%	17%	-
They give me all the vitamins I need/ ensure a balanced diet	14	-	-	10	2	2	-	12	1	-	1	-	-	-	11	8	3	3	2	1
	6%	-	-	7%	3%	7%	-	5%	8%	-	12%	-	-	-	6%	8%	3%	7%	4%	18%
My skin is in good condition/ good complexion/ repairs damaged skin	13	-	-	7	5	-	1	13	-	-	-	-	-	-	6	3	3	7	7	-
	5%	-	-	5%	7%	-	17%	6%	-	-	-	-	-	-	3%	3%	3%	16% ^{nop}	20% ^{nop}	-
No side effects/ adverse effects	9	-	-	4	4	1	-	9	-	-	-	-	-	-	8	3	5	1	1	-
	4%	-	-	3%	5%	4%	-	4%	-	-	-	-	-	-	4%	3%	5%	3%	4%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 38

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
My hair is in good condition/ shiny/ less hair loss/ good growth	7 3%	-	-	4 3%	2 3%	1 3%	-	6 3%	* 2%	-	* 3%	-	-	-	4 2%	3 3%	1 1%	2 5%	2 6%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	6 2%	-	-	5 4%	1 1%	-	-	6 3%	-	-	-	-	-	-	3 2%	1 1%	3 3%	3 6%	2 5%	1 14%
I sleep better	4 2%	-	-	1 1%	2 2%	1 5%	-	4 2%	-	-	-	-	-	-	2 1%	1 1%	1 1%	2 4%	2 4%	-
I have good digestion	4 2%	1 100%	-	2 1%	1 1%	-	-	3 1%	1 6%	-	1 10%	-	-	-	2 1%	1 1%	1 1%	2 5%	2 5%	n
I have improved memory/ cognitive function/ aids concentration	3 1%	-	-	2 1%	-	1 5%	-	3 1%	-	-	-	-	-	-	3 2%	2 2%	1 1%	-	-	-
My nails are in good condition/ stronger nails/ good growth	3 1%	-	-	2 2%	1 1%	-	-	3 1%	-	-	-	-	-	-	1 *	1 *	-	2 6% ^{nop}	2 7% ^{nop}	-
I have an improved mood	3 1%	-	-	1 1%	-	-	2 32%	3 1%	-	-	-	-	-	-	2 1%	1 1%	1 1%	1 2%	1 2%	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	-	-	2 2%	-	-	-	2 1%	-	-	-	-	-	-	2 1%	-	2 2%	-	-	-
Improved bowel movements	2 1%	-	-	1 1%	1 2%	-	-	2 1%	-	-	-	-	-	-	2 1%	1 1%	1 1%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 38

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Multivitamins**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
My vision is good/ has improved/ other benefits to eyes	2 1%	-	-	2 1%	-	-	-	2 1%	-	-	-	-	-	-	1 1%	-	1 1%	1 2%	1 2%	-
Other benefits	2 1%	-	-	1 1%	1 1%	-	-	2 1%	-	-	-	-	-	-	2 1%	1 1%	1 1%	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	2 1%	-	-	-	1 1%	1 3%	-	2 1%	-	-	-	-	-	-	2 1%	1 1%	1 1%	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	-	1 5%	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Less aches and pains	1 1%	-	-	-	1 2%	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 3% ⁿ	-	1 17%
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 *	-	-	-	1 2%	-	-	1 *	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 *	-	-	-	1 1%	-	-	1 *	-	-	-	-	-	-	1 *	-	1 1%	-	-	-
NET: Adverse effects	2 1%	-	-	1 *	2 2%	-	-	2 1%	-	-	-	-	-	-	2 1%	1 *	2 2%	-	-	-
It has affected my urine/ smell, colour	2 1%	-	-	1 *	2 2%	-	-	2 1%	-	-	-	-	-	-	2 1%	1 *	2 2%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 38

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
Nothing/ I have not noticed anything	89 36%	-	1 100%	52 37%	25 36%	6 23%	2 32%	83 37%	3 20%	1 47%	2 17%	-	-	-	76 38%	42 38%	34 37%	12 29%	11 31%	1 19%
Don't know	9 3%	-	-	3 2%	3 5%	2 6%	-	5 2%	3 21%	-	2 19%	1 49%	-	-	9 4%	3 3%	6 6%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 39

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	247	159	111	48	88	11	19	6	29	23	150	95	82	81	34	45	35	22
Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
NET: Benefits	148	98	75	23	50	5	8	4	20	14	86	61	54	53	25	31	24	12
	60%	57%	55%	64%	66%	50%	55%	61%	74%	74%	57%	64%	67%	64%	74%	67%	67%	54%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	51	35	26	9	16	1	4	3	3	5	27	22	21	19	9	12	10	3
	21%	20%	19%	26%	21%	14%	26%	46%	12%	25%	18%	24%	26%	23%	27%	25%	28%	11%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	43	33	26	7	10	2	1	1	4	3	25	18	17	16	8	9	6	4
	17%	19%	19%	19%	13%	20%	5%	15%	14%	14%	16%	19%	20%	19%	23%	18%	17%	20%
I feel well/ healthy/ better/ a sense of well being	42	28	22	6	14	-	3	-	6	5	26	16	13	12	9	7	5	3
	17%	16%	16%	17%	18%	-	18%	-	23%	27%	17%	16%	16%	14%	27%	15%	14%	15%
They give me all the vitamins I need/ ensure a balanced diet	14	9	7	2	5	1	1	-	3	-	11	3	3	3	1	2	1	-
	6%	6%	5%	6%	6%	6%	5%	-	13%	-	8%	3%	3%	3%	2%	5%	2%	-
My skin is in good condition/ good complexion/ repairs damaged skin	13	9	6	2	4	-	2	-	1	2	7	6	4	6	2	3	1	3
	5%	5%	5%	6%	6%	-	10%	-	2%	11%	5%	6%	4%	7%	5%	6%	3%	12%
No side effects/ adverse effects	9	5	4	1	4	*	1	-	2	1	5	4	4	4	3	3	2	-
	4%	3%	3%	3%	5%	5%	5%	-	6%	7%	3%	5%	5%	5%	8%	5%	5%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 39

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
My hair is in good condition/ shiny/ less hair loss/ good growth	7 3%	4 2%	3 2%	2 4%	2 3%	-	1 4%	-	-	2 9%	3 2%	4 4%	3 3%	4 4%	1 2%	2 4%	1 2%	1 4%
I believe I would feel worse without them/ believe they do good without noticeable effects	6 2%	3 2%	3 2%	1 2%	3 3%	1 10%	-	-	2 6%	-	3 2%	4 4%	2 3%	4 4%	1 2%	2 4%	1 2%	2 8%
I sleep better	4 2%	3 1%	3 2%	-	1 2%	1 14%	-	-	-	-	2 1%	2 2%	2 2%	2 2%	2 5%	2 3%	-	-
I have good digestion	4 2%	-	-	-	4 5%ab	-	-	-	2 7%	2 9%	3 2%	1 1%	1 1%	1 1%	-	1 2%	1 3%	1 5%
I have improved memory/ cognitive function/ aids concentration	3 1%	1 1%	1 1%	-	2 2%	1 14%	1 4%	-	-	-	1 1%	1 1%	1 2%	1 2%	-	1 3%	1 4%	-
My nails are in good condition/ stronger nails/ good growth	3 1%	2 1%	2 1%	1 1%	1 1%	-	-	-	-	1 4%	3 2%	-	-	-	-	-	-	-
I have an improved mood	3 1%	-	-	-	3 3%ab	-	2 11%	-	1 3%	-	3 2%	-	-	-	-	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	2 1%	2 2%	-	-	-	-	-	-	-	1 1%	1 1%	1 2%	1 2%	-	-	1 4%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
Improved bowel movements	2 1%	1 *	-	1 2%	1 2%	-	-	-	-	1 7%	1 1%	1 1%	1 2%	1 2%	-	1 3%	-	-
My vision is good/ has improved/ other benefits to eyes	2 1%	1 1%	1 1%	-	1 1%	-	-	-	-	1 4%	1 *	1 1%	1 2%	1 2%	-	-	1 4%	-
Other benefits	2 1%	-	-	-	2 2%	-	-	-	1 4%	1 4%	1 1%	1 1%	1 1%	1 2%	1 2%	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	2 1%	1 *	-	1 2%	1 1%	-	-	-	-	1 4%	-	2 2%	2 2%	1 1%	2 5%	1 2%	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	1 2%	1 14%	-	-	-	-	1 1%	-	-	-	-	-	-	-
Less aches and pains	1 1%	-	-	-	1 2%	-	-	-	1 5%	-	1 1%	-	-	-	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 *	1 1%	1 1%	-	-	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-	1 5%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 *	1 *	-	1 2%	-	-	-	-	-	-	1 1%	1 1%	-	1 2%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 39

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Base: All respondents answering for ...

Multivitamins

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
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Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
NET: Adverse effects	2 1%	-	-	-	2 3%a	-	2 14%	-	-	-	2 1%	-	-	-	-	-	-	-
It has affected my urine/ smell, colour	2 1%	-	-	-	2 3%a	-	2 14%	-	-	-	2 1%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	89 36%	65 38%	53 39%	12 34%	24 31%	5 50%	5 35%	3 39%	7 26%	4 23%	61 40%	28 30%	23 29%	24 29%	9 26%	13 28%	9 26%	7 30%
Don't know	9 3%	8 5%	7 5%	1 2%	1 1%	-	-	-	-	1 4%	3 2%	6 6%	3 4%	6 7%	-	2 5%	2 7%	4 16%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 40

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	247	65	148	102	2	44	32	10	6	16	9	29	43	33	38	27	15	15	27	60	28	41	21	3	183
Weighted base	247	68*	150	103*	3**	44*	26**	7**	4**	15**	7**	26**	40*	28**	38*	32**	14**	18**	32**	49*	22**	33*	17**	3**	194
NET: Benefits	148	37	95	68	3	24	15	4	2	9	5	15	29	19	19	17	10	14	17	28	13	19	7	2	116
	60%	55%	63%	66%	100%	55%	58%	58%	60%	57%	65%	59%	73% _n	66%	49%	53%	69%	78%	52%	57%	58%	58%	43%	77%	60%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	51	13	34	21	1	13	3	1	1	1	3	4	11	5	4	6	3	6	7	11	5	6	-	2	39
	21%	19%	23%	20%	37%	29%	13%	10%	32%	10%	36%	14%	28% _n	19%	9%	17%	21%	33%	23%	22%	23%	19%	-	77%	20%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	43	10	28	18	-	10	5	1	1	3	1	6	11	7	6	4	1	3	3	1	1	1	1	-	39
	17%	15%	19%	17%	-	23%	17%	19%	12%	18%	10%	23%	28%	25%	16%	13%	9%	16%	10%	3%	3%	2%	4%	-	20% _{SU}
I feel well/ healthy/ better/ a sense of well being	42	12	24	15	3	6	6	1	*	4	1	3	9	9	2	4	3	3	7	13	8	9	4	1	29
	17%	18%	16%	15%	100%	14%	23%	18%	10%	29%	11%	13%	22%	30%	6%	12%	24%	17%	23%	26%	37%	27%	22%	25%	15%
They give me all the vitamins I need/ ensure a balanced diet	14	4	7	5	-	2	3	1	-	1	1	2	2	2	1	2	-	*	4	2	-	2	-	-	12
	6%	7%	5%	5%	-	5%	10%	21%	-	8%	7%	9%	5%	6%	2%	7%	-	2%	12%	5%	-	7%	-	-	6%
My skin is in good condition/ good complexion/ repairs damaged skin	13	3	8	8	-	*	2	-	1	1	-	1	1	2	2	2	1	1	2	5	4	2	1	-	8
	5%	4%	6%	8%	-	1%	6%	-	20%	5%	-	2%	3%	7%	5%	8%	9%	3%	7%	10%	17%	7%	7%	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 40

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	247	68*	150	103*	3**	44*	26**	7**	4**	15**	7**	26**	40*	28**	38*	32**	14**	18**	32**	49*	22**	33*	17**	3**	194
No side effects/ adverse effects	9	4	4	3	-	1	1	-	-	1	-	2	2	1	4	-	1	-	-	2	1	2	1	-	7
	4%	6%	3%	3%	-	3%	3%	-	-	5%	-	7%	4%	3%	10%	-	7%	-	-	3%	4%	5%	5%	-	4%
My hair is in good condition/ shiny/ less hair loss/ good growth	7	2	3	3	-	-	1	-	1	-	-	-	1	2	1	-	2	-	-	1	1	-	-	-	5
	3%	3%	2%	3%	-	-	5%	-	20%	4%	-	-	3%	7%	3%	-	10%	-	-	3%	7%	-	-	-	3%
I believe I would feel worse without them/ believe they do good without noticeable effects	6	1	4	3	-	2	1	-	1	-	-	-	1	1	2	-	2	1	-	2	-	1	2	-	4
	2%	1%	3%	3%	-	4%	3%	-	18%	-	-	-	2%	2%	5%	-	12%	6%	-	3%	-	3%	10%	-	2%
I sleep better	4	1	3	3	-	-	-	-	-	-	1	-	-	-	3	-	-	-	-	2	-	2	1	-	2
	2%	2%	2%	2%	-	-	-	-	-	-	18%	-	-	-	8%	-	-	-	-	5%	-	7% ^{ex}	6%	-	1%
I have good digestion	4	-	4	4	-	-	-	-	-	-	-	-	2	2	-	-	-	-	-	-	-	-	-	-	4
	2%	-	2%	4%	-	-	-	-	-	-	-	-	4%	5%	-	-	-	-	-	-	-	-	-	-	2%
I have improved memory/ cognitive function/ aids concentration	3	2	1	1	-	-	-	-	-	-	1	-	-	1	-	1	-	-	-	1	-	1	-	-	1
	1%	3%	1%	1%	-	-	-	-	-	-	18%	-	-	2%	-	4%	-	-	-	3%	-	4%	-	-	1%
My nails are in good condition/ stronger nails/ good growth	3	-	2	2	-	-	1	-	-	1	-	-	1	-	1	-	1	1	-	-	-	-	-	-	3
	1%	-	2%	2%	-	-	2%	-	-	4%	-	-	2%	-	2%	-	9%	3%	-	-	-	-	-	-	2%
I have an improved mood	3	2	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	1	-	1	-	1	1	-	2
	1%	3%	1%	1%	-	-	-	-	-	-	-	-	-	2%	-	-	-	3%	-	2%	-	3%	5%	-	1%

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Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	-	2 1%	2 2%	-	-	-	-	-	-	-	-	-	-	2 7%	-	-	-	1 2%	-	1 3%	1 6%	-	-	1 1%
Improved bowel movements	2 1%	1 1%	1 1%	1 1%	-	-	-	-	-	-	1 10%	-	-	1 3%	-	-	-	-	-	-	-	-	-	-	2 1%
My vision is good/ has improved/ other benefits to eyes	2 1%	-	2 1%	2 2%	-	-	-	-	-	-	-	1 2%	-	-	1 4%	-	-	-	-	-	-	-	-	-	2 1%
Other benefits	2 1%	-	2 1%	2 2%	-	-	-	-	-	-	-	-	-	1 2%	-	-	1 5%	-	-	-	-	-	-	-	2 1%
It keeps me supple/ lessens stiffness/ helps with mobility	2 1%	-	2 1%	2 2%	-	-	-	-	-	-	-	-	1 3%	-	-	-	1 5%	-	1 2%	-	-	-	-	1 25%	1 *
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	1 2%	-	-	-	-	-	-	-	1 18%	-	-	-	-	-	-	-	-	1 3%x	-	1 4%x	-	-	-	-
Less aches and pains	1 1%	-	1 1%	1 1%	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	-	1 1%
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 *	-	-	-	-	-	1 4%	-	-	1 7%	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 1%

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Healthier joints/easing of arthritic symptoms/ bone pain/ stiffness	1*	-	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-	-	-	1	-
			1%	1%									3%							2%				25%	
NET: Adverse effects	2	2	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	2	-	-	-	-	-	2
	1%	3%	-	-	-	-	-	-	-	-	-	-	2%	-	-	-	-	-	5%	-	-	-	-	-	1%
It has affected my urine/ smell, colour	2	2	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	2	-	-	-	-	-	2
	1%	3%	-	-	-	-	-	-	-	-	-	-	2%	-	-	-	-	-	5%	-	-	-	-	-	1%
Nothing/ I have not noticed anything	89	27	48	30	-	18	11	3	2	7	3	10	11	9	19	10	4	4	11	19	8	14	10	1	69
	36%	40%	32%	29%	-	41%	42%	42%	40%	43%	35%	38%	27%	31%	51%	32%	31%	22%	36%	40%	36%	42%	57%	23%	35%
Don't know	9	1	7	6	-	1	-	-	-	-	-	1	-	1	5	-	-	-	2	1	1	-	-	-	7
	3%	2%	5%	6%	-	3%	-	-	-	-	-	3%	-	3%	-	16%	-	-	6%	3%	6%	-	-	-	4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 41

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	247	1	25	4	-	58	106	31	147	35	54	30	7
Weighted base	247	1**	22**	4**	-**	59*	113*	28**	156	30*	48*	26**	7**
NET: Benefits	148	1	16	4	-	38	65	15	96	17	30	15	4
	60%	100%	70%	100%	-	65%	58%	52%	61%	56%	63%	60%	59%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	51	1	7	2	-	17	20	8	30	8	13	6	1
	21%	100%	32%	46%	-	29%	18%	29%	19%	25%	27%	24%	16%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	43	-	5	-	-	10	16	5	25	4	5	4	2
	17%	-	21%	-	-	17%	14%	19%	16%	15%	10%	16%	25%
I feel well/ healthy/ better/ a sense of well being	42	-	3	1	-	8	19	5	29	5	11	8	1
	17%	-	15%	26%	-	14%	17%	17%	19%	18%	22%	29%	10%
They give me all the vitamins I need/ ensure a balanced diet	14	-	4	1	-	4	8	-	11	1	2	-	1
	6%	-	16%	33%	-	8%	7%	-	7%	4%	5%	-	8%
My skin is in good condition/ good complexion/ repairs damaged skin	13	-	2	1	-	2	7	1	9	1	2	3	-
	5%	-	8%	20%	-	4%	6%	2%	6%	3%	5%	12%	-
No side effects/ adverse effects	9	-	2	1	-	1	5	1	5	2	2	-	-
	4%	-	8%	22%	-	2%	4%	3%	3%	6%	4%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 41

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	247	1**	22**	4**	**	59*	113*	28**	156	30*	48*	26**	7**
My hair is in good condition/ shiny/ less hair loss/ good growth	7 3%	- -	3 13%	1 20%	-	1 1%	3 2%	-	5 3%	1 3%	1 1%	1 6%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	6 2%	-	-	-	-	3 5%	2 2%	-	6 4%	-	1 2%	-	-
I sleep better	4 2%	-	-	-	-	2 3%	3 2%	-	3 2%	-	1 3%	-	-
I have good digestion	4 2%	-	-	-	-	1 2%	3 2%	1 4%	3 2%	-	1 3%	-	-
I have improved memory/ cognitive function/ aids concentration	3 1%	-	2 8%	-	-	-	-	2 6%	1 1%	1 2%	3 7%fh	-	-
My nails are in good condition/ stronger nails/ good growth	3 1%	-	1 2%	-	-	1 1%	1 1%	-	3 2%	-	1 1%	-	-
I have an improved mood	3 1%	-	-	-	-	1 1%	3 2%	-	2 1%	-	1 2%	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	-	1 6%	-	-	1 2%	1 1%	-	1 1%	1 4%	-	-	-
Improved bowel movements	2 1%	-	-	-	-	1 2%	-	2 7%	-	2 7%fh	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 41

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	247	1**	22**	4**	**	59*	113*	28**	156	30*	48*	26**	7**
My vision is good/ has improved/ other benefits to eyes	2 1%	- -	1 6%	- -	- -	1 2%	1 1%	- -	1 *	1 4%	- -	- -	- -
Other benefits	2 1%	- -	1 3%	- -	- -	- -	- -	- -	2 1%	- -	1 2%	- -	- -
It keeps me supple/ lessens stiffness/ helps with mobility	2 1%	- -	1 4%	- -	- -	- -	1 1%	- -	1 *	- -	- -	- -	- -
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	- -	- -	- -	- -	- -	- -	- -	- -	1 3%h	- -	- -	- -
Less aches and pains	1 1%	- -	- -	- -	- -	- -	1 1%	- -	1 1%	- -	- -	- -	- -
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 *	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	- -
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 *	- -	- -	- -	- -	- -	- -	- -	1 *	- -	- -	- -	- -
NET: Adverse effects	2 1%	- -	1 2%	- -	- -	- -	2 1%	1 2%	2 1%	1 2%	1 1%	- -	- -
It has affected my urine/ smell, colour	2 1%	- -	1 2%	- -	- -	- -	2 1%	1 2%	2 1%	1 2%	1 1%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 41

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	247	1**	22**	4**	-**	59*	113*	28**	156	30*	48*	26**	7**
Nothing/ I have not noticed anything	89 36%	-	6 27%	-	-	18 31%	40 35%	14 48%	54 35%	13 44%	17 37%	10 40%	2 28%
Don't know	9 3%	-	1 3%	-	-	3 4%	6 6%	-	5 3%	-	-	-	1 13%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 42

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Gender		Age							Social Grade				Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	39	21	18	6	13	4	5	5	6	17	5	8	9	3	2	4	3	3	-	2	5	8	7	2	5	21
Weighted base	40*	22**	18**	6**	14**	5**	5**	4**	6**	17**	5**	8**	10**	3**	1**	5**	3**	4**	-**	3**	4**	9**	5**	2**	6**	23**
NET: Benefits	23	14	9	3	6	4	4	2	4	10	2	5	5	2	1	3	2	2	-	1	2	5	2	1	5	11
	58%	65%	49%	58%	47%	71%	68%	46%	67%	60%	51%	65%	51%	61%	69%	77%	70%	54%	-	47%	45%	57%	45%	64%	77%	50%
I feel well/ healthy/ better/ a sense of well being	4	2	2	1	2	-	-	1	-	3	-	-	1	-	-	1	-	2	-	-	-	1	-	-	3	1
	10%	9%	12%	15%	16%	-	-	30%	-	18%	-	-	11%	-	-	25%	-	54%	-	-	-	12%	-	-	56%	4%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	4	2	2	1	2	-	1	-	-	3	-	1	-	-	-	-	1	-	-	1	1	1	-	-	2	-
	10%	11%	8%	13%	13%	-	24%	-	-	18%	-	10%	-	-	-	-	29%	-	-	18%	13%	15%	-	-	39%	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	3	1	-	2	1	-	1	-	3	-	-	1	-	-	2	-	-	-	1	1	-	-	-	-	3
	10%	15%	3%	-	14%	25%	-	16%	-	19%	-	-	6%	-	-	52%	-	-	-	20%	6%	-	-	-	-	14%
My vision is good/ has improved/ other benefits to eyes	3	2	1	-	1	1	-	-	1	1	1	-	1	-	-	1	-	-	-	-	-	2	-	-	-	1
	7%	10%	4%	-	6%	28%	-	-	12%	5%	31%	-	7%	-	-	46%	-	-	-	-	-	30%	-	-	-	6%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2	2	1	-	2	1	-	-	-	-	1	1	1	-	1	-	1	-	-	-	-	-	1	-	-	2
	6%	8%	4%	-	11%	18%	-	-	-	-	20%	9%	7%	-	69%	-	24%	-	-	-	-	-	15%	-	-	8%
Healthier bones/ I have stronger bones	2	1	1	-	-	-	2	-	-	-	-	2	-	1	-	-	-	-	-	-	-	1	-	-	-	2
	6%	5%	7%	-	-	-	44%	-	-	-	-	29%	-	39%	-	-	-	-	-	-	-	11%	-	-	-	10%
No side effects/ adverse effects	1	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-
	4%	-	8%	-	-	-	-	-	22%	-	-	-	14%	-	-	-	-	-	-	-	-	-	-	64%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 42

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	40*	22**	18**	6**	14**	5**	5**	4**	6**	17**	5**	8**	10**	3**	1**	5**	3**	4**	**	3**	4**	9**	5**	2**	6**	23**
They give me all the vitamins I need/ ensure a balanced diet	1 3%	1 6%	-	1 24%	-	-	-	-	-	-	-	1 17%	-	-	-	-	-	-	-	-	-	1 15%	-	-	-	1 6%
I feel calmer/ more relaxed/ relaxes the nervous system	1 3%	1 6%	-	-	-	-	-	-	1 21%	-	-	-	1 13%	-	-	-	-	-	-	1 47%	-	-	-	-	-	-
Healthy teeth/ strong teeth	1 2%	1 5%	-	-	-	-	1 19%	-	-	-	1 12%	-	-	-	-	-	-	-	-	-	-	1 11%	-	-	-	1 4%
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	1 4%	-	-	-	-	-	1 12%	1 4%	-	-	-	1 22%	-	-	-	-	-	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	* 1%	-	* 2%	* 6%	-	-	-	-	-	* 2%	-	-	-	-	-	-	-	-	-	-	* 7%	-	-	-	-	* 1%
Nothing/ I have not noticed anything	7 17%	3 13%	4 20%	1 14%	2 16%	2 29%	-	1 16%	2 24%	3 16%	-	2 29%	2 15%	1 39%	-	-	-	-	-	2 53%	2 36%	-	1 27%	1 36%	1 23%	4 16%
Don't know	10 26%	5 22%	6 31%	2 28%	5 37%	-	2 32%	1 39%	1 8%	4 23%	2 49%	1 7%	4 34%	-	* 31%	1 23%	1 30%	2 46%	-	-	1 20%	4 43%	1 28%	-	-	8 34%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 43

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin A**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	39	-	-	18	10	10	1	36	3	-	2	1	-	-	39	22	17	-	-	-
Weighted base	40*	**	**	18**	10**	11**	1**	36*	4**	**	2**	2**	**	**	40*	23**	17**	**	**	**
NET: Benefits	23	-	-	11	7	4	1	21	2	-	2	-	-	-	23	11	12	-	-	-
	58%	-	-	59%	74%	38%	100%	57%	60%	-	100%	-	-	-	58%	48%	71%	-	-	-
I feel well/ healthy/ better/ a sense of well being	4	-	-	1	2	1	-	3	1	-	1	-	-	-	4	3	1	-	-	-
	10%	-	-	6%	19%	10%	-	9%	26%	-	43%	-	-	-	10%	13%	7%	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	4	-	-	-	2	1	1	3	1	-	1	-	-	-	4	4	-	-	-	-
	10%	-	-	-	18%	11%	100%	8%	26%	-	43%	-	-	-	10%	17%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	-	-	-	2	2	-	4	-	-	-	-	-	-	4	2	2	-	-	-
	10%	-	-	-	22%	14%	-	11%	-	-	-	-	-	-	10%	8%	11%	-	-	-
My vision is good/ has improved/ other benefits to eyes	3	-	-	3	-	-	-	3	-	-	-	-	-	-	3	-	3	-	-	-
	7%	-	-	17%	-	-	-	8%	-	-	-	-	-	-	7%	-	18%	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2	-	-	2	1	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
	6%	-	-	9%	8%	-	-	7%	-	-	-	-	-	-	6%	-	15%	-	-	-
Healthier bones/ I have stronger bones	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	6%	-	-	7%	10%	-	-	6%	-	-	-	-	-	-	6%	10%	-	-	-	-
No side effects/ adverse effects	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	4%	-	-	8%	-	-	-	4%	-	-	-	-	-	-	4%	-	8%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 43
Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?
Base: All respondents answering for ...
Vitamin A

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	40*	-**	-**	18**	10**	11**	1**	36*	4**	-**	2**	2**	-**	-**	40*	23**	17**	-**	-**	-**
They give me all the vitamins I need/ ensure a balanced diet	1 3%	-	-	1 8%	-	-	-	-	1 34%	-	1 57%	-	-	-	1 3%	-	1 8%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 3%	-	-	1 8%	-	-	-	1 4%	-	-	-	-	-	1 3%	-	1 8%	-	-	-	
Healthy teeth/ strong teeth	1 2%	-	-	-	1 10%	-	-	1 3%	-	-	-	-	-	1 2%	1 4%	-	-	-	-	
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	-	-	1 7%	-	-	1 2%	-	-	-	-	-	1 2%	1 3%	-	-	-	-	
My hair is in good condition/ shiny/ less hair loss/ good growth	* 1%	-	-	-	-	* 3%	-	* 1%	-	-	-	-	-	* 1%	* 1%	-	-	-	-	
Nothing/ I have not noticed anything	7 17%	-	-	4 21%	2 15%	1 12%	-	7 18%	-	-	-	-	-	7 17%	6 25%	1 5%	-	-	-	
Don't know	10 26%	-	-	4 20%	1 10%	6 50%	-	9 24%	2 40%	-	-	2 100%	-	10 26%	6 27%	4 24%	-	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 44

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin A**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	26	21	5	13	-	1	3	3	6	22	17	16	15	6	12	5	2
Weighted base	40*	29**	25**	3**	12**	-**	1**	4**	2**	4**	23**	17**	16**	15**	6**	12**	6**	2**
NET: Benefits	23	16	16	*	7	-	1	3	2	2	11	12	11	11	4	9	4	2
	58%	56%	62%	10%	62%	-	100%	64%	74%	49%	48%	71%	69%	73%	70%	73%	64%	100%
I feel well/ healthy/ better/ a sense of well being	4	4	4	-	-	-	-	-	-	-	-	4	4	4	2	3	2	-
	10%	15%	17%	-	-	-	-	-	-	-	-	25%	27%	28%	33%	25%	41%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	4	2	2	-	2	-	1	-	-	1	1	3	3	3	2	3	-	-
	10%	8%	9%	-	13%	-	100%	-	-	18%	3%	18%	20%	20%	40%	25%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	3	3	-	1	-	-	-	-	1	2	2	2	1	1	1	1	-
	10%	11%	13%	-	5%	-	-	-	-	14%	7%	13%	14%	9%	15%	11%	23%	-
My vision is good/ has improved/ other benefits to eyes	3	1	1	-	2	-	-	-	1	1	2	1	1	1	-	1	-	-
	7%	5%	6%	-	13%	-	-	-	37%	17%	10%	5%	5%	5%	-	6%	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2	2	2	-	1	-	-	-	-	1	-	2	2	2	-	2	-	1
	6%	6%	7%	-	7%	-	-	-	-	17%	-	15%	16%	16%	-	20%	-	49%
Healthier bones/ I have stronger bones	2	2	2	-	-	-	-	-	-	-	1	1	-	1	-	-	-	1
	6%	8%	9%	-	-	-	-	-	-	-	6%	6%	-	7%	-	-	-	51%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 44

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	40*	29**	25**	3**	12**	-**	1**	4**	2**	4**	23**	17**	16**	15**	6**	12**	6**	2**
No side effects/ adverse effects	1 4%	-	-	-	1 12%	-	-	1 33%	-	-	1 6%	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 3%	1 5%	1 6%	-	-	-	-	-	-	-	1 6%	-	-	-	-	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 3%	-	-	-	1 12%	-	-	1 31%	-	-	1 6%	-	-	-	-	-	-	-
Healthy teeth/ strong teeth	1 2%	1 4%	1 4%	-	-	-	-	-	-	-	1 6%	-	1 7%	-	-	-	-	1 51%
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	-	-	1 6%	-	-	-	1 36%	-	1 3%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	* 1%	* 1%	-	* 10%	-	-	-	-	-	-	* 1%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	7 17%	5 18%	3 11%	2 65%	2 14%	-	-	2 36%	-	-	6 25%	1 5%	1 5%	-	1 14%	-	-	-
Don't know	10 26%	8 27%	7 27%	1 25%	3 24%	-	-	-	1 26%	2 51%	6 27%	4 25%	4 26%	4 27%	1 16%	3 27%	2 36%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 45

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	23	17	2	4	3	3	-	-	1	3	7	6	7	3	1	2	5	6	2	5	1	-	33
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	**	**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	**	35**
NET: Benefits	23	5	15	10	2	3	3	3	-	-	-	1	8	4	3	2	1	-	2	5	1	5	1	-	18
	58%	41%	68%	63%	100%	67%	64%	64%	-	-	-	37%	100%	80%	40%	65%	100%	-	41%	86%	48%	100%	100%	-	53%
I feel well/ healthy/ better/ a sense of well being	4	1	3	3	-	-	-	-	-	-	-	-	1	-	1	-	-	-	1	1	-	1	-	-	3
	10%	8%	14%	20%	-	-	-	-	-	-	-	-	14%	-	12%	-	-	-	22%	20%	-	23%	-	-	9%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	4	2	2	2	-	-	-	-	-	-	-	-	2	1	1	-	-	-	-	2	-	2	-	-	2
	10%	14%	9%	13%	-	-	-	-	-	-	-	-	24%	24%	11%	-	-	-	-	27%	-	32%	-	-	7%
My skin is in good condition/ good complexion/ repairs damaged skin	4	-	4	1	-	2	-	-	-	-	-	-	-	1	1	1	1	-	-	-	-	-	-	-	4
	10%	-	17%	9%	-	59%	-	-	-	-	-	-	-	11%	12%	38%	100%	-	-	-	-	-	-	-	11%
My vision is good/ has improved/ other benefits to eyes	3	2	1	1	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	1	1	1	-	-	2
	7%	17%	4%	5%	-	-	-	-	-	-	-	-	29%	-	-	-	-	-	-	13%	48%	16%	-	-	6%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2	1	2	2	-	-	-	-	-	-	-	-	2	1	-	-	-	-	-	1	1	1	-	-	2
	6%	6%	8%	11%	-	-	-	-	-	-	-	-	20%	18%	-	-	-	-	-	13%	48%	16%	-	-	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 45

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	-**	-**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	-**	35**
Healthier bones/ I have stronger bones	2 6%	-	2 11%	-	2 100%	-	-	-	-	-	-	-	1 18%	-	-	-	-	1 19%	-	-	-	-	-	-	2 7%
No side effects/ adverse effects	1 4%	-	-	-	-	1 33%	1 33%	-	-	-	1 37%	-	-	-	-	-	-	-	1 25%	-	1 29%	1 100%	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 3%	1 11%	-	-	-	-	-	-	-	-	-	1 19%	-	-	-	-	-	-	-	-	-	-	-	-	1 4%
I feel calmer/ more relaxed/ relaxes the nervous system	1 3%	-	-	-	-	1 31%	1 31%	-	-	-	-	-	1 26%	-	-	-	-	-	-	-	-	-	-	-	1 4%
Healthy teeth/ strong teeth	1 2%	-	1 5%	-	1 43%	-	-	-	-	-	-	-	-	-	-	-	-	1 19%	-	-	-	-	-	-	1 3%
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	1 3%	1 5%	-	-	-	-	-	-	-	-	-	-	1 27%	-	-	-	-	-	-	-	-	-	1 2%
My hair is in good condition/ shiny/ less hair loss/ good growth	* 1%	-	* 1%	-	-	* 8%	-	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-	-	-	-	* 1%
Nothing/ I have not noticed anything	7 17%	2 12%	3 16%	2 14%	-	1 33%	2 36%	2 36%	-	-	-	2 41%	-	1 11%	2 21%	-	-	1 45%	1 15%	1 14%	1 52%	-	-	-	6 17%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 45

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	-**	-**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	-**	35**
Don't know	10	6	4	4	-	-	-	-	-	-	1	1	-	*	3	1	-	2	2	-	-	-	-	-	10
	26%	47%	17%	24%	-	-	-	-	-	-	100%	22%	-	8%	39%	35%	-	55%	44%	-	-	-	-	-	30%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 46

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin A**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	2	4	1	-	5	17	4	22	4	8	2	2
Weighted base	40*	3**	5**	1**	-**	4**	17**	5**	24**	4**	7**	2**	2**
NET: Benefits	23 58%	1 43%	3 58%	-	-	4 100%	12 73%	2 47%	14 58%	1 21%	5 65%	1 48%	* 17%
I feel well/ healthy/ better/ a sense of well being	4 10%	-	-	-	-	1 26%	3 18%	-	2 9%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	4 10%	1 43%	1 27%	-	-	2 45%	4 23%	-	3 13%	-	2 22%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	4 10%	-	-	-	-	1 36%	2 13%	-	3 14%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	3 7%	-	-	-	-	1 19%	-	1 16%	2 9%	1 21%	2 22%	1 48%	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 6%	-	-	-	-	1 19%	1 5%	1 16%	1 4%	1 21%	1 11%	1 48%	-
Healthier bones/ I have stronger bones	2 6%	-	-	-	-	-	1 8%	-	1 4%	-	-	-	-
No side effects/ adverse effects	1 4%	-	1 31%	-	-	-	-	1 31%	-	-	1 21%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 46

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin A

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	40*	3**	5**	1**	-**	4**	17**	5**	24**	4**	7**	2**	2**
They give me all the vitamins I need/ ensure a balanced diet	1 3%	-	-	-	-	-	-	-	1 6%	-	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 3%	-	-	-	-	-	1 8%	-	-	-	-	-	-
Healthy teeth/ strong teeth	1 2%	-	-	-	-	-	-	-	1 4%	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	-	-	-	-	1 4%	-	1 3%	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	* 1%	-	-	-	-	-	-	-	-	-	-	-	* 17%
Nothing/ I have not noticed anything	7 17%	-	2 42%	-	-	-	3 18%	1 17%	4 18%	1 23%	-	1 52%	2 83%
Don't know	10 26%	2 57%	-	1 100%	-	-	1 9%	2 35%	5 23%	2 56%	2 35%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 47

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	86	35	51	10	15	16	12	18	15	28	16	14	28	11	3	13	3	7	3	6	10	14	6	8	2	11	39
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
NET: Benefits	47	20	28	10	5	8	6	7	12	14	8	7	18	5	2	10	2	3	2	5	3	8	4	5	-	7	20
	58%	58%	58%	93%	31%	53%	59%	51%	73%	54%	57%	50%	66%	43%	79%	73%	69%	48%	100%	100%	41%	51%	66%	57%	-	56%	57%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	19	7	12	5	2	4	2	3	3	7	1	3	8	3	*	3	2	3	1	2	2	2	*	1	-	2	8
	23%	20%	25%	44%	12%	29%	27%	20%	16%	27%	7%	19%	31%	24%	22%	21%	69%	48%	27%	37%	30%	11%	8%	17%	-	19%	22%
I feel well/ healthy/ better/ a sense of well being	9	5	3	2	1	1	2	2	1	1	3	1	3	1	-	3	-	-	-	*	-	2	1	1	-	3	4
	10%	15%	7%	16%	9%	7%	17%	13%	6%	5%	19%	7%	12%	14%	-	20%	-	-	-	10%	-	14%	13%	11%	-	24%	11%
I have an improved mood	5	1	4	-	1	-	1	2	2	1	1	-	3	1	-	1	-	-	-	3	-	1	-	-	-	1	1
	6%	3%	9%	-	6%	-	7%	12%	11%	5%	7%	-	11%	10%	-	4%	-	-	-	54%	-	7%	-	-	-	9%	4%
My hair is in good condition/ shiny/ less hair loss/ good growth	4	2	2	2	-	1	*	-	1	*	-	1	3	*	-	2	-	-	1	1	-	-	-	-	-	-	3
	5%	7%	3%	20%	-	6%	4%	-	4%	2%	-	6%	10%	4%	-	16%	-	-	39%	13%	-	-	-	-	-	-	9%
My skin is in good condition/ good complexion/ repairs damaged skin	3	-	3	-	-	*	-	-	3	*	-	2	1	-	-	-	-	-	-	1	-	2	-	-	-	*	1
	4%	-	6%	-	-	3%	-	-	16%	2%	-	14%	2%	-	-	-	-	-	-	13%	-	15%	-	-	-	3%	2%
Other benefits	3	2	1	-	*	-	-	1	2	1	1	*	1	-	*	-	-	-	1	1	-	-	-	1	-	-	2
	4%	5%	3%	-	3%	-	-	4%	11%	4%	5%	3%	2%	-	22%	-	-	-	34%	13%	-	-	-	13%	-	-	4%
My nails are in good condition/ stronger nails/ good growth	3	*	2	-	-	*	-	-	2	1	-	2	-	*	-	-	-	-	-	-	-	2	-	-	-	*	*
	3%	1%	5%	-	-	3%	4%	-	12%	3%	-	14%	-	4%	-	-	-	-	-	-	-	15%	-	-	-	3%	1%
No side effects/ adverse effects	2	-	2	-	1	-	1	1	-	1	-	1	1	1	*	1	-	-	-	-	-	1	-	-	-	-	2
	3%	-	5%	-	7%	-	6%	4%	-	3%	-	7%	2%	5%	22%	4%	-	-	-	-	-	4%	-	-	-	-	5%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 47

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
I sleep better	2 2%	-	2 4%	-	-	* 3%	-	1 6%	1 4%	* 2%	1 6%	-	1 2%	-	-	-	-	-	-	1 13%	-	1 8%	-	-	-	* 3%	1 4%
I have good digestion	2 2%	2 5%	-	-	-	-	-	-	2 9%	-	-	-	2 6%	-	-	-	-	-	-	-	-	-	2 28%	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	2 2%	-	2 3%	-	-	-	1 10%	1 4%	-	-	-	-	2 6%	-	-	1 4%	-	-	-	-	-	-	1 17%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	1 4%	-	1 13%	-	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 16%	-	-	1 4%
They reduce head aches/ migraines	1 1%	-	1 2%	-	-	-	-	-	1 7%	-	1 8%	-	-	-	1 57%	-	-	-	-	-	-	-	-	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 1%	-	1 2%	-	-	1 8%	-	-	-	-	1 7%	-	-	-	-	1 8%	-	-	-	-	-	-	-	-	-	1 9%	-
They are good for the blood (other)	1 1%	1 3%	-	-	1 5%	-	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 11%	-	-	-	-	-	1 3%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 1%	-	1 1%	-	-	-	-	1 4%	-	-	1 4%	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	-	-	1 2%
I feel calmer/ more relaxed/ relaxes the nervous system	1 1%	-	1 1%	-	-	-	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 13%	-	-	-	-	-	-	1 2%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 47

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
Improved liver function	1 1%	1 2%	-	-	-	-	-	1 4%	-	-	-	-	1 2%	-	-	-	-	-	-	1 13%	-	-	-	-	-	-	-
NET: Adverse effects	3 4%	-	3 7%	1 12%	1 4%	-	-	1 9%	-	1 3%	-	1 9%	1 5%	-	-	1 9%	-	-	-	-	2 26%	-	-	-	-	-	2 6%
It has affected my urine/ smell, colour	1 2%	-	1 3%	-	-	-	-	1 9%	-	-	-	-	1 5%	-	-	-	-	-	-	-	1 17%	-	-	-	-	-	-
Other adverse effects	1 2%	-	1 3%	1 12%	-	-	-	-	-	-	-	1 9%	-	-	1 9%	-	-	-	-	-	-	-	-	-	-	-	1 4%
I dislike the aftertaste	1 1%	-	1 1%	-	1 4%	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	-	1 2%
They cause indigestion/ heartburn	1 1%	-	1 1%	-	1 4%	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	-	1 2%
Nothing/ I have not noticed anything	26 32%	12 34%	14 30%	1 7%	10 60%	4 28%	4 41%	4 25%	4 22%	9 36%	6 41%	5 37%	5 20%	6 57%	-	4 27%	-	1 10%	-	-	2 29%	6 38%	2 34%	3 34%	3 100%	5 44%	11 30%
Don't know	7 8%	3 8%	4 8%	-	1 5%	3 19%	-	2 15%	1 5%	2 7%	* 3%	2 12%	3 9%	-	* 21%	-	1 31%	2 41%	-	-	* 4%	2 11%	-	1 9%	-	-	4 10%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 48

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin B**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	86	1	1	54	21	7	1	79	7	3	3	1	-	-	74	36	38	12	12	-
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
NET: Benefits	47	2	-	31	12	3	1	44	3	1	2	-	-	-	42	22	20	5	5	-
	58%	100%	-	61%	58%	43%	100%	59%	44%	51%	70%	-	-	-	58%	60%	57%	54%	54%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	19	-	-	14	5	-	-	18	1	1	-	-	-	-	16	7	9	2	2	-
	23%	-	-	27%	25%	-	-	25%	10%	30%	-	-	-	-	23%	19%	27%	24%	24%	-
I feel well/ healthy/ better/ a sense of well being	9	2	-	3	2	2	-	7	2	-	2	-	-	-	9	6	3	-	-	-
	10%	100%	-	6%	8%	36%	-	9%	20%	-	52%	-	-	-	12%	15%	9%	-	-	-
I have an improved mood	5	-	-	4	1	-	-	5	1	1	-	-	-	-	4	1	3	1	1	-
	6%	-	-	8%	6%	-	-	6%	7%	21%	-	-	-	-	6%	3%	9%	12%	12%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4	-	-	4	*	-	-	4	-	-	-	-	-	-	4	2	2	-	-	-
	5%	-	-	7%	2%	-	-	5%	-	-	-	-	-	-	6%	7%	4%	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	3	-	-	3	-	*	-	3	-	-	-	-	-	-	3	2	1	-	-	-
	4%	-	-	5%	-	6%	-	4%	-	-	-	-	-	-	4%	5%	3%	-	-	-
Other benefits	3	-	-	1	2	-	-	3	-	-	-	-	-	-	3	2	*	-	-	-
	4%	-	-	2%	8%	-	-	4%	-	-	-	-	-	-	4%	7%	1%	-	-	-
My nails are in good condition/ stronger nails/ good growth	3	-	-	2	*	*	-	3	-	-	-	-	-	-	3	2	*	-	-	-
	3%	-	-	4%	2%	6%	-	4%	-	-	-	-	-	-	4%	7%	1%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 48

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
No side effects/ adverse effects	2 3%	-	-	*	1 5%	-	1 100%	1 2%	1 14%	1 21%	1 18%	-	-	-	2 2%	1 3%	*	1 6%	1 6%	-
I sleep better	2 2%	-	-	1 3%	-	* 6%	-	2 3%	-	-	-	-	-	-	2 3%	1 2%	1 3%	-	-	-
I have good digestion	2 2%	-	-	2 3%	-	-	-	2 2%	-	-	-	-	-	-	2 2%	-	2 5%	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	2 2%	-	-	1 2%	1 3%	-	-	1 1%	1 7%	1 21%	-	-	-	-	1 1%	1 3%	-	1 6%	1 6%	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	1 7%	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 13%	1 13%	-
They reduce head aches/ migraines	1 1%	-	-	1 2%	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 12%	1 12%	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 1%	-	-	1 2%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	-	1 3%	-	-	-
They are good for the blood (other)	1 1%	-	-	-	1 4%	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 3%	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 48
Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?
Base: All respondents answering for ...
Vitamin B

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
I feel calmer/ more relaxed/ relaxes the nervous system	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
Improved liver function	1 1%	-	-	-	1 3%	-	-	1 1%	-	-	-	-	-	-	1 1%	1 2%	-	-	-	-
NET: Adverse effects	3 4%	-	-	2 4%	1 6%	-	-	3 4%	-	-	-	-	-	-	3 5%	2 4%	1 4%	-	-	-
It has affected my urine/ smell, colour	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-
Other adverse effects	1 2%	-	-	-	1 6%	-	-	1 2%	-	-	-	-	-	-	1 2%	-	1 4%	-	-	-
I dislike the aftertaste	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 2%	-	-	-	-
They cause indigestion/ heartburn	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 2%	-	-	-	-
Nothing/ I have not noticed anything	26 32%	-	1 100%	13 26%	8 38%	3 42%	-	22 30%	3 44%	1 49%	-	2 100%	-	-	22 31%	11 30%	11 32%	3 33%	3 33%	-
Don't know	7 8%	-	-	5 9%	1 5%	1 15%	-	6 8%	1 12%	-	1 30%	-	-	-	5 7%	2 5%	4 10%	1 12%	1 12%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 49

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	86	50	31	19	36	5	8	8	7	8	61	24	23	20	8	12	11	5
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
NET: Benefits	47	27	19	8	20	2	3	6	5	4	34	14	14	12	4	8	6	4
	58%	57%	54%	66%	59%	52%	53%	72%	60%	55%	57%	63%	65%	66%	64%	61%	59%	86%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	19	10	7	3	9	2	2	3	-	2	13	6	6	6	3	3	3	3
	23%	21%	21%	22%	26%	36%	34%	39%	-	28%	22%	28%	29%	30%	38%	21%	26%	64%
I feel well/ healthy/ better/ a sense of well being	9	7	5	2	2	1	-	-	1	-	4	4	4	4	-	3	3	1
	10%	14%	15%	13%	5%	15%	-	-	11%	-	8%	19%	19%	22%	-	24%	27%	22%
I have an improved mood	5	2	1	1	3	-	1	-	1	1	5	-	-	-	-	-	-	-
	6%	5%	3%	11%	9%	-	9%	-	15%	16%	9%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4	3	2	1	1	-	-	-	-	1	3	1	1	1	1	1	*	-
	5%	7%	6%	8%	3%	-	-	-	-	13%	5%	6%	6%	7%	13%	7%	4%	-
My skin is in good condition/ good complexion/ repairs damaged skin	3	1	-	1	2	-	-	-	2	-	3	-	-	-	-	-	-	-
	4%	2%	-	8%	6%	-	-	-	25%	-	5%	-	-	-	-	-	-	-
Other benefits	3	2	1	*	1	-	1	-	1	-	2	1	1	1	*	-	1	-
	4%	3%	3%	4%	4%	-	10%	-	9%	-	3%	5%	5%	3%	7%	-	6%	-
My nails are in good condition/ stronger nails/ good growth	3	1	-	1	2	-	-	-	2	-	2	*	*	*	-	-	*	-
	3%	2%	-	6%	6%	-	-	-	25%	-	4%	2%	2%	2%	-	-	4%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 49

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
No side effects/ adverse effects	2 3%	2 3%	-	2 14%	1 2%	-	1 9%	-	-	-	2 3%	* 2%	* 2%	-	* 7%	-	-	-
I sleep better	2 2%	2 4%	-	2 15%	-	-	-	-	-	-	2 3%	-	-	-	-	-	-	-
I have good digestion	2 2%	-	-	-	2 5%	-	-	2 18%	-	-	2 3%	-	-	-	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	2 2%	-	-	-	2 4%	-	1 9%	-	-	1 14%	2 3%	-	-	-	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	1 3%	1 4%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
They reduce head aches/ migraines	1 1%	-	-	-	1 3%	-	-	1 14%	-	-	1 2%	-	-	-	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 1%	1 2%	1 3%	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	-	1 9%	-	-	-
They are good for the blood (other)	1 1%	1 2%	1 2%	-	-	-	-	-	-	-	1 4%	1 4%	-	1 13%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 49

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 1%	1 1%	-	1 5%	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 1%	1 1%	-	1 5%	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
Improved liver function	1 1%	-	-	-	1 2%	-	1 10%	-	-	-	-	1 3%	1 3%	1 3%	-	-	1 6%	-
NET: Adverse effects	3 4%	2 4%	2 5%	-	1 4%	-	-	-	-	1 19%	3 4%	1 3%	1 3%	1 4%	-	1 6%	-	-
It has affected my urine/ smell, colour	1 2%	-	-	-	1 4%	-	-	-	-	1 19%	1 2%	-	-	-	-	-	-	-
Other adverse effects	1 2%	1 3%	1 3%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
I dislike the aftertaste	1 1%	1 1%	1 2%	-	-	-	-	-	-	-	1 3%	1 3%	1 4%	-	1 6%	-	-	-
They cause indigestion/ heartburn	1 1%	1 1%	1 2%	-	-	-	-	-	-	-	1 3%	1 3%	1 4%	-	1 6%	-	-	-
Nothing/ I have not noticed anything	26 32%	16 34%	13 37%	3 25%	10 28%	2 48%	1 18%	2 19%	3 40%	1 20%	19 33%	6 29%	6 27%	5 26%	2 23%	3 26%	3 31%	1 14%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 49

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
Don't know	7	4	2	1	3	-	2	1	-	*	5	1	1	1	1	1	1	-
	8%	8%	7%	10%	9%	-	29%	10%	-	6%	8%	4%	4%	5%	13%	7%	9%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 50

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	86	24	45	31	1	13	16	4	2	10	5	19	10	13	9	4	6	3	8	29	16	23	8	1	53
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
NET: Benefits	47	13	22	16	1	5	11	3	2	5	3	15	5	5	2	2	1	4	13	5	11	3	1	31	
	58%	54%	52%	53%	100%	43%	79%	82%	100%	71%	81%	77%	54%	49%	55%	52%	52%	32%	55%	52%	40%	51%	46%	100%	62%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	19	5	8	6	-	2	6	3	1	2	2	6	1	3	2	1	2	1	*	7	4	5	2	1	11
	23%	23%	18%	19%	-	19%	40%	63%	46%	26%	46%	30%	12%	29%	23%	25%	41%	32%	5%	26%	35%	25%	37%	100%	22%
I feel well/ healthy/ better/ a sense of well being	9	*	7	4	1	2	1	-	-	1	*	2	2	1	1	-	-	-	2	-	-	-	-	-	9
	10%	2%	17%	12%	100%	19%	5%	-	-	9%	11%	11%	17%	9%	12%	-	-	-	32%	-	-	-	-	-	17%
I have an improved mood	5	-	1	1	-	1	4	1	2	1	1	3	1	1	-	-	-	-	-	4	1	2	1	-	1
	6%	-	3%	2%	-	6%	29%	28%	100%	7%	17%	15%	12%	6%	-	-	-	-	-	14%	5%	11%	8%	-	1%
My hair is in good condition/ shiny/ less hair loss/ good growth	4	2	2	2	-	-	-	-	-	-	-	2	-	1	1	-	-	-	*	1	1	-	-	-	1
	5%	9%	4%	6%	-	-	-	-	-	-	-	11%	-	6%	10%	-	-	-	5%	2%	5%	-	-	-	3%
My skin is in good condition/ good complexion/ repairs damaged skin	3	*	3	3	-	-	-	-	-	-	-	-	*	1	-	-	-	-	-	3	1	2	-	-	*
	4%	2%	6%	9%	-	-	-	-	-	-	-	-	4%	6%	-	-	-	-	-	10%	5%	10%	-	-	1%
Other benefits	3	-	2	1	-	*	1	1	-	1	-	1	1	-	*	1	-	-	-	1	-	1	-	-	2
	4%	-	4%	4%	-	4%	10%	19%	-	8%	-	3%	9%	-	5%	27%	-	-	-	2%	-	3%	-	-	5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 50

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
My nails are in good condition/ stronger nails/ good growth	3	*	2	2	-	-	-	-	-	-	-	-	*	-	-	-	-	*	2	-	2	-	-	-	1
	3%	2%	6%	8%	-	-	-	-	-	-	-	-	4%	-	-	-	-	5%	8%	-	10%	-	-	-	2%
No side effects/ adverse effects	2	1	1	-	-	1	1	-	-	1	-	1	-	*	-	1	-	-	1	-	-	-	1	-	2
	3%	3%	2%	-	-	9%	4%	-	-	7%	-	3%	-	6%	5%	-	12%	-	2%	-	-	-	8%	-	3%
I sleep better	2	*	1	1	-	-	-	-	-	-	-	-	*	1	-	-	-	-	1	1	-	-	-	-	1
	2%	2%	1%	2%	-	-	-	-	-	-	-	-	4%	6%	-	-	-	-	2%	5%	-	-	-	-	2%
I have good digestion	2	-	-	-	-	-	2	-	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	2%	-	-	-	-	-	11%	-	-	20%	-	8%	-	-	-	-	-	-	-	-	-	-	-	-	3%
They help balance my hormones/ good for hormonal conditions/ menopause etc	2	1	-	-	-	-	1	-	-	1	1	1	-	-	-	-	-	-	2	-	1	1	-	-	-
	2%	4%	-	-	-	-	4%	-	-	7%	24%	3%	-	-	-	-	-	-	6%	-	5%	8%	-	-	-
My vision is good/ has improved/ other benefits to eyes	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	2%	5%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	18%	-	-	-	-	-	-	3%
They reduce head aches/ migraines	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	1%	-	3%	4%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
	1%	5%	-	-	-	-	-	-	-	-	-	-	12%	-	-	-	-	-	-	-	-	-	-	-	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 50

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
They are good for the blood (other)	1 1%	-	1 2%	1 3%	-	-	-	-	-	-	-	-	-	-	1 10%	-	-	-	-	-	-	-	-	-	1 2%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 1%	1 3%	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-	1 2%	-	1 3%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 1%	-	1 1%	1 2%	-	-	-	-	-	-	-	-	1 6%	-	-	-	-	-	-	1 2%	1 5%	-	-	-	-
Improved liver function	1 1%	-	-	-	-	-	1 4%	-	-	1 8%	-	1 3%	-	-	-	-	-	-	-	1 2%	-	1 3%	-	-	-
NET: Adverse effects	3 4%	1 5%	2 5%	1 4%	-	1 6%	-	-	-	-	-	-	1 15%	1 6%	-	-	1 26%	-	-	1 3%	1 6%	1 3%	-	-	1 2%
It has affected my urine/ smell, colour	1 2%	-	1 3%	1 4%	-	-	-	-	-	-	-	-	1 15%	-	-	-	-	-	-	-	-	-	-	-	-
Other adverse effects	1 2%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 26%	-	-	-	-	-	-	-	-	1 2%
I dislike the aftertaste	1 1%	-	1 2%	-	-	1 6%	-	-	-	-	-	-	1 6%	-	-	-	-	-	-	1 3%	1 6%	1 3%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 50

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
They cause indigestion/heartburn	1	-	1	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	1	1	1	-	-	-
	1%	-	2%	-	-	6%	-	-	-	-	-	-	-	6%	-	-	-	-	-	3%	6%	3%	-	-	-
Nothing/ I have not noticed anything	26	10	15	10	-	5	1	1	-	-	-	4	3	3	4	2	2	2	2	8	4	6	1	-	16
	32%	42%	35%	35%	-	40%	5%	18%	-	-	-	19%	28%	23%	45%	48%	35%	68%	32%	31%	31%	28%	16%	-	32%
Don't know	7	1	3	2	-	1	2	-	-	2	1	1	*	2	-	-	1	-	1	4	3	4	3	-	3
	8%	4%	8%	7%	-	11%	16%	-	-	29%	19%	4%	3%	21%	-	-	13%	-	13%	15%	23%	18%	38%	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 51

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	86	3	11	2	1	19	28	14	38	13	26	15	4
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
NET: Benefits	47 58%	1 45%	4 33%	1 44%	-	9 47%	17 66%	6 43%	24 66%	3 30%	12 55%	5 41%	3 79%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	19 23%	1 45%	3 22%	1 44%	-	3 17%	4 17%	4 30%	10 27%	2 18%	6 28%	4 30%	-
I feel well/ healthy/ better/ a sense of well being	9 10%	-	-	-	-	1 7%	6 23%	-	7 19%	-	2 7%	1 6%	-
I have an improved mood	5 6%	-	1 9%	-	-	1 3%	1 4%	1 9%	2 5%	1 5%	3 15%	1 5%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4 5%	-	* 3%	-	-	3 16%	* 2%	-	* 1%	-	1 3%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	3 4%	-	-	-	-	-	-	-	-	-	1 3%	-	2 59%
Other benefits	3 4%	-	-	-	-	-	* 2%	1 4%	-	-	2 8%	-	1 19%
My nails are in good condition/ stronger nails/ good growth	3 3%	-	* 3%	-	-	-	* 2%	-	* 1%	-	-	-	2 59%
No side effects/ adverse effects	2 3%	-	1 6%	-	-	1 3%	1 4%	-	-	1 12%	1 3%	1 5%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 51

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
I sleep better	2 2%	-	-	-	-	-	1 3%	-	1 2%	-	1 3%	-	* 9%
I have good digestion	2 2%	-	-	-	-	-	2 6%	-	2 4%	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	2 2%	-	-	-	-	1 3%	-	-	-	1 5%	2 7%	1 5%	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	-	-	1 5%	-	1 4%	-	-	-	-
They reduce head aches/ migraines	1 1%	-	-	-	-	-	1 4%	-	1 3%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 1%	-	-	-	-	-	-	-	1 3%	-	-	-	-
They are good for the blood (other)	1 1%	-	-	-	-	1 5%	1 3%	-	1 2%	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 1%	-	1 5%	-	-	-	1 2%	-	1 2%	-	1 3%	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	1 1%	-	-	-	-	-	-	-	-	-	1 3%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 51

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin B

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
Improved liver function	1 1%	-	-	-	-	-	-	1 4%	-	-	1 3%	-	-
NET: Adverse effects	3 4%	-	1 11%	1 56%	-	-	-	1 5%	1 3%	1 7%	1 3%	2 17%	-
It has affected my urine/ smell, colour	1 2%	-	1 11%	-	-	-	-	-	-	-	-	1 11%	-
Other adverse effects	1 2%	-	-	-	-	-	-	-	1 3%	-	-	-	-
I dislike the aftertaste	1 1%	-	-	1 56%	-	-	-	1 5%	-	1 7%	1 3%	1 6%	-
They cause indigestion/ heartburn	1 1%	-	-	1 56%	-	-	-	1 5%	-	1 7%	1 3%	1 6%	-
Nothing/ I have not noticed anything	26 32%	2 55%	6 50%	-	1 100%	9 46%	7 27%	6 42%	10 27%	5 48%	6 28%	3 21%	1 21%
Don't know	7 8%	-	1 6%	-	-	1 8%	2 7%	1 9%	3 7%	2 16%	3 14%	3 22%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 52

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	154	67	87	25	16	42	27	21	23	48	35	36	35	12	6	19	17	13	8	7	22	26	12	11	1	23	83
Weighted base	157	76*	81*	25**	20**	44*	26**	18**	25**	47*	38**	35*	38**	11**	7**	22**	19**	13**	6**	6**	20**	27**	13**	12**	1**	24**	88*
NET: Benefits	113	52	61	19	14	32	17	13	18	36	24	23	30	8	6	15	12	11	4	3	16	20	10	10	-	14	67
	72%	68%	76%	76%	72%	73%	68%	72%	71%	77%	65%	66%	79%	74%	87%	67%	62%	81%	63%	42%	77%	73%	81%	83%	-	59%	75%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	75	24	51	11	12	18	9	10	15	25	18	15	17	5	2	9	7	6	3	2	13	10	9	7	-	12	35
	48%	32%	63%a	44%	59%	42%	35%	55%	61%	53%	49%	43%	44%	47%	26%	42%	39%	47%	54%	36%	66%	38%	70%	61%	-	50%	40%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	12	6	6	2	7	3	-	1	7	1	3	7	2	2	7	2	2	-	*	-	1	2	-	-	1	16
	12%	16%	8%	24%	9%	16%	11%	-	3%	16%	3%	8%	18%	20%	31%	30%	12%	14%	-	7%	-	5%	12%	-	-	5%	18%
My skin is in good condition/ good complexion/ repairs damaged skin	12	9	2	2	-	5	4	2	-	3	2	3	3	1	-	1	3	1	-	-	-	4	1	2	-	1	11
	8%	12%b	3%	6%	-	11%	16%	9%	-	6%	6%	9%	9%	12%	-	2%	14%	11%	-	-	-	13%	6%	15%	-	3%	12%
I feel well/ healthy/ better/ a sense of well being	11	7	4	5	-	4	1	-	2	4	1	2	3	1	-	1	1	4	1	-	-	3	-	1	-	1	7
	7%	9%	5%	18%	-	8%	3%	-	7%	9%	4%	7%	7%	9%	-	3%	6%	29%	10%	-	-	10%	-	7%	-	3%	8%
No side effects/ adverse effects	5	1	4	-	-	-	1	2	2	2	1	-	1	2	-	-	-	-	-	-	1	1	-	1	-	-	2
	3%	1%	5%	-	-	-	4%	12%	7%	5%	3%	-	4%	17%	-	-	-	-	-	-	7%	3%	-	7%	-	-	3%
Other benefits	5	1	3	1	2	-	1	1	-	1	1	1	2	-	2	-	-	-	-	-	1	2	1	-	-	1	4
	3%	2%	4%	3%	10%	-	6%	3%	-	3%	2%	3%	5%	-	30%	-	-	-	-	-	3%	6%	6%	-	-	3%	5%
Injuries heal quicker	3	1	2	1	-	1	-	-	1	2	-	1	-	1	-	-	-	1	-	1	-	*	-	-	-	1	1
	2%	1%	3%	6%	-	2%	-	-	4%	5%	-	3%	-	9%	-	-	-	7%	-	14%	-	2%	-	-	-	6%	1%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 52

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	157	76*	81*	25**	20**	44*	26**	18**	25**	47*	38**	35*	38**	11**	7**	22**	19**	13**	6**	6**	20**	27**	13**	12**	1**	24**	88*
I believe I would feel worse without them/ believe they do good without noticeable effects	2 2%	2 3%	-	-	-	-	-	2 9%	1 4%	-	1 2%	1 2%	1 2%	-	-	-	-	-	-	-	2 9%	1 3%	-	-	-	-	2 2%
I sleep better	1 1%	-	1 1%	-	-	1 2%	-	-	-	1 2%	-	-	-	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	1 1%
Maintains a healthy heart	1 *	-	1 1%	1 3%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	-	-	1 6%	-	-	1 3%	-
My vision is good/ has improved/ other benefits to eyes	1 *	-	1 1%	1 3%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	-	-	1 6%	-	-	1 3%	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	* *	-	* 1%	* 2%	-	-	-	-	-	* 1%	-	-	-	-	-	-	-	-	-	-	-	* 2%	-	-	-	* 2%	-
NET: Adverse effects	2 1%	-	2 2%	1 2%	-	1 2%	-	-	-	1 2%	-	1 2%	-	-	-	-	1 3%	-	-	-	-	-	1 8%	-	-	-	2 2%
It has affected my urine/ smell, colour	2 1%	-	2 2%	1 2%	-	1 2%	-	-	-	1 2%	-	1 2%	-	-	-	-	1 3%	-	-	-	-	-	1 8%	-	-	-	2 2%
Nothing/ I have not noticed anything	36 23%	22 28%	14 17%	5 22%	5 28%	8 19%	6 25%	5 28%	5 21%	9 19%	12 32%	11 32%	4 9%	3 26%	1 13%	6 27%	4 21%	2 12%	2 26%	4 58%	5 23%	7 27%	1 11%	1 7%	1 100%	6 25%	20 23%
Don't know	7 4%	2 3%	4 5%	-	-	3 6%	2 7%	-	2 8%	1 2%	1 3%	-	4 12%	-	-	1 6%	3 14%	1 6%	1 11%	-	-	-	-	1 10%	-	4 16%	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 53

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin C**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	154	1	-	83	49	17	3	142	12	1	7	1	2	1	125	76	49	29	24	5
Weighted base	157	1**	-**	85*	49*	19**	2**	144	13**	1**	8**	1**	2**	1**	128	79*	48*	30**	25**	4**
NET: Benefits	113	1	-	61	40	11	1	105	9	1	5	-	2	1	92	55	36	22	17	4
	72%	100%	-	71%	81%	58%	34%	73%	65%	100%	57%	-	100%	100%	72%	70%	75%	73%	68%	100%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	75	-	-	41	25	8	1	72	3	1	1	-	1	-	53	33	21	22	17	4
	48%	-	-	48%	51%	41%	34%	50%	24%	100%	12%	-	62%	-	42%	41%	43%	73%	68%	100%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	-	-	9	8	1	-	17	2	-	2	-	-	-	18	9	9	1	1	-
	12%	-	-	11%	16%	7%	-	12%	12%	-	19%	-	-	-	14%	12%	18%	2%	3%	-
My skin is in good condition/ good complexion/ repairs damaged skin	12	-	-	5	6	-	-	11	1	-	1	-	-	-	12	3	8	-	-	-
	8%	-	-	6%	13%	-	-	7%	8%	-	13%	-	-	-	9%	4%	18%	-	-	-
I feel well/ healthy/ better/ a sense of well being	11	1	-	5	4	*	-	8	3	-	1	-	1	1	11	7	4	-	-	-
	7%	100%	-	6%	9%	2%	-	5%	21%	-	13%	-	38%	100%	8%	9%	7%	-	-	-
No side effects/ adverse effects	5	-	-	3	1	1	-	4	1	-	-	-	-	1	3	2	1	2	-	2
	3%	-	-	4%	1%	7%	-	3%	6%	-	-	-	-	100%	2%	3%	2%	7%	-	45%
Other benefits	5	-	-	3	1	1	-	5	-	-	-	-	-	-	5	5	-	-	-	-
	3%	-	-	3%	1%	8%	-	3%	-	-	-	-	-	-	4%	6%	-	-	-	-
Injuries heal quicker	3	-	-	2	1	-	-	3	-	-	-	-	-	-	2	2	-	1	1	-
	2%	-	-	2%	3%	-	-	2%	-	-	-	-	-	-	2%	3%	-	3%	4%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 53

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin C**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	157	1**	-**	85*	49*	19**	2**	144	13**	1**	8**	1**	2**	1**	128	79*	48*	30**	25**	4**
I believe I would feel worse without them/ believe they do good without noticeable effects	2 2%	-	-	2 3%	-	-	-	2 2%	-	-	-	-	-	-	2 2%	2 3%	-	-	-	-
I sleep better	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
Maintains a healthy heart	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	* *	-	-	-	* 1%	-	-	* *	-	-	-	-	-	-	* *	* 1%	-	-	-	-
NET: Adverse effects	2 1%	-	-	-	2 3%	-	-	1 *	1 8%	-	-	1 100%	-	-	2 1%	-	2 3%	-	-	-
It has affected my urine/ smell, colour	2 1%	-	-	-	2 3%	-	-	1 *	1 8%	-	-	1 100%	-	-	2 1%	-	2 3%	-	-	-
Nothing/ I have not noticed anything	36 23%	-	-	19 22%	8 16%	7 36%	1 66%	32 22%	4 27%	-	4 43%	-	-	-	30 24%	21 26%	10 20%	5 18%	5 21%	-
Don't know	7 4%	-	-	5 6%	-	1 6%	-	7 5%	-	-	-	-	-	-	4 3%	3 4%	1 1%	3 9%	3 10%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 54

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin C**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	154	106	69	37	48	3	9	8	14	14	94	60	53	53	18	32	20	15
Weighted base	157	113*	87*	26*	45*	3**	8**	7**	15**	12**	96*	61*	55*	56*	18**	33**	23**	12**
NET: Benefits	113	81	59	22	32	1	6	6	10	9	67	47	44	42	14	29	16	7
	72%	72%	68%	85%	72%	48%	77%	88%	66%	73%	69%	76%	81%	76%	76%	86%	72%	60%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	75	47	32	15	28	1	5	5	10	8	48	27	25	26	9	17	9	5
	48%	42%	37%	57%	62%ab	48%	62%	65%	63%	64%	49%	45%	45%	47%	47%	51%	39%	44%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	17	13	4	1	-	*	1	-	-	11	7	6	6	2	5	2	2
	12%	15%d	16%d	15%d	3%	-	6%	11%	-	-	12%	12%	12%	11%	14%	15%	7%	13%
My skin is in good condition/ good complexion/ repairs damaged skin	12	11	10	1	1	-	-	-	1	-	6	6	6	5	1	2	4	-
	8%	10%	11%	6%	1%	-	-	-	4%	-	6%	10%	11%	9%	8%	7%	17%	-
I feel well/ healthy/ better/ a sense of well being	11	8	5	3	3	-	-	1	1	1	5	5	5	3	3	3	1	1
	7%	7%	6%	11%	7%	-	-	12%	6%	9%	5%	9%	10%	6%	16%	10%	5%	9%
No side effects/ adverse effects	5	2	1	1	3	-	1	1	1	-	5	*	*	*	-	-	*	*
	3%	2%	2%	4%	6%	-	10%	12%	6%	-	5%	1%	1%	1%	-	-	2%	3%
Other benefits	5	5	4	1	-	-	-	-	-	-	2	3	3	3	-	2	1	-
	3%	4%	5%	2%	-	-	-	-	-	-	2%	5%	5%	5%	-	6%	4%	-
Injuries heal quicker	3	2	1	1	1	-	-	-	1	-	2	1	1	1	-	1	-	-
	2%	2%	1%	5%	2%	-	-	-	6%	-	3%	1%	2%	2%	-	3%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 54

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin C**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Weighted base	157	113*	87*	26*	45*	3**	8**	7**	15**	12**	96*	61*	55*	56*	18**	33**	23**	12**	
I believe I would feel worse without them/ believe they do good without noticeable effects	2 2%	2 2%	1 1%	1 3%	1 2%	-	1 9%	-	-	-	2 3%	-	-	-	-	-	-	-	
I sleep better	1 1%	1 1%	1 1%	-	-	-	-	-	-	-	-	1 1%	1 2%	1 2%	-	1 3%	1 4%	1 7%	
Maintains a healthy heart	1 *	1 1%	1 1%	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-	
My vision is good/ has improved/ other benefits to eyes	1 *	1 1%	1 1%	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-	
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	* *	* *	-	* 2%	-	-	-	-	-	-	* 1%	-	-	-	-	-	-	-	
NET: Adverse effects	2 1%	2 1%	1 1%	1 2%	-	-	-	-	-	-	1 1%	1 2%	1 2%	-	1 6%	-	-	-	
It has affected my urine/ smell, colour	2 1%	2 1%	1 1%	1 2%	-	-	-	-	-	-	1 1%	1 2%	1 2%	-	1 6%	-	-	-	
Nothing/ I have not noticed anything	36 23%	26 23%	23 26%	3 13%	10 21%	1 52%	2 23%	-	4 25%	3 22%	27 28%	9 15%	6 11%	9 16%	3 19%	5 14%	3 11%	4 34%	
Don't know	7 4%	4 3%	4 4%	-	3 6%	-	-	-	1 12%	1 8%	1 5%	2 7%	4 7%	4 7%	4 8%	-	-	4 17%	1 5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 55

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	154	41	95	66	2	27	17	4	3	10	9	16	20	27	16	20	9	15	10	31	14	22	9	-	120
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	**	125
NET: Benefits	113	29	73	54	1	18	10	1	1	8	4	7	16	22	9	5	15	9	22	9	14	7	-	89	
	72%	71%	75%	77%	100%	65%	59%	25%	42%	79%	65%	49%	77%	75%	62%	79%	51%	90%	75%	73%	75%	67%	62%	-	71%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	75	18	47	33	1	12	9	1	1	7	4	6	10	15	5	12	2	10	6	14	6	10	3	-	59
	48%	43%	48%	48%	100%	45%	54%	25%	42%	71%	52%	39%	46%	49%	36%	55%	24%	64%	51%	48%	47%	48%	32%	-	47%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	10	9	8	-	1	-	-	-	-	*	-	2	6	2	3	2	2	-	2	1	1	1	-	17
	12%	23% ^b	9%	12%	-	3%	-	-	-	-	7%	-	11%	20%	11%	16%	20%	11%	-	6%	9%	4%	7%	-	13%
My skin is in good condition/ good complexion/ repairs damaged skin	12	4	8	8	-	-	-	-	-	-	-	1	1	3	2	-	1	3	2	3	1	2	2	-	8
	8%	11%	8%	11%	-	-	-	-	-	-	-	6%	3%	9%	12%	-	14%	19%	14%	10%	4%	11%	23%	-	7%
I feel well/ healthy/ better/ a sense of well being	11	2	7	6	-	1	1	-	-	1	*	2	2	-	-	2	-	1	1	1	-	1	-	-	10
	7%	6%	7%	9%	-	5%	6%	-	-	10%	6%	10%	8%	-	-	9%	-	6%	10%	3%	-	5%	-	-	8%
No side effects/ adverse effects	5	-	3	3	-	-	2	-	*	2	-	1	*	-	-	2	-	-	1	2	1	2	-	-	3
	3%	-	3%	4%	-	-	12%	-	17%	17%	-	5%	2%	-	-	8%	-	-	11%	6%	6%	8%	-	-	3%
Other benefits	5	1	4	1	-	3	-	-	-	-	-	-	2	-	1	1	-	2	-	1	1	-	-	-	4
	3%	2%	4%	2%	-	10%	-	-	-	-	-	-	10%	-	4%	3%	-	10%	-	2%	4%	-	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 55

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	-**	125
Injuries heal quicker	3 2%	2 4%	* -	- -	- -	* 2%	1 6%	- -	- -	1 10%	- -	- -	1 4%	- -	- -	1 5%	* 5%	- -	- -	1 5%	* 4%	1 5%	- -	- -	2 1%
I believe I would feel worse without them/ believe they do good without noticeable effects	2 2%	1 2%	1 1%	- -	- -	1 3%	1 5%	- -	- -	1 8%	- -	- -	1 2%	- -	2 8%	- -	- -	- -	- -	2 6%	1 7%	1 4%	- -	- -	- -
I sleep better	1 1%	1 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%
Maintains a healthy heart	1 *	1 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 4%	- -	- -	- -	- -	- -	- -	- -	- -
My vision is good/ has improved/ other benefits to eyes	1 *	1 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 4%	- -	- -	- -	- -	- -	- -	- -	- -
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	* *	- -	* *	- -	- -	* 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	* 5%	- -	- -	- -	* 2%	* 4%	- -	- -	- -	- -
NET: Adverse effects	2 1%	- -	2 2%	- -	- -	2 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 8%	- -	- -	- -	- -	- -	- -	2 1%
It has affected my urine/ smell, colour	2 1%	- -	2 2%	- -	- -	2 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 8%	- -	- -	- -	- -	- -	- -	2 1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 55

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	-**	125
Nothing/ I have not noticed anything	36	12	18	10	-	7	6	3	1	2	2	8	2	6	3	4	5	2	2	7	3	7	3	-	29
	23%	29%	18%	15%	-	26%	36%	58%	58%	21%	25%	51%	11%	21%	23%	21%	49%	10%	16%	24%	25%	33%	30%	-	23%
Don't know	7	-	6	5	-	1	1	1	-	-	1	-	3	1	2	-	-	-	-	1	-	-	1	-	6
	4%	-	6%	7%	-	2%	5%	17%	-	-	9%	-	12%	4%	14%	-	-	-	-	3%	-	-	8%	-	5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 56

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	154	4	12	-	-	29	70	13	90	13	30	15	6
Weighted base	157	6**	11**	-.**	-.**	32**	74*	14**	86*	12**	30**	13**	7**
NET: Benefits	113	1	6	-	-	23	52	7	69	7	19	9	7
	72%	23%	60%	-	-	72%	71%	52%	80%	55%	65%	68%	100%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	75	1	6	-	-	19	33	5	46	4	14	5	5
	48%	14%	60%	-	-	59%	45%	40%	53%	36%	47%	41%	72%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	-	-	-	-	3	11	-	14	2	-	1	-
	12%	-	-	-	-	9%	14%	-	16%	15%	-	7%	-
My skin is in good condition/ good complexion/ repairs damaged skin	12	1	-	-	-	1	8	-	8	1	2	1	-
	8%	10%	-	-	-	2%	10%	-	9%	5%	8%	4%	-
I feel well/ healthy/ better/ a sense of well being	11	-	1	-	-	3	4	1	7	-	2	3	-
	7%	-	9%	-	-	10%	6%	8%	8%	-	6%	20%	-
No side effects/ adverse effects	5	-	1	-	-	2	*	1	3	1	2	1	-
	3%	-	9%	-	-	7%	*	6%	4%	7%	6%	8%	-
Other benefits	5	-	1	-	-	1	1	-	2	-	1	-	2
	3%	-	5%	-	-	2%	1%	-	2%	-	4%	-	28%
Injuries heal quicker	3	-	1	-	-	1	-	*	1	-	1	2	-
	2%	-	9%	-	-	3%	-	4%	1%	-	3%	19%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 56

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin C

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	157	6**	11**	..*	..*	32**	74*	14**	86*	12**	30**	13**	7**
I believe I would feel worse without them/ believe they do good without noticeable effects	2 2%	-	-	-	-	-	-	-	-	-	2 5%	1 7%	-
I sleep better	1 1%	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-
Maintains a healthy heart	1 *	-	-	-	-	1 2%	-	-	1 1%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 *	-	-	-	-	1 2%	-	-	1 1%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	* *	-	-	-	-	-	-	* 4%	-	-	-	* 4%	-
NET: Adverse effects	2 1%	-	1 5%	-	-	1 3%	1 1%	-	1 1%	-	-	-	-
It has affected my urine/ smell, colour	2 1%	-	1 5%	-	-	1 3%	1 1%	-	1 1%	-	-	-	-
Nothing/ I have not noticed anything	36 23%	4 77%	2 24%	-	-	5 17%	17 23%	7 48%	14 16%	4 38%	10 35%	4 32%	-
Don't know	7 4%	-	1 11%	-	-	3 8%	4 5%	-	3 4%	1 7%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 57

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	167	63	104	11	23	27	27	26	53	52	41	35	39	12	5	19	6	12	16	5	14	26	27	21	4	22	64
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*
NET: Benefits	98	37	62	6	19	16	15	17	27	31	29	17	21	6	3	11	2	10	8	2	3	17	20	12	2	20	39
	58%	59%	58%	52%	65%	62%	56%	63%	53%	62%	65%	53%	51%	72%	100%	53%	38%	69%	55%	45%	23%	57%	74%	62%	40%	71%	58%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	29	7	23	2	8	6	4	4	6	7	9	6	7	2	2	-	3	2	-	2	5	7	3	1	9	10	
	17%	11%	21%	14%	26%	24%	17%	14%	12%	15%	20%	19%	17%	21%	50%	10%	-	18%	14%	-	17%	17%	27%	17%	22%	32%	14%
They give me a boost during the winter months/ when there is a lack of sunshine	15	9	6	-	3	1	5	1	6	6	8	1	-	2	-	2	1	-	2	-	-	4	1	3	1	3	5
	9%	14%	6%	-	9%	3%	17%	5%	11%	13% _m	17% _m	3%	-	19%	-	10%	13%	-	12%	-	-	12%	4%	15%	17%	11%	7%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	12	4	8	1	3	2	-	2	5	2	3	2	5	1	-	2	-	1	1	1	1	2	5	-	-	2	4
	7%	7%	7%	10%	9%	7%	-	6%	10%	4%	7%	6%	13%	13%	-	9%	-	5%	4%	12%	9%	5%	17%	-	-	6%	7%
Healthier bones/ I have stronger bones	11	1	10	-	-	2	2	3	5	3	5	2	1	-	1	2	1	1	1	1	-	2	1	2	-	1	3
	7%	2%	10%	-	-	9%	6%	10%	10%	7%	11%	8%	1%	-	39%	9%	10%	5%	9%	15%	-	6%	3%	11%	-	4%	5%
They give me all the vitamins I need/ ensure a balanced diet	11	7	4	-	3	1	2	1	4	5	4	1	1	2	-	2	1	-	1	-	-	2	2	-	1	2	3
	7%	11%	4%	-	11%	3%	8%	5%	7%	11%	10%	3%	1%	19%	-	10%	13%	-	8%	-	-	8%	6%	-	17%	9%	4%
I have an improved mood	11	2	8	-	5	3	1	-	1	1	7	1	2	1	-	1	-	-	1	-	1	1	3	2	-	3	6
	6%	4%	8%	-	17%	13%	3%	-	3%	2%	15% _j	3%	5%	12%	-	5%	-	-	4%	-	7%	4%	12%	13%	-	11%	9%
No side effects/ adverse effects	8	3	5	-	1	1	1	2	3	2	4	1	1	2	-	2	-	-	-	-	-	3	1	-	-	-	6
	5%	6%	4%	-	5%	5%	4%	7%	6%	4%	9%	4%	1%	20%	-	12%	-	-	-	-	-	8%	5%	-	-	-	9%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 57

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*
I believe I would feel worse without them/ believe they do good without noticeable effects	7 4%	3 4%	4 4%	- -	- -	* 1%	2 7%	2 6%	3 6%	5 11%	1 2%	* 1%	- -	1 8%	1 18%	1 5%	- -	- -	1 6%	- -	- -	1 3%	1 3%	1 3%	1 17%	1 3%	* 1%
I feel well/ healthy/ better/ a sense of well being	7 4%	5 8%	2 2%	3 25%	1 5%	- -	2 6%	- -	1 2%	1 3%	3 7%	- -	2 5%	1 9%	1 19%	- -	- -	- -	1 4%	- -	- -	- -	1 5%	3 16%	- -	- -	3 5%
My nails are in good condition/ stronger nails/ good growth	6 4%	- -	6 6%	- -	4 15%	- -	- -	1 4%	1 2%	3 6%	- -	1 3%	3 6%	- -	- -	1 5%	- -	3 19%	- -	- -	- -	1 3%	2 6%	- -	- -	4 16%	1 2%
My skin is in good condition/ good complexion/ repairs damaged skin	5 3%	3 5%	3 2%	- -	2 5%	2 8%	- -	2 6%	- -	- -	- -	1 3%	4 10%	- -	- -	1 5%	- -	- -	- -	1 19%	- -	- -	3 12%	- -	- -	2 6%	2 3%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	5 3%	1 2%	4 4%	- -	- -	- -	- -	4 16%	1 2%	1 2%	- -	- -	4 10%	- -	- -	1 5%	1 16%	- -	- -	- -	- -	- -	1 4%	2 10%	- -	- -	2 3%
Less aches and pains	5 3%	1 2%	4 4%	- -	1 4%	2 6%	- -	2 9%	- -	2 4%	2 5%	1 3%	- -	- -	- -	- -	- -	2 10%	2 14%	- -	1 12%	- -	- -	- -	- -	- -	5 8%
My hair is in good condition/ shiny/ less hair loss/ good growth	5 3%	- -	5 5%	- -	3 10%	1 4%	- -	1 4%	- -	3 6%	1 2%	- -	1 3%	- -	- -	2 10%	- -	3 19%	- -	- -	- -	- -	- -	- -	- -	3 10%	2 3%
Other benefits	3 2%	3 5%b	- -	- -	- -	1 6%	- -	- -	2 3%	1 3%	- -	2 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	2 5%	1 5%	- -	- -	1 5%	2 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 57

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*
I sleep better	3 2%	-	3 2%	-	-	-	1 5%	-	1 3%	3 5%	-	-	-	-	-	-	-	-	-	-	-	-	3 10%	-	-	-	1 2%
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	2 3%	-	2 18%	-	-	-	-	-	2 4%	-	-	-	-	-	-	-	2 13%	-	-	-	-	-	-	-	-	2 3%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	1 2%	-	-	1 5%	-	-	-	-	-	-	1 4%	-	-	-	-	-	1 9%	-	-	-	-	-	-	-	1 5%	-
I have improved memory/ cognitive function/ aids concentration	1 *	-	1 *	-	-	1 2%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	1 4%	-	-	-	-	-	1 1%
NET: Adverse effects	1 1%	-	1 1%	-	-	1 3%	-	-	-	-	-	1 3%	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 1%
Other adverse effects	1 1%	-	1 1%	-	-	1 3%	-	-	-	-	-	1 3%	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 1%
Nothing/ I have not noticed anything	63 37%	24 38%	39 37%	5 48%	10 35%	6 25%	10 40%	9 34%	21 43%	18 38%	12 26%	13 41%	19 46%	3 28%	-	8 38%	4 62%	5 31%	7 45%	3 55%	9 77%	9 28%	6 23%	7 38%	3 60%	8 29%	24 37%
Don't know	6 4%	2 3%	5 5%	-	-	2 9%	1 4%	1 3%	2 4%	-	4 8%	1 3%	2 4%	-	-	1 5%	-	-	-	-	-	5 15%	1 3%	-	-	-	2 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 58

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin D**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	167	1	1	94	53	13	4	151	16	3	6	5	1	1	126	59	67	41	32	9
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**
NET: Benefits	98	-	-	49	38	11	1	81	17	2	6	6	2	1	75	39	36	24	18	5
	58%	-	-	54%	66%	74%	25%	55%	84%	47%	87%	100%	100%	100%	58%	60%	56%	61%	61%	60%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	29	-	-	20	9	-	1	23	6	2	1	2	-	1	24	12	12	6	6	-
	17%	-	-	22%	16%	-	25%	16%	30%	47%	13%	39%	-	100%	18%	18%	18%	15%	19%	-
They give me a boost during the winter months/ when there is a lack of sunshine	15	-	-	3	10	2	-	15	-	-	-	-	-	-	12	4	8	3	1	2
	9%	-	-	3%	17% ^c	16%	-	10%	-	-	-	-	-	-	9%	6%	12%	8%	4%	21%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	12	-	-	6	5	1	1	12	-	-	-	-	-	-	11	7	4	1	1	-
	7%	-	-	6%	8%	6%	25%	8%	-	-	-	-	-	-	8%	11%	6%	4%	5%	-
Healthier bones/ I have stronger bones	11	-	-	6	3	2	-	10	2	-	1	1	-	-	7	2	5	4	2	2
	7%	-	-	7%	5%	14%	-	7%	9%	-	9%	17%	-	-	5%	3%	8%	11%	8%	23%
They give me all the vitamins I need/ ensure a balanced diet	11	-	-	3	5	2	-	9	2	-	1	1	-	-	10	4	6	1	1	-
	7%	-	-	4%	9%	16%	-	6%	10%	-	10%	22%	-	-	7%	6%	9%	3%	4%	-
I have an improved mood	11	-	-	6	4	1	-	11	-	-	-	-	-	-	8	5	3	2	2	-
	6%	-	-	6%	7%	8%	-	7%	-	-	-	-	-	-	7%	8%	5%	6%	7%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 58

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin D**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**
No side effects/ adverse effects	8 5%	-	-	4 5%	3 5%	1 8%	-	7 5%	1 7%	-	-	1 22%	-	-	7 5%	4 6%	3 5%	1 3%	1 2%	1 7%
I believe I would feel worse without them/ believe they do good without noticeable effects	7 4%	-	-	3 3%	3 5%	1 6%	-	7 4%	-	-	-	-	-	-	6 4%	2 4%	3 5%	1 2%	* 1%	1 7%
I feel well/ healthy/ better/ a sense of well being	7 4%	-	-	2 3%	3 6%	1 6%	-	5 3%	2 8%	-	-	1 13%	-	1 100%	5 4%	2 3%	3 5%	1 3%	1 4%	-
My nails are in good condition/ stronger nails/ good growth	6 4%	-	-	2 2%	2 3%	3 20%	-	4 2%	3 14%	-	3 38%	-	-	-	6 5%	5 8%	1 1%	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	5 3%	-	-	4 4%	2 3%	-	-	5 4%	-	-	-	-	-	-	5 4%	3 5%	2 3%	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	5 3%	-	-	4 5%	1 2%	-	-	4 3%	1 6%	-	1 16%	-	-	-	1 1%	1 2%	-	4 11%np	2 7%	2 23%
Less aches and pains	5 3%	-	-	3 3%	2 4%	-	-	5 3%	-	-	-	-	-	-	3 2%	2 2%	1 2%	2 6%	2 8%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	5 3%	-	-	1 1%	1 2%	3 20%	-	2 1%	3 14%	-	3 38%	-	-	-	5 4%	4 6%	1 1%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 58

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**
Other benefits	3 2%	-	-	2 2%	1 2%	-	-	1 1%	2 8%	-	-	-	2 100%	-	2 1%	2 2%	-	1 4%	1 5%	-
I sleep better	3 2%	-	-	-	3 4%	-	-	3 2%	-	-	-	-	-	-	3 2%	-	3 4%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	-	-	-	2 3%	-	-	2 1%	-	-	-	-	-	-	2 1%	2 3%	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	-	1 9%	-	-	1 7%	-	-	1 22%	-	-	1 1%	1 2%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	1 *	1 1%	-	-	-	-
NET: Adverse effects	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Other adverse effects	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Nothing/ I have not noticed anything	63 37%	* 100%	1 100%	36 39%	19 32%	4 26%	2 75%	61 41%	2 8%	1 17%	1 13%	-	-	-	48 37%	20 31%	27 43%	15 39%	12 39%	3 40%
Don't know	6 4%	-	-	5 6%	1 2%	-	-	5 3%	2 8%	2 36%	-	-	-	-	6 5%	5 8%	1 1%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 59

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	167	86	50	36	81	7	12	16	36	10	126	41	38	34	15	21	19	10
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**
NET: Benefits	98	58	43	16	40	3	5	6	20	6	67	31	29	28	10	15	16	8
	58%	62%	64%	58%	54%	35%	57%	39%	61%	69%	55%	69%	68%	73%	58%	67%	63%	82%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	29	18	16	3	11	2	3	2	4	-	20	10	9	8	3	4	4	4
	17%	20%	23%	10%	15%	26%	32%	13%	12%	-	16%	21%	20%	20%	18%	18%	15%	38%
They give me a boost during the winter months/ when there is a lack of sunshine	15	8	6	2	7	-	-	1	6	-	9	6	6	6	2	3	4	2
	9%	9%	10%	6%	9%	-	-	7%	18%	-	7%	13%	14%	16%	12%	13%	17%	19%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	12	6	3	2	6	-	1	2	2	2	9	3	3	3	2	3	1	-
	7%	6%	5%	9%	9%	-	8%	14%	5%	20%	7%	7%	8%	8%	9%	14%	4%	-
Healthier bones/ I have stronger bones	11	4	3	1	7	-	1	1	3	2	8	3	3	3	-	3	2	-
	7%	5%	4%	5%	10%	-	6%	5%	10%	28%	7%	7%	7%	8%	-	11%	7%	-
They give me all the vitamins I need/ ensure a balanced diet	11	5	4	2	6	-	1	1	4	-	8	3	3	3	2	3	1	1
	7%	6%	6%	6%	8%	-	6%	7%	12%	-	6%	7%	7%	8%	12%	13%	5%	12%
I have an improved mood	11	9	8	1	2	-	-	-	1	1	10	1	1	1	-	1	-	-
	6%	10%	11%	5%	2%	-	-	-	3%	9%	8%	2%	3%	3%	-	5%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 59

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18-5 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**
No side effects/ adverse effects	8 5%	6 6%	4 6%	2 6%	2 3%	-	-	-	2 6%	-	8 6%	* 1%	* 1%	* 1%	-	-	* 1%	* 4%
I believe I would feel worse without them/ believe they do good without noticeable effects	7 4%	1 1%	-	1 4%	6 7%b	-	-	-	4 14%ab	1 13%	6 5%	1 2%	1 2%	1 2%	-	-	1 3%	1 7%
I feel well/ healthy/ better/ a sense of well being	7 4%	3 4%	3 5%	-	3 4%	1 9%	1 8%	1 5%	-	1 10%	5 4%	2 4%	2 4%	1 2%	1 5%	1 4%	-	-
My nails are in good condition/ stronger nails/ good growth	6 4%	5 6%	4 7%	1 4%	1 1%	-	-	-	1 3%	-	2 2%	4 10%j	4 10%j	4 11%	4 25%	2 7%	3 11%	-
My skin is in good condition/ good complexion/ repairs damaged skin	5 3%	4 4%	3 4%	1 4%	2 2%	-	-	-	-	2 20%	2 1%	4 8%	4 8%	4 9%	2 9%	3 11%	1 4%	1 10%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	5 3%	2 2%	-	2 8%b	3 4%	-	1 13%	-	2 6%	-	4 3%	1 3%	-	1 3%	-	-	-	1 12%
Less aches and pains	5 3%	5 5%	5 7%d	* 1%	-	-	-	-	-	-	5 4%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	5 3%	5 5%	3 4%	2 7%d	-	-	-	-	-	-	1 1%	4 8%j	4 9%j	4 10%	3 17%	1 4%	4 15%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 59

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**
Other benefits	3 2%	3 3%	3 4%	-	-	-	-	-	-	-	2 1%	1 3%	1 3%	-	1 8%	-	-	-
I sleep better	3 2%	1 1%	-	1 5%	1 2%	-	-	-	1 4%	-	1 1%	1 3%	1 3%	1 3%	-	-	1 5%	1 13%
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	2 2%	2 3%	-	-	-	-	-	-	-	2 4%j	2 4%j	2 5%	-	2 8%	2 7%	-	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	1 1%	-	1 5% ^d	-	-	-	-	-	-	-	1 3%	1 3%	1 3%	-	1 6%	-	
I have improved memory/ cognitive function/ aids concentration	1 *	1 1%	-	1 2%	-	-	-	-	-	-	1 1%	1 1%	1 1%	1 3%	1 2%	-	-	
NET: Adverse effects	1 1%	1 1%	-	1 3%	-	-	-	-	-	-	-	1 2%	1 2%	1 2%	-	1 4%	1 3%	
Other adverse effects	1 1%	1 1%	-	1 3%	-	-	-	-	-	-	1 2%	1 2%	1 2%	-	1 4%	1 3%	-	
Nothing/ I have not noticed anything	63 37%	32 35%	22 33%	11 39%	30 41%	4 50%	3 36%	10 61%	10 32%	3 31%	51 41%	12 26%	11 26%	8 21%	7 42%	5 23%	7 28%	2 18%
Don't know	6 4%	2 3%	2 4%	-	4 5%	1 15%	1 7%	-	2 7%	-	5 4%	2 3%	2 4%	2 4%	-	2 7%	2 6%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 60

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	167	41	98	81	-	17	28	5	4	19	5	26	26	23	21	17	10	5	18	55	29	39	18	3	109
Weighted base	169	41*	99*	82*	**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
NET: Benefits	98	22	64	53	-	11	12	3	1	8	5	9	12	18	10	9	7	8	11	32	19	23	15	1	65
	58%	52%	65%	65%	-	65%	44%	48%	37%	44%	83%	36%	57%	77%	56%	53%	75%	100%	45%	62%	75%	62%	73%	39%	57%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	29	8	16	10	-	6	6	2	1	3	4	3	4	6	2	1	2	1	4	9	4	8	4	1	20
	17%	18%	16%	12%	-	36%	21%	24%	28%	19%	72%	12%	19%	24%	10%	5%	28%	7%	15%	17%	15%	21%	18%	39%	17%
They give me a boost during the winter months/ when there is a lack of sunshine	15	4	10	10	-	*	1	-	-	1	-	-	2	5	1	2	1	2	1	4	1	4	2	-	11
	9%	10%	10%	12%	-	3%	3%	-	-	5%	-	-	9%	19%	6%	15%	7%	32%	3%	8%	3%	10%	12%	-	9%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	12	2	10	8	-	2	1	-	-	1	1	1	2	5	1	1	1	-	-	4	1	2	2	-	8
	7%	5%	10%	10%	-	11%	3%	-	-	4%	13%	6%	8%	23%	7%	5%	9%	-	-	8%	5%	5%	8%	-	7%
Healthier bones/ I have stronger bones	11	1	11	11	-	-	-	-	-	-	-	1	-	3	1	-	-	1	1	2	1	2	-	-	9
	7%	1%	11%	13%	-	-	-	-	-	-	-	6%	-	14%	6%	-	-	14%	3%	4%	2%	6%	-	-	8%
They give me all the vitamins I need/ ensure a balanced diet	11	4	6	5	-	*	1	-	-	1	-	1	2	3	1	2	-	1	1	3	2	1	1	-	8
	7%	10%	6%	6%	-	3%	3%	-	-	5%	-	2%	9%	12%	6%	15%	-	10%	5%	5%	7%	3%	3%	-	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 60

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	169	41*	99*	82*	-**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
I have an improved mood	11 6%	5 12%	4 4%	2 3%	-	1 9%	2 7%	-	1 28%	1 5%	-	1 3%	2 10%	6 24%	1 3%	1 9%	-	-	-	4 7%	4 14%	3 8%	1 4%	1 39%	6 5%
No side effects/ adverse effects	8 5%	3 6%	5 5%	5 6%	-	-	1 1%	-	1 9%	-	-	-	2 7%	1 5%	1 4%	1 4%	-	-	1 5%	1 3%	1 5%	-	-	-	7 6%
I believe I would feel worse without them/ believe they do good without noticeable effects	7 4%	* 1%	4 4%	4 5%	-	-	2 9%	-	-	2 14%	-	1 5%	1 3%	-	-	2 10%	2 26%	-	1 3%	2 3%	1 4%	1 3%	-	-	5 4%
I feel well/ healthy/ better/ a sense of well being	7 4%	3 8%	3 3%	2 2%	-	1 9%	-	-	-	-	1 11%	-	1 3%	1 4%	1 4%	1 9%	-	-	1 5%	2 3%	1 3%	2 4%	1 3%	-	5 4%
My nails are in good condition/ stronger nails/ good growth	6 4%	-	6 6%	5 6%	-	2 9%	-	-	-	-	-	-	2 7%	1 6%	-	-	3 38%	-	-	-	-	-	-	-	6 6%
My skin is in good condition/ good complexion/ repairs damaged skin	5 3%	-	5 5%	3 3%	-	3 15%	-	-	-	-	-	-	3 14%	1 6%	-	-	-	-	-	4 7%	2 8%	1 3%	3 13%	-	2 1%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	5 3%	-	4 4%	4 5%	-	-	1 4%	-	-	1 7%	-	1 5%	-	-	3 17%	-	1 11%	-	-	3 6%	3 12%	3 9%	3 16%	-	2 2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 60

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	169	41*	99*	82*	-**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
Less aches and pains	5 3%	1 3%	4 4%	2 3%	-	2 11%	-	-	-	-	-	-	*	1 5%	-	2 13%	-	2 6%	*	1%	*	1%	*	-	5 4%
My hair is in good condition/ shiny/ less hair loss/ good growth	5 3%	-	5 5%	5 6%	-	-	-	-	-	-	-	-	-	1 6%	1 5%	-	3 38%	-	-	-	-	-	-	-	5 4%
Other benefits	3 2%	-	1 1%	-	-	1 8%	2 6%	2 24%	-	-	-	-	2 7%	-	-	-	-	-	1 6%	1 3%	1 5%	1 4%	1 7%	-	2 1%
I sleep better	3 2%	-	3 3%	3 3%	-	-	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	-	-	-	3 2%
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	2 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2 8%	2 4%	2 7%	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	1 3%	-	-	-	-	-	-	-	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	1 1%
I have improved memory/ cognitive function/ aids concentration	1 *	-	1 1%	1 1%	-	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 *
NET: Adverse effects	1 1%	-	1 1%	1 1%	-	-	-	-	-	-	-	-	-	-	1 5%	-	-	-	1 2%	-	1 2%	1 4%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 60

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	169	41*	99*	82*	-**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
Other adverse effects	1	-	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	1	2%	-	1	1	-	-
Nothing/ I have not noticed anything	63	18	31	27	-	5	13	2	1	10	1	15	7	3	7	2	-	13	18	6	12	4	1	44	
	37%	44%	32%	33%	-	27%	47%	37%	23%	56%	17%	59%	34%	14%	37%	42%	25%	55%	34%	25%	32%	22%	61%	39%	
Don't know	6	2	2	1	-	1	2	1	2	-	-	1	2	2	1	-	-	-	1	3%	-	1	-	-	4
	4%	4%	2%	1%	-	8%	9%	14%	40%	-	-	4%	8%	9%	7%	-	-	-	3%	-	4%	-	-	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 61

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	167	3	9	2	1	29	61	32	86	26	61	22	2
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
NET: Benefits	98	3	5	-	-	18	38	15	52	11	33	14	-
	58%	83%	62%	-	-	56%	58%	55%	58%	45%	56%	74%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	29	2	1	-	-	7	10	4	18	4	9	3	-
	17%	59%	14%	-	-	23%	15%	15%	20%	18%	15%	14%	-
They give me a boost during the winter months/ when there is a lack of sunshine	15	-	-	-	-	-	10	1	9	1	6	1	-
	9%	-	-	-	-	-	15%	2%	10%	3%	10%	4%	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	12	-	2	-	-	1	6	2	8	2	5	1	-
	7%	-	22%	-	-	4%	8%	9%	9%	8%	8%	4%	-
Healthier bones/ I have stronger bones	11	-	1	-	-	1	4	1	7	-	2	1	-
	7%	-	11%	-	-	3%	6%	5%	8%	-	4%	3%	-
They give me all the vitamins I need/ ensure a balanced diet	11	-	-	-	-	1	9	1	5	1	3	1	-
	7%	-	-	-	-	2%	14%	5%	6%	3%	6%	3%	-
I have an improved mood	11	1	2	-	-	3	5	2	7	1	3	4	-
	6%	24%	24%	-	-	11%	7%	7%	8%	5%	5%	19%	-
No side effects/ adverse effects	8	-	-	-	-	-	3	-	6	-	2	-	-
	5%	-	-	-	-	-	5%	-	7%	-	3%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 61

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
I believe I would feel worse without them/ believe they do good without noticeable effects	7 4%	- -	* 5%	- -	- -	2 7%	5 7%	1 3%	4 5%	- -	3 5%	1 6%	- -
I feel well/ healthy/ better/ a sense of well being	7 4%	- -	- -	- -	- -	1 5%	3 5%	1 2%	5 6%	- -	2 3%	1 3%	- -
My nails are in good condition/ stronger nails/ good growth	6 4%	- -	- -	- -	- -	- -	2 2%	- -	6 7%	- -	- -	- -	- -
My skin is in good condition/ good complexion/ repairs damaged skin	5 3%	- -	2 22%	- -	- -	1 4%	3 4%	- -	2 2%	1 5%	3 5%	2 11%	- -
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	5 3%	- -	- -	- -	- -	- -	- -	3 12%	2 2%	2 8%	3 5%	3 17%	- -
Less aches and pains	5 3%	- -	- -	- -	- -	2 5%	1 2%	2 7%	1 1%	- -	4 6%	- -	- -
My hair is in good condition/ shiny/ less hair loss/ good growth	5 3%	- -	- -	- -	- -	- -	- -	- -	5 5%	- -	- -	- -	- -
Other benefits	3 2%	- -	- -	- -	- -	- -	2 2%	1 5%	2 2%	1 6%	1 2%	1 7%	- -

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 61

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin D

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
I sleep better	3 2%	-	-	-	-	1 4%	-	-	3 3%	-	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 1%	-	-	-	-	2 6%	-	-	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	-	-	1 2%	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 *	-	-	-	-	-	-	-	1 1%	-	-	-	-
NET: Adverse effects	1 1%	-	-	-	-	-	-	-	-	-	1 1%	-	-
Other adverse effects	1 1%	-	-	-	-	-	-	-	-	-	1 1%	-	-
Nothing/ I have not noticed anything	63 37%	1 17%	3 38%	3 100%	2 100%	13 40%	27 41%	10 36%	36 40%	12 49%	23 39%	5 26%	2 100%
Don't know	6 4%	-	-	-	-	2 5%	1 1%	2 9%	2 2%	1 6%	2 3%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 62

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	39	18	21	4	8	7	7	5	8	16	9	5	9	2	1	1	2	5	2	4	2	6	10	3	1	3	26
Weighted base	36*	19**	17**	3**	9**	6**	6**	4**	9**	14**	8**	5**	9**	2**	1**	1**	2**	5**	1**	4**	1**	7**	8**	3**	2**	2**	26**
NET: Benefits	18	7	10	1	5	4	2	1	4	8	3	-	7	1	1	1	2	-	1	3	*	4	2	2	-	2	11
	48%	39%	59%	37%	56%	62%	35%	35%	49%	57%	32%	-	77%	45%	100%	100%	100%	-	100%	69%	26%	56%	32%	74%	-	75%	42%
My skin is in good condition/ good complexion/ repairs damaged skin	4	1	3	1	-	1	*	1	-	3	*	-	1	-	-	-	-	-	1	*	*	1	2	1	-	1	3
	12%	5%	20%	37%	-	23%	8%	35%	-	18%	6%	-	16%	-	-	-	-	-	39%	12%	26%	9%	22%	27%	-	34%	10%
No side effects/ adverse effects	4	2	2	-	-	1	-	-	3	2	-	-	1	-	-	-	2	-	-	1	-	-	-	1	-	-	2
	10%	8%	12%	-	-	10%	-	-	34%	16%	-	-	16%	-	-	-	62%	-	-	16%	-	-	-	47%	-	-	8%
I feel well/ healthy/ better/ a sense of well being	3	2	2	-	2	1	1	-	-	-	1	-	2	-	1	-	1	-	-	-	-	2	-	-	-	-	3
	9%	8%	10%	-	20%	15%	11%	-	-	-	11%	-	27%	-	100%	-	38%	-	-	-	-	27%	-	-	-	-	11%
My nails are in good condition/ stronger nails/ good growth	2	2	-	-	2	-	-	-	-	2	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	2
	5%	9%	-	-	19%	-	-	-	-	12%	-	-	-	-	-	-	-	-	-	42%	-	-	-	-	-	-	6%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-
	4%	-	7%	-	-	-	-	-	15%	-	15%	-	-	-	-	-	-	-	-	-	-	20%	-	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1	1	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	1
	2%	5%	-	-	-	-	15%	-	-	-	-	-	10%	-	-	-	-	-	61%	-	-	-	-	-	-	-	3%
They help to lose/ control weight/ suppresses appetite	1	1	-	-	-	1	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-
	2%	4%	-	-	-	14%	-	-	-	6%	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	41%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 62

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	36*	19**	17**	3**	9**	6**	6**	4**	9**	14**	8**	5**	9**	2**	1**	1**	2**	5**	1**	4**	1**	7**	8**	3**	2**	2**	26**
They counter the side effects of other drugs/ medication	1 2%	-	1 4%	-	1 9%	-	-	-	-	-	-	-	1 8%	-	-	-	-	-	-	-	-	-	1 10%	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	1 4%	-	1 8%	-	-	-	-	1 5%	-	-	-	1 45%	-	-	-	-	-	-	-	-	-	-	-	-	1 3%
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	1 4%	1 26%	-	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	1 9%	-	-	1 34%	-
Nothing/ I have not noticed anything	8 23%	3 17%	5 29%	1 29%	2 19%	1 8%	1 21%	3 65%	1 17%	3 19%	3 35%	3 56%	-	1 55%	-	-	-	1 23%	-	1 31%	-	2 26%	3 35%	1 26%	-	1 25%	6 25%
Don't know	10 29%	8 44%	2 12%	1 34%	2 25%	2 29%	3 44%	-	3 33%	3 24%	3 33%	2 44%	2 23%	-	-	-	-	4 77%	-	-	1 74%	1 18%	3 34%	-	2 100%	-	9 34%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 63

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Vitamin E**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	39	1	1	24	4	8	-	36	3	-	2	1	-	-	36	21	15	3	3	-
Weighted base	36*	1**	2**	22**	3**	8**	-**	33*	3**	-**	2**	1**	-**	-**	34*	21**	13**	3**	3**	-**
NET: Benefits	18	-	-	12	2	4	-	16	2	-	1	1	-	-	15	10	5	2	2	-
	48%	-	-	53%	81%	46%	-	47%	65%	-	55%	100%	-	-	46%	50%	39%	77%	77%	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	-	-	3	1	1	-	4	-	-	-	-	-	-	4	2	1	1	1	-
	12%	-	-	13%	20%	12%	-	13%	-	-	-	-	-	-	11%	12%	11%	21%	21%	-
No side effects/ adverse effects	4	-	-	4	-	-	-	3	1	-	-	1	-	-	2	1	1	2	2	-
	10%	-	-	16%	-	-	-	9%	22%	-	-	100%	-	-	6%	3%	11%	57%	57%	-
I feel well/ healthy/ better/ a sense of well being	3	-	-	1	1	2	-	3	-	-	-	-	-	-	3	3	1	-	-	-
	9%	-	-	3%	34%	23%	-	10%	-	-	-	-	-	-	10%	13%	5%	-	-	-
My nails are in good condition/ stronger nails/ good growth	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	5%	-	-	8%	-	-	-	5%	-	-	-	-	-	-	5%	8%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	-	1	-	-	-	-	1	-	1	-	-	-	1	1	-	-	-	-
	4%	-	-	6%	-	-	-	-	43%	-	55%	-	-	-	4%	6%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	2%	-	-	4%	-	-	-	3%	-	-	-	-	-	-	3%	-	7%	-	-	-
They help to lose/ control weight/ suppresses appetite	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	2%	-	-	-	-	11%	-	3%	-	-	-	-	-	-	3%	4%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 63

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	36*	1**	2**	22**	3**	8**	-**	33*	3**	-**	2**	1**	-**	-**	34*	21**	13**	3**	3**	-**
They counter the side effects of other drugs/ medication	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	-	1 6%	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	-	-	1 26%	-	-	1 2%	-	-	-	-	-	-	1 2%	1 3%	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 3%	-	-	-	-
Nothing/ I have not noticed anything	8 23%	1 100%	-	6 28%	1 19%	1 10%	-	8 25%	-	-	-	-	-	-	8 23%	4 19%	4 29%	1 23%	1 23%	-
Don't know	10 29%	-	2 100%	4 19%	-	3 44%	-	9 28%	1 35%	-	1 45%	-	-	-	10 31%	6 30%	4 32%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 64

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	29	19	10	10	1	1	4	1	3	27	12	12	9	4	5	6	-
Weighted base	36*	28**	21**	7**	8**	1**	1**	4**	1**	3**	25**	11**	11**	7**	4**	4**	5**	-**
NET: Benefits	18	12	11	1	5	1	1	3	-	1	14	4	4	4	1	3	2	-
	48%	44%	55%	11%	62%	100%	100%	64%	-	54%	35%	35%	52%	15%	73%	30%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	3	2	1	1	-	1	-	-	1	3	1	1	1	-	1	1	-
	12%	12%	12%	11%	14%	-	100%	-	-	24%	12%	14%	14%	20%	-	21%	11%	-
No side effects/ adverse effects	4	2	2	-	1	-	-	1	-	-	3	1	1	1	1	1	-	-
	10%	8%	10%	-	17%	-	-	34%	-	-	12%	6%	6%	9%	15%	14%	-	-
I feel well/ healthy/ better/ a sense of well being	3	3	3	-	1	1	-	-	-	-	2	1	1	1	-	1	1	-
	9%	10%	13%	-	8%	100%	-	-	-	-	10%	9%	9%	13%	-	21%	19%	-
My nails are in good condition/ stronger nails/ good growth	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	5%	6%	8%	-	-	-	-	-	-	-	7%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	-	-	1	-	-	1	-	-	1	-	-	-	-	-	-	-
	4%	-	-	-	15%	-	-	30%	-	-	5%	-	-	-	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	2%	3%	4%	-	-	-	-	-	-	-	3%	-	-	-	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	2%	3%	4%	-	-	-	-	-	-	-	3%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 64
Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?
Base: All respondents answering for ...
Vitamin E

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	36*	28**	21**	7**	8**	1**	1**	4**	1**	3**	25**	11**	11**	7**	4**	4**	5**	-**
They counter the side effects of other drugs/ medication	1 2%	-	-	-	1 9%	-	-	-	-	1 30%	-	1 7%	1 7%	1 10%	-	1 17%	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	1 3%	1 3%	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	1 3%	1 3%	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	8 23%	7 25%	3 13%	4 59%	1 18%	-	-	1 36%	-	-	6 25%	2 19%	2 19%	* 6%	2 39%	-	* 9%	-
Don't know	10 29%	9 31%	7 32%	2 30%	2 20%	-	-	-	1 100%	1 46%	6 22%	5 45%	5 45%	3 42%	2 45%	1 27%	3 61%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 65

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	19	14	-	5	7	3	-	4	3	3	5	7	3	4	1	4	4	8	4	6	3	-	30
Weighted base	36*	12**	16**	13**	-**	4**	7**	4**	-**	4**	2**	3**	5**	6**	4**	3**	1**	3**	4**	7**	3**	5**	4**	-**	28**
NET: Benefits	18	6	6	5	-	1	6	3	-	3	1	3	3	1	2	2	-	3	-	6	1	4	4	-	11
	48%	50%	34%	36%	-	26%	82%	75%	-	87%	28%	100%	69%	25%	53%	74%	-	100%	-	82%	53%	90%	100%	-	38%
My skin is in good condition/ good complexion/ repairs damaged skin	4	1	2	2	-	*	1	-	-	1	-	*	1	1	*	1	-	1	-	1	-	1	-	-	2
	12%	10%	15%	17%	-	8%	11%	-	-	23%	-	15%	18%	10%	8%	52%	-	22%	-	20%	-	30%	-	-	8%
No side effects/ adverse effects	4	-	1	1	-	-	3	1	-	2	-	1	-	-	1	-	-	-	-	1	-	1	1	-	2
	10%	-	4%	5%	-	-	41%	40%	-	42%	-	45%	-	-	22%	-	-	-	-	20%	-	30%	38%	-	8%
I feel well/ healthy/ better/ a sense of well being	3	2	1	1	-	-	-	-	-	-	1	-	-	-	2	-	-	1	-	1	1	1	1	-	3
	9%	20%	6%	8%	-	-	-	-	-	28%	-	-	-	45%	-	-	29%	-	9%	24%	14%	18%	-	-	10%
My nails are in good condition/ stronger nails/ good growth	2	2	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	2	-	-	2	-	-
	5%	14%	-	-	-	-	-	-	-	-	-	-	35%	-	-	-	-	-	-	23%	-	-	44%	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	-	-	-	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	4%	-	-	-	-	-	17%	36%	-	-	-	-	40%	-	-	-	-	-	-	-	-	-	-	-	4%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	2%	-	5%	7%	-	-	-	-	-	-	-	-	-	-	-	-	-	27%	-	-	-	-	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 65

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	36*	12**	16**	13**	-**	4**	7**	4**	-**	4**	2**	3**	5**	6**	4**	3**	1**	3**	4**	7**	3**	5**	4**	-**	28**
They help to lose/control weight/suppresses appetite	1 2%	-	-	-	-	-	1 12%	-	-	1 23%	-	-	-	1 15%	-	-	-	-	-	-	-	-	-	-	1 3%
They counter the side effects of other drugs/medication	1 2%	1 6%	-	-	-	-	-	-	-	-	-	-	1 16%	-	-	-	-	-	-	1 11%	1 28%	1 16%	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	1 4%	-	-	1 18%	-	-	-	-	-	-	-	-	-	-	-	1 22%	-	-	-	-	-	-	1 3%
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	1 6%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 22%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	8 23%	2 21%	5 27%	3 22%	-	2 44%	1 18%	1 25%	-	* 13%	1 36%	-	1 31%	2 27%	-	1 26%	1 100%	-	2 42%	1 18%	1 47%	* 10%	-	-	7 25%
Don't know	10 29%	3 29%	6 39%	5 42%	-	1 29%	-	-	-	-	1 36%	-	-	3 48%	2 47%	-	-	-	2 58%	-	-	-	-	-	10 37%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 66

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	1	3	-	1	9	19	6	20	5	8	6	4
Weighted base	36*	1**	3**	-.**	1**	8**	18**	5**	20**	4**	7**	4**	3**
NET: Benefits	18 48%	-	2 78%	-	-	6 74%	8 47%	3 71%	10 51%	1 19%	5 75%	2 52%	* 10%
My skin is in good condition/ good complexion/ repairs damaged skin	4 12%	-	-	-	-	2 22%	2 13%	1 12%	3 15%	-	1 21%	1 15%	* 10%
No side effects/ adverse effects	4 10%	-	1 52%	-	-	-	2 12%	1 30%	2 8%	-	1 21%	-	-
I feel well/ healthy/ better/ a sense of well being	3 9%	-	-	-	-	-	1 5%	1 14%	3 14%	-	1 10%	1 17%	-
My nails are in good condition/ stronger nails/ good growth	2 5%	-	-	-	-	2 21%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 4%	-	-	-	-	-	1 7%	-	1 6%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	1 2%	-	-	-	-	1 11%	1 5%	-	-	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1 2%	-	-	-	-	1 11%	-	-	1 4%	-	1 13%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 66

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Vitamin E

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	36*	1**	3**	-**	1**	8**	18**	5**	20**	4**	7**	4**	3**
They counter the side effects of other drugs/ medication	1 2%	-	-	-	-	1 10%	-	1 16%	-	1 19%	1 11%	1 20%	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	1 26%	-	-	-	1 4%	-	1 4%	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	-	-	-	1 9%	-	-	1 4%	-	-	-	-
Nothing/ I have not noticed anything	8 23%	1 100%	1 22%	-	1 100%	2 26%	5 30%	1 29%	5 26%	1 35%	2 25%	2 48%	1 26%
Don't know	10 29%	-	-	-	-	-	4 23%	-	5 23%	2 46%	-	-	2 65%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 67

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	76	20	56	2	11	14	11	15	23	25	21	16	14	10	1	14	8	3	5	4	3	7	7	13	1	8	32
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
NET: Benefits	45	16	28	2	8	11	2	9	12	11	15	8	11	6	*	7	6	2	4	1	2	5	4	7	1	5	23
	61%	79%	53%	100%	68%	80%	20%	70%	54%	50%	66%	51%	80%	64%	100%	54%	87%	75%	60%	34%	78%	62%	48%	53%	100%	74%	70%
Healthier bones/ I have stronger bones	25	8	17	-	4	5	*	6	9	6	10	3	6	3	-	4	3	2	4	1	1	1	2	2	1	2	10
	33%	39%	31%	-	32%	37%	4%	47%	42%	28%	42%	19%	44%	40%	-	31%	35%	75%	60%	34%	46%	20%	25%	15%	100%	32%	31%
I feel well/ healthy/ better/ a sense of well being	7	4	2	1	1	3	-	1	1	1	1	2	2	1	-	2	2	-	-	-	-	1	-	-	1	5	
	9%	21%	5%	46%	10%	24%	-	4%	4%	7%	4%	14%	17%	17%	-	18%	30%	-	-	-	-	11%	-	-	17%	15%	
My nails are in good condition/ stronger nails/ good growth	5	1	4	1	-	1	2	1	*	*	1	2	2	-	*	-	1	-	-	1	-	-	3	-	1	4	
	7%	5%	8%	46%	-	7%	16%	6%	2%	2%	5%	11%	13%	-	100%	-	14%	-	-	32%	-	-	21%	-	15%	11%	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	3	2	1	1	2	-	-	-	-	1	2	-	-	-	-	-	-	2	-	-	-	-	1	-	-	2	
	4%	10%	2%	54%	17%	-	-	-	-	5%	9%	-	-	-	-	-	-	33%	-	-	-	-	9%	-	-	6%	
No side effects/ adverse effects	2	1	2	-	1	-	-	2	-	1	2	-	-	-	-	2	-	-	-	-	-	-	-	-	-	1	2
	3%	3%	3%	-	6%	-	-	14%	-	3%	8%	-	-	-	-	19%	-	-	-	-	-	-	-	-	-	10%	6%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2	-	2	-	-	1	-	-	1	-	2	-	-	-	-	-	-	-	-	-	1	-	-	1	-	1	
	3%	-	5%	-	-	8%	-	-	6%	-	11%	-	-	-	-	-	-	-	-	-	18%	-	-	100%	-	3%	
Healthy teeth/ strong teeth	2	1	1	-	-	1	1	-	-	1	1	-	-	-	-	*	-	-	-	-	-	-	1	1	-	1	
	3%	6%	2%	-	-	7%	14%	-	-	6%	5%	-	-	-	-	3%	-	-	-	-	-	-	12%	8%	-	15%	4%
Other benefits	2	1	1	-	1	-	-	1	-	-	-	1	1	-	-	-	1	-	-	-	-	-	1	-	-	1	
	2%	4%	2%	-	8%	-	-	6%	-	-	-	6%	6%	-	-	-	11%	-	-	-	-	-	12%	-	-	3%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 67

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
I have good digestion	1 2%	1 7%	-	-	1 13%	-	-	-	-	-	1 7%	-	1 17%	-	-	-	-	-	-	-	-	-	-	-	-	1 5%
Less aches and pains	1 2%	-	1 2%	1 54%	-	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	1 9%	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	1 2%	-	-	1 8%	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	1 15%	-	-	-	-	1 3%
I believe I would feel worse without them/ believe they do good without noticeable effects	1 1%	-	1 2%	-	-	-	-	1 4%	-	1 4%	-	-	-	-	-	-	-	-	-	-	-	-	1 8%	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	1 2%	-	-	-	-	1 6%	-	1 4%	-	-	-	-	-	1 12%	-	-	-	-	-	-	-	-	-	1 3%
I have improved memory/ cognitive function/ aids concentration	1 1%	-	1 1%	-	-	1 5%	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	1 2%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 1%	-	1 1%	-	-	1 5%	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	1 2%
NET: Adverse effects	2 2%	-	2 3%	-	-	1 6%	-	-	1 3%	1 3%	-	1 6%	-	1 8%	-	1 7%	-	-	-	-	-	-	-	-	-	1 3%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 67

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
Other adverse effects	1	-	1	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	1%	-	2%	-	-	6%	-	-	-	-	-	6%	-	-	-	7%	-	-	-	-	-	-	-	-	-	-	3%
Feeling gassy/problems with wind	1	-	1	-	-	-	-	-	1	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
	1%	-	1%	-	-	-	-	-	3%	3%	-	-	-	8%	-	-	-	-	-	-	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	28	4	23	-	4	2	9	4	10	10	8	7	3	2	-	5	1	1	2	3	1	3	4	6	-	2	9
	37%	21%	44%	-	32%	13%	80%	30%	43%	47%	34%	44%	20%	28%	-	39%	13%	25%	40%	66%	22%	38%	52%	47%	-	26%	28%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 68

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	76	1	-	37	28	10	-	69	7	2	5	-	-	-	60	31	29	16	15	1
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
NET: Benefits	45 61%	1 100%	-	24 63%	13 54%	6 65%	-	37 56%	8 92%	2 100%	6 90%	-	-	-	35 60%	21 65%	15 54%	9 63%	8 60%	1 100%
Healthier bones/ I have stronger bones	25 33%	1 100%	-	14 37%	7 29%	3 26%	-	21 31%	4 49%	2 100%	2 32%	-	-	-	18 30%	6 18%	12 44%	7 48%	6 43%	1 100%
I feel well/ healthy/ better/ a sense of well being	7 9%	-	-	4 11%	3 10%	-	-	6 9%	1 14%	-	1 19%	-	-	-	7 12%	7 21%	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	5 7%	-	-	3 7%	1 4%	2 15%	-	5 8%	-	-	-	-	-	-	4 7%	4 11%	* 2%	1 7%	1 8%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	3 4%	-	-	1 3%	2 8%	-	-	1 2%	2 24%	-	2 32%	-	-	-	2 3%	2 6%	-	1 8%	1 9%	-
No side effects/ adverse effects	2 3%	-	-	2 5%	1 3%	-	-	2 4%	-	-	-	-	-	-	2 4%	1 2%	2 7%	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 3%	-	-	1 3%	-	1 11%	-	-	2 29%	1 53%	1 20%	-	-	-	1 2%	1 4%	-	1 7%	1 8%	-
Healthy teeth/ strong teeth	2 3%	-	-	1 2%	* 2%	1 10%	-	2 4%	-	-	-	-	-	-	1 2%	* 1%	1 3%	1 7%	1 8%	-
Other benefits	2 2%	-	-	1 2%	1 3%	-	-	2 3%	-	-	-	-	-	-	2 3%	-	2 6%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 68

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
I have good digestion	1 2%	-	-	-	-	1 15%	-	1 2%	-	-	-	-	-	-	1 2%	1 5%	-	-	-	-
Less aches and pains	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 8%	1 9%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	-	-	1 4%	-	-	-	1 13%	-	1 18%	-	-	-	1 2%	1 3%	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 1%	-	-	1 3%	-	-	-	1 1%	-	-	-	-	-	-	1 2%	1 3%	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	-	-	-	1 9%	-	1 1%	-	-	-	-	-	-	1 1%	1 3%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
NET: Adverse effects	2 2%	-	-	2 4%	-	-	-	2 2%	-	-	-	-	-	-	1 1%	1 3%	-	1 5%	1 5%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 68

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
Other adverse effects	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 3%	-	-	-	-
Feeling gassy/problems with wind	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 5%	1 5%	-
Nothing/ I have not noticed anything	28 37%	-	-	13 33%	12 46%	3 35%	-	27 41%	1 8%	-	1 10%	-	-	-	23 39%	11 33%	12 46%	5 32%	5 35%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 69

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	76	40	27	13	36	-	3	5	21	7	53	23	22	19	7	14	8	2
Weighted base	74*	39*	30**	9**	35*	-.**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
NET: Benefits	45	28	22	6	17	-	2	3	12	1	30	15	15	13	5	11	3	1
	61%	70%	72%	65%	49%	-	76%	43%	61%	14%	58%	67%	66%	73%	64%	72%	61%	26%
Healthier bones/ I have stronger bones	25	12	7	5	12	-	1	1	9	1	19	6	5	6	1	4	2	1
	33%	32%	24%	58%	36%	-	26%	22%	49%	14%	37%	26%	24%	33%	20%	27%	40%	26%
I feel well/ healthy/ better/ a sense of well being	7	6	6	-	1	-	-	-	1	-	2	5	5	3	2	2	1	-
	9%	15%	20%	-	2%	-	-	-	4%	-	3%	23%	23%	17%	31%	16%	10%	-
My nails are in good condition/ stronger nails/ good growth	5	5	5	-	*	-	-	-	*	-	4	1	1	-	1	-	-	-
	7%	12%	15%	-	1%	-	-	-	3%	-	8%	4%	4%	-	14%	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	3	2	2	-	1	-	1	-	-	-	3	-	-	-	-	-	-	-
	4%	5%	7%	-	3%	-	50%	-	-	-	6%	-	-	-	-	-	-	-
No side effects/ adverse effects	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	3%	6%	8%	-	-	-	-	-	-	-	5%	-	-	-	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2	1	-	1	1	-	-	1	-	-	2	-	-	-	-	-	-	-
	3%	3%	-	12%	4%	-	-	21%	-	-	5%	-	-	-	-	-	-	-
Healthy teeth/ strong teeth	2	2	2	*	-	-	-	-	-	-	1	1	1	1	*	1	-	-
	3%	6%	6%	5%	-	-	-	-	-	-	2%	6%	6%	7%	6%	9%	-	-
Other benefits	2	1	1	-	1	-	-	-	1	-	1	1	1	1	1	1	-	-
	2%	2%	3%	-	2%	-	-	-	4%	-	2%	4%	4%	5%	13%	6%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 69

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: 18-5 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	74*	39*	30**	9**	35*	-**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
I have good digestion	1 2%	1 4%	1 5%	-	-	-	-	-	-	-	-	1 6%	1 7%	1 8%	-	1 10%	-	-
Less aches and pains	1 2%	-	-	-	1 3%	-	1 50%	-	-	-	1 2%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	1 3%	1 4%	-	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	-	1 8%	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 1%	-	-	-	1 3%	-	-	-	1 5%	-	1 2%	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	1 2%	1 3%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 1%	1 2%	-	1 7%	-	-	-	-	-	-	-	1 3%	1 3%	1 3%	-	1 4%	1 11%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 1%	1 2%	-	1 7%	-	-	-	-	-	-	-	1 3%	1 3%	1 3%	-	1 4%	1 11%	-
NET: Adverse effects	2 2%	1 2%	-	1 10%	1 2%	-	-	-	1 4%	-	1 1%	1 4%	1 4%	1 5%	-	1 6%	1 16%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 69

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired pri-vate pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	74*	39*	30**	9**	35*	-**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
Other adverse effects	1 1%	1 2%	-	1 10%	-	-	-	-	-	-	-	1 4%	1 4%	1 5%	-	1 6%	1 16%	-
Feeling gassy/problems with wind	1 1%	-	-	-	1 2%	-	-	-	1 4%	-	1 1%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	28 37%	11 27%	8 28%	2 26%	17 49%	-	1 24%	4 57%	7 36%	6 86%	21 41%	7 29%	7 30%	4 23%	3 36%	3 22%	1 23%	2 74%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 70

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	76	10	49	41	2	6	17	7	-	10	1	9	13	14	12	7	5	4	3	21	9	16	7	3	54
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*
NET: Benefits	45	7	30	23	2	4	8	4	-	4	1	6	8	8	7	4	1	3	1	8	4	5	1	1	36
	61%	83%	59%	56%	100%	69%	54%	66%	-	45%	100%	66%	65%	67%	67%	47%	23%	77%	28%	43%	49%	40%	18%	47%	66%
Healthier bones/ I have stronger bones	25	1	18	16	1	1	6	3	-	3	1	1	4	8	4	1	1	-	-	4	2	4	1	-	21
	33%	18%	35%	38%	33%	11%	37%	46%	-	31%	100%	16%	30%	67%	34%	11%	23%	-	-	21%	21%	28%	18%	-	38%
I feel well/ healthy/ better/ a sense of well being	7	1	5	4	-	1	1	1	-	1	-	-	3	-	1	2	-	1	-	-	-	-	-	-	7
	9%	10%	9%	9%	-	17%	9%	14%	-	6%	-	-	22%	-	9%	28%	-	26%	-	-	-	-	-	-	12%
My nails are in good condition/ stronger nails/ good growth	5	1	3	2	-	2	1	-	-	1	-	1	1	-	1	1	-	1	-	2	1	1	-	-	3
	7%	12%	6%	4%	-	30%	5%	-	-	9%	-	11%	7%	-	13%	8%	-	32%	-	11%	13%	6%	-	-	6%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	3	1	2	2	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	1	1	-	-	1	2
	4%	14%	4%	5%	-	-	-	-	-	-	-	-	-	18%	-	-	-	-	-	7%	15%	-	-	47%	4%
No side effects/ adverse effects	2	1	2	2	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	2
	3%	8%	4%	4%	-	-	-	-	-	-	-	-	6%	-	-	-	-	-	-	-	-	-	-	-	4%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2	-	1	1	-	-	1	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	2
	3%	-	2%	3%	-	-	8%	20%	-	-	-	14%	-	-	10%	-	-	-	-	-	-	-	-	-	4%
Healthy teeth/ strong teeth	2	-	2	2	-	-	-	-	-	-	-	-	*	-	1	-	1	-	-	1	1	-	-	-	1
	3%	-	5%	6%	-	-	-	-	-	-	-	-	3%	-	11%	-	32%	-	-	6%	13%	-	-	-	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 70

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	-**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*
Other benefits	2	1	1	1	-	-	-	-	-	-	-	1	-	-	1	-	-	-	-	1	-	1	-	-	1
	2%	10%	2%	2%	-	-	-	-	-	-	-	9%	-	-	9%	-	-	-	-	5%	-	6%	-	-	2%
I have good digestion	1	-	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	2%	-	3%	-	67%	-	-	-	-	-	-	16%	-	-	-	-	-	-	-	-	-	-	-	-	3%
Less aches and pains	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1	-	-	1	-
	2%	14%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7%	15%	-	-	47%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	2%	-	2%	3%	-	-	-	-	-	-	-	-	-	10%	-	-	-	-	-	-	-	-	-	-	2%
I believe I would feel worse without them/ believe they do good without noticeable effects	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	1%	-	2%	-	-	17%	-	-	-	-	-	-	-	-	-	-	-	-	28%	-	-	-	-	-	2%
They give me all the vitamins I need/ ensure a balanced diet	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
	1%	10%	-	-	-	-	-	-	-	-	-	7%	-	-	-	-	-	-	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1
	1%	-	1%	-	-	11%	-	-	-	-	-	-	-	-	-	-	19%	-	-	-	-	-	-	-	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 70

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Calcium**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	-**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 1%	-	1 1%	-	-	1 11%	-	-	-	-	-	-	-	-	-	-	1 19%	-	-	-	-	-	-	-	1 1%
NET: Adverse effects	2 2%	-	1 2%	1 2%	-	-	1 5%	1 11%	-	-	-	-	1 6%	-	1 10%	-	-	-	-	2 9%	1 9%	2 12%	2 29%	1 28%	-
Other adverse effects	1 1%	-	1 2%	2 2%	-	-	-	-	-	-	-	-	-	-	1 10%	-	-	-	-	1 5%	-	1 7%	1 16%	-	-
Feeling gassy/ problems with wind	1 1%	-	-	-	-	-	1 5%	1 11%	-	-	-	-	1 6%	-	-	-	-	-	-	1 4%	1 9%	1 5%	1 13%	1 28%	-
Nothing/ I have not noticed anything	28 37%	1 17%	20 39%	18 42%	-	2 31%	7 42%	1 22%	-	5 55%	-	3 34%	4 35%	3 27%	4 33%	4 43%	4 77%	1 23%	3 72%	8 48%	3 41%	6 48%	3 53%	1 25%	19 34%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 71

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	76	1	4	2	-	15	36	11	46	8	23	9	2
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**
NET: Benefits	45 61%	-	1 23%	-	-	7 41%	24 68%	6 63%	29 61%	6 76%	10 54%	5 64%	1 31%
Healthier bones/ I have stronger bones	25 33%	-	-	-	-	4 22%	10 29%	4 35%	17 36%	2 27%	6 31%	2 22%	1 31%
I feel well/ healthy/ better/ a sense of well being	7 9%	-	-	-	-	2 13%	6 17%	-	6 13%	1 11%	-	-	-
My nails are in good condition/ stronger nails/ good growth	5 7%	-	1 23%	-	-	1 6%	2 7%	1 10%	3 6%	1 13%	2 8%	1 14%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	3 4%	-	-	-	-	2 12%	1 3%	2 20%	-	2 27%	-	1 16%	-
No side effects/ adverse effects	2 3%	-	-	-	-	-	1 2%	-	2 5%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 3%	-	-	-	-	-	2 7%	-	2 5%	-	-	-	-
Healthy teeth/ strong teeth	2 3%	-	1 23%	-	-	1 6%	1 4%	-	1 3%	-	-	1 14%	-
Other benefits	2 2%	-	-	-	-	-	-	1 9%	-	1 13%	1 4%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 71

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**
I have good digestion	1 2%	-	-	-	-	-	1 4%	-	1 3%	-	-	-	-
Less aches and pains	1 2%	-	-	-	-	-	1 3%	-	-	-	-	1 16%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	-	-	-	-	1 3%	-	-	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 1%	-	-	-	-	-	1 3%	-	1 2%	-	1 5%	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	-	-	-	-	-	1 8%	-	1 11%	1 5%	1 12%	-
I have improved memory/ cognitive function/ aids concentration	1 1%	-	-	-	-	-	1 2%	-	1 1%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1 1%	-	-	-	-	-	1 2%	-	1 1%	-	-	-	-
NET: Adverse effects	2 2%	-	-	-	-	-	-	1 7%	-	1 10%	2 9%	1 10%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 71

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Calcium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**
Other adverse effects	1 1%	-	-	-	-	-	-	-	-	-	1 5%	-	-
Feeling gassy/ problems with wind	1 1%	-	-	-	-	-	-	1 7%	-	1 10%	1 4%	1 10%	-
Nothing/ I have not noticed anything	28 37%	1 100%	4 77%	1 100%	-	10 59%	11 32%	3 30%	18 39%	1 14%	7 38%	2 27%	2 69%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 72

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	93	24	69	13	14	26	21	10	9	28	26	24	15	8	3	10	9	7	8	5	10	14	5	12	2	18	40
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*
NET: Benefits	58	12	46	6	11	16	16	5	5	14	16	20	9	4	1	6	6	3	5	2	4	13	3	8	2	12	29
	66%	56%	69%	65%	71%	68%	74%	52%	50%	64%	64%	76%	56%	55%	43%	70%	76%	51%	80%	54%	46%	81%	74%	75%	38%	73%	72%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	40	6	34	4	8	8	12	4	4	9	11	15	5	4	1	4	4	3	4	1	2	7	1	6	2	7	20
	45%	30%	50%	48%	54%	33%	57%	41%	37%	42%	44%	57%	34%	55%	26%	43%	44%	51%	65%	38%	27%	48%	29%	55%	38%	43%	50%
They prevent anaemia	14	3	11	*	*	2	8	-	3	3	2	8	*	1	*	2	2	-	2	-	-	-	1	5	-	3	8
	15%	12%	17%	5%	3%	8%	37%	-	29%	16%	8%	30%	3%	18%	16%	25%	18%	-	37%	-	-	-	19%	43%	-	20%	19%
I feel well/ healthy/ better/ a sense of well being	4	1	3	1	-	2	1	-	-	2	2	-	-	-	-	-	-	-	-	-	2	2	1	-	2	1	
	5%	4%	5%	11%	-	9%	4%	-	-	10%	7%	-	-	-	-	-	-	-	-	-	12%	39%	5%	-	11%	2%	
My hair is in good condition/ shiny/ less hair loss/ good growth	4	-	4	-	-	2	2	-	-	1	2	1	-	-	-	2	-	-	-	1	1	-	-	-	1	3	
	4%	-	6%	-	-	8%	9%	-	-	5%	7%	3%	-	-	-	22%	-	-	-	10%	7%	-	-	-	7%	7%	
Less feelings of light headedness	3	-	3	1	1	1	-	-	-	-	2	1	-	-	-	-	-	-	1	-	-	3	-	-	-	3	-
	4%	-	5%	6%	10%	6%	-	-	-	-	8%	6%	-	-	-	-	-	-	9%	-	-	18%	-	-	-	17%	-
No side effects/ adverse effects	3	1	2	-	*	1	2	-	-	1	1	*	-	-	*	-	-	-	-	1	-	1	-	1	-	-	3
	3%	4%	3%	-	3%	3%	9%	-	-	7%	4%	2%	-	-	16%	-	-	-	-	17%	-	7%	-	8%	-	-	7%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	3	-	3	-	-	2	1	-	-	1	2	-	-	-	-	2	-	-	-	-	-	-	1	-	-	2	5%
	3%	-	4%	-	-	8%	4%	-	-	4%	7%	-	-	-	-	22%	-	-	-	-	-	-	19%	-	-	-	5%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 72

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*
I have an improved mood	2 3%	1 4%	1 2%	-	1 6%	2 7%	-	-	-	-	1 4%	1 2%	1 6%	-	-	1 10%	-	-	-	-	1 12%	1 4%	-	-	-	-	1 2%
Other benefits	2 3%	-	2 4%	2 5%	2 13%	-	-	-	-	2 2%	-	-	2 13%	-	-	-	-	-	-	-	-	2 16%	-	-	-	2 3%	-
My nails are in good condition/ stronger nails/ good growth	2 2%	-	2 3%	-	-	2 8%	-	-	-	-	2 7%	-	-	-	-	2 22%	-	-	-	-	-	-	-	-	-	-	2 5%
My skin is in good condition/ good complexion/ repairs damaged skin	2 2%	-	2 3%	-	-	-	1 4%	1 11%	-	-	-	1 3%	1 6%	-	-	-	-	1 15%	-	-	1 10%	-	-	-	-	-	2 5%
They are good for the blood (other)	2 2%	-	2 2%	-	-	1 3%	1 4%	-	-	2 7%	-	-	-	-	-	-	-	-	-	-	1 8%	1 6%	-	-	-	1 6%	-
I sleep better	2 2%	1 3%	1 1%	-	2 10%	-	-	-	-	-	1 4%	1 2%	-	-	-	-	-	-	-	-	-	1 6%	-	1 5%	-	1 6%	-
They are good for blood sugar levels	1 1%	1 5%	-	-	-	-	-	1 11%	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	1 25%	-	-	-	1 3%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	1 1%	-	-	1 4%	-	-	-	-	-	-	1 6%	-	-	1 11%	-	-	-	-	-	-	-	-	-	-	-
Healthier bones/ I have stronger bones	1 1%	-	1 1%	-	-	1 4%	-	-	-	-	-	-	1 6%	-	-	1 11%	-	-	-	-	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	1 1%	-	-	-	1 4%	-	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	1 6%	-	-	-	-	1 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 72

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*
I have improved memory/ cognitive function/ aids concentration	1 1%	-	1 1%	-	1 6%	-	-	-	-	-	1 4%	-	-	-	-	1 10%	-	-	-	-	-	-	-	-	-	-	-
NET: Adverse effects	17 19%	2 8%	15 23%	3 30%	2 16%	5 22%	3 15%	2 24%	1 14%	5 23%	4 18%	5 19%	3 17%	3 46%	-	3 36%	2 24%	1 19%	1 14%	-	1 9%	3 16%	2 45%	1 9%	-	3 19%	7 18%
It has effected my bowel movements/ colour, hardness etc	7 8%	-	7 11%	1 12%	2 16%	1 5%	1 6%	1 15%	-	3 13%	3 14%	1 5%	-	3 35%	-	-	-	1 19%	-	-	-	3 16%	1 26%	-	-	1 8%	5 12%
They cause constipation	6 6%	1 4%	5 7%	2 18%	-	3 13%	1 4%	-	-	2 10%	-	2 9%	1 7%	1 10%	-	2 27%	1 9%	-	1 14%	-	-	-	1 19%	-	-	1 5%	3 7%
They cause indigestion/ heartburn	2 2%	-	2 3%	-	-	1 3%	1 5%	-	-	-	1 4%	-	1 5%	-	-	-	-	-	-	-	1 9%	-	-	1 9%	-	1 6%	-
Diarrhoea/ increased use of the toilet	1 1%	-	1 2%	-	-	-	-	-	1 14%	-	-	1 5%	-	-	-	-	1 15%	-	-	-	-	-	-	-	-	-	-
I dislike the aftertaste	1 1%	1 4%	-	-	-	-	-	1 8%	-	-	-	-	1 5%	-	-	1 9%	-	-	-	-	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	13 15%	7 31%	7 10%	1 13%	1 4%	3 12%	3 15%	2 24%	3 36%	4 17%	5 22%	3 11%	2 10%	1 10%	2 57%	1 11%	-	1 8%	*	1 18%	3 31%	2 10%	-	2 16%	3 62%	1 6%	7 17%
Don't know	4 5%	1 5%	3 5%	-	2 10%	3 11%	-	-	-	-	*	-	4 24%	-	-	-	-	2 23%	*	1 28%	1 14%	-	-	-	-	*	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 73

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	93	1	-	48	29	12	3	83	10	4	4	2	-	-	70	45	25	23	20	3
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
NET: Benefits	58	-	-	28	21	7	2	51	7	4	3	1	-	-	46	31	16	12	11	1
	66%	-	-	61%	74%	70%	100%	65%	73%	82%	90%	29%	-	-	73%	74%	72%	48%	54%	23%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	40	-	-	21	12	6	1	36	4	2	2	-	-	-	30	20	10	10	9	1
	45%	-	-	46%	41%	57%	68%	47%	36%	45%	48%	-	-	-	47%	47%	48%	41%	45%	23%
They prevent anaemia	14	-	-	11	2	1	-	14	-	-	-	-	-	-	8	2	6	6	6	-
	15%	-	-	23%	6%	12%	-	17%	-	-	-	-	-	-	12%	4%	26%	25%	31%	-
I feel well/ healthy/ better/ a sense of well being	4	-	-	-	3	1	1	4	-	-	-	-	-	-	3	3	1	1	1	-
	5%	-	-	-	9%	8%	31%	5%	-	-	-	-	-	-	5%	6%	3%	3%	4%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4	-	-	1	3	-	-	4	-	-	-	-	-	-	4	3	1	-	-	-
	4%	-	-	2%	10%	-	-	5%	-	-	-	-	-	-	6%	7%	4%	-	-	-
Less feelings of light headedness	3	-	-	1	3	-	-	1	2	1	1	-	-	-	3	3	-	-	-	-
	4%	-	-	1%	10%	-	-	2%	21%	14%	42%	-	-	-	5%	8%	-	-	-	-
No side effects/ adverse effects	3	-	-	1	2	-	-	2	1	-	-	1	-	-	3	2	1	-	-	-
	3%	-	-	2%	7%	-	-	3%	6%	-	-	29%	-	-	5%	4%	6%	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	3	-	-	-	2	1	-	3	-	-	-	-	-	-	2	2	-	1	1	-
	3%	-	-	-	7%	8%	-	3%	-	-	-	-	-	-	3%	4%	-	3%	4%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 73

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
I have an improved mood	2 3%	-	-	1 3%	1 3%	-	-	2 3%	-	-	-	-	-	-	2 4%	2 6%	-	-	-	-
Other benefits	2 3%	-	-	2 4%	* 2%	-	-	* 1%	2 20%	2 45%	-	-	-	-	2 4%	2 6%	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	2 2%	-	-	-	2 7%	-	-	2 2%	-	-	-	-	-	-	2 3%	2 4%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 2%	-	-	2 4%	-	-	-	2 2%	-	-	-	-	-	-	2 3%	1 2%	1 4%	-	-	-
They are good for the blood (other)	2 2%	-	-	1 1%	-	1 9%	-	2 2%	-	-	-	-	-	-	2 2%	1 2%	1 3%	-	-	-
I sleep better	2 2%	-	-	-	-	1 9%	1 32%	2 2%	-	-	-	-	-	-	2 2%	2 4%	-	-	-	-
They are good for blood sugar levels	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 2%	-	1 5%	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	1 3%	-	-	-	1 10%	1 23%	-	-	-	-	1 2%	-	1 5%	-	-	-
Healthier bones/ I have stronger bones	1 1%	-	-	-	1 3%	-	-	-	1 10%	1 23%	-	-	-	-	1 2%	-	1 5%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 73

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	-	-	1 3%	-	-	1 1%	-	-	-	-	-	-	1 2%	1 2%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 2%	-	-	-	-
NET: Adverse effects	17 19%	-	-	9 21%	2 7%	6 54%	-	16 21%	1 8%	1 18%	-	-	-	-	11 17%	4 10%	7 31%	6 25%	6 31%	-
It has effected my bowel movements/ colour, hardness etc	7 8%	-	-	6 14%	-	1 12%	-	7 9%	-	-	-	-	-	-	5 8%	2 6%	2 11%	3 10%	3 13%	-
They cause constipation	6 6%	-	-	2 4%	1 2%	3 33%	-	6 7%	-	-	-	-	-	-	3 5%	1 2%	2 10%	3 10%	3 13%	-
They cause indigestion/ heartburn	2 2%	-	-	1 2%	-	1 10%	-	1 1%	1 8%	1 18%	-	-	-	-	1 1%	1 2%	-	1 4%	1 5%	-
Diarrhoea/ increased use of the toilet	1 1%	-	-	-	1 5%	-	-	1 2%	-	-	-	-	-	-	1 2%	-	1 6%	-	-	-
I dislike the aftertaste	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 4%	-	-	-
Nothing/ I have not noticed anything	13 15%	-	-	7 16%	5 18%	1 12%	-	12 15%	2 16%	-	-	2 71%	-	6 9%	4 10%	1 7%	8 32%	4 22%	3 77%	-
Don't know	4 5%	2 100%	-	2 5%	* 1%	-	-	4 5%	* 4%	-	* 10%	-	-	4 6%	4 10%	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 74

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	93	58	33	25	35	5	12	1	6	11	56	37	33	31	14	17	16	7
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
NET: Benefits	58	41	28	13	17	2	4	1	2	7	37	21	17	18	6	11	9	5
	66%	72%	73%	69%	55%	42%	48%	100%	37%	81%	68%	62%	59%	60%	57%	72%	55%	69%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	40	27	18	9	13	2	3	1	1	6	26	14	11	11	2	6	5	4
	45%	48%	47%	49%	41%	34%	35%	100%	17%	63%	48%	41%	38%	38%	21%	39%	34%	57%
They prevent anaemia	14	11	6	5	3	*	-	-	1	1	8	5	4	5	1	2	3	2
	15%	19%	16%	27%	8%	8%	-	-	20%	9%	15%	15%	12%	16%	8%	15%	16%	32%
I feel well/ healthy/ better/ a sense of well being	4	3	2	*	1	-	1	-	-	1	4	-	-	-	-	-	-	-
	5%	5%	6%	3%	4%	-	6%	-	-	9%	7%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4	4	2	2	-	-	-	-	-	-	1	3	2	3	2	2	2	1
	4%	7%	5%	10%	-	-	-	-	-	-	2%	9%	6%	10%	17%	12%	12%	14%
Less feelings of light headedness	3	3	3	-	1	-	1	-	-	-	3	-	-	-	-	-	-	-
	4%	5%	7%	-	2%	-	7%	-	-	-	6%	-	-	-	-	-	-	-
No side effects/ adverse effects	3	3	3	*	-	-	-	-	-	-	1	2	2	1	1	1	1	1
	3%	5%	7%	2%	-	-	-	-	-	-	2%	6%	7%	5%	10%	4%	6%	11%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	3	2	2	-	1	-	-	-	-	1	1	2	2	2	2	2	2	-
	3%	3%	5%	-	2%	-	-	-	-	9%	1%	6%	6%	6%	17%	12%	12%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 74

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
I have an improved mood	2 3%	1 2%	1 3%	-	1 5%	-	-	-	-	1 16%	1 2%	1 4%	1 5%	1 3%	1 5%	1 6%	-	-
Other benefits	2 3%	* 1%	-	* 3%	2 6%	2 34%	-	-	-	-	2 4%	-	-	-	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	2 2%	2 3%	2 5%	-	-	-	-	-	-	-	2 6%	2 6%	2 6%	2 17%	2 12%	2 12%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 2%	2 3%	-	2 10%	-	-	-	-	-	-	2 3%	-	-	-	-	-	-	-
They are good for the blood (other)	2 2%	1 2%	1 2%	-	1 2%	-	-	-	-	1 7%	-	2 5%	1 2%	2 5%	1 6%	1 4%	-	1 12%
I sleep better	2 2%	1 2%	1 2%	-	1 2%	-	1 6%	-	-	-	1 2%	1 2%	1 2%	1 2%	-	1 4%	-	-
They are good for blood sugar levels	1 1%	1 2%	-	1 6%	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	1 3%	-	-	-	-	1 11%	-	1 3%	1 3%	1 3%	-	1 6%	1 6%	-
Healthier bones/ I have stronger bones	1 1%	-	-	-	1 3%	-	-	-	-	1 11%	-	1 3%	1 3%	1 3%	-	1 6%	1 6%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 74

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Iron**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
They give me all the vitamins I need/ ensure a balanced diet	1 1%	1 2%	1 3%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 1%	-	-	-	1 3%	-	-	-	-	1 10%	-	1 3%	1 3%	1 3%	-	1 6%	-	-
NET: Adverse effects	17 19%	11 19%	7 18%	4 19%	6 20%	1 13%	1 15%	-	3 41%	2 17%	7 14%	9 28%	9 30%	8 27%	4 38%	2 14%	5 32%	1 10%
It has effected my bowel movements/ colour, hardness etc	7 8%	6 11%	4 10%	2 13%	1 5%	-	-	-	1 21%	-	3 5%	5 14%	5 17%	5 16%	2 20%	2 14%	3 16%	-
They cause constipation	6 6%	4 6%	2 6%	1 6%	2 7%	-	1 6%	-	-	2 17%	2 3%	4 12%	4 13%	2 8%	2 17%	-	2 15%	-
They cause indigestion/ heartburn	2 2%	1 2%	1 3%	-	1 2%	1 13%	-	-	-	-	2 3%	-	-	-	-	-	-	-
Diarrhoea/ increased use of the toilet	1 1%	-	-	-	1 4%	-	-	-	1 20%	-	1 2%	-	-	-	-	-	-	-
I dislike the aftertaste	1 1%	-	-	-	1 3%	-	1 9%	-	-	-	-	1 2%	-	1 3%	-	-	-	1 10%
Nothing/ I have not noticed anything	13 15%	8 14%	6 15%	2 12%	5 17%	-	3 37%	-	1 22%	1 6%	9 17%	4 12%	4 14%	4 14%	1 5%	1 6%	4 23%	2 20%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 74

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
Don't know	4	*	-	*	4	3	-	-	-	1	3	1	1	1	1	*	-	-
	5%	1%	-	2%	12%	45%	-	-	-	13%	5%	4%	5%	5%	10%	7%	2%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 75

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	93	27	56	36	2	18	9	2	1	6	5	16	8	15	9	11	4	3	12	25	12	19	6	3	66
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
NET: Benefits	58	18	34	21	1	12	6	-	1	5	4	8	3	12	5	6	1	1	11	10	6	8	1	-	47
	66%	64%	67%	60%	100%	79%	66%	-	100%	90%	74%	57%	46%	87%	49%	61%	37%	26%	90%	42%	54%	44%	15%	-	75%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	40	12	21	11	1	9	6	-	1	5	4	7	3	8	3	4	-	-	7	7	3	6	-	-	32
	45%	45%	41%	33%	67%	60%	66%	-	100%	90%	74%	47%	46%	55%	35%	36%	-	-	61%	30%	31%	32%	-	-	51%
They prevent anaemia	14	1	11	7	*	4	2	-	-	2	-	3	1	3	3	1	1	-	2	*	-	*	-	-	13
	15%	3%	22%	19%	33%	27%	17%	-	-	29%	-	19%	12%	20%	29%	6%	23%	-	20%	2%	-	2%	-	-	20%
I feel well/ healthy/ better/ a sense of well being	4	3	1	1	-	*	-	-	-	-	-	-	1	-	1	*	1	-	1	1	1	1	-	-	3
	5%	10%	2%	2%	-	3%	-	-	-	-	-	-	21%	-	13%	14%	26%	-	4%	10%	3%	-	-	-	5%
My hair is in good condition/ shiny/ less hair loss/ good growth	4	-	3	3	-	-	1	-	1	-	-	-	-	1	1	-	-	2	-	-	-	-	-	-	4
	4%	-	5%	8%	-	-	12%	-	100%	-	-	-	-	11%	8%	-	-	16%	-	-	-	-	-	-	6%
Less feelings of light headedness	3	3	-	-	-	-	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	3
	4%	12%	-	-	-	-	-	-	-	-	-	-	4%	-	13%	-	-	-	-	-	-	-	-	-	5%
No side effects/ adverse effects	3	1	2	1	-	*	-	-	-	-	-	-	-	*	2	-	-	1	1	-	1	-	-	-	2
	3%	4%	4%	4%	-	3%	-	-	-	-	-	-	-	-	4%	17%	-	7%	4%	-	4%	-	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 75

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	5**	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	3 3%	-	3 5%	3 8%	-	-	-	-	-	-	-	-	1 12%	-	-	-	-	-	2 16%	-	-	-	-	-	3 4%
I have an improved mood	2 3%	1 3%	1 3%	1 3%	-	1 4%	-	-	-	-	-	1 7%	-	1 11%	-	-	-	-	-	1 2%	1 5%	-	-	-	2 3%
Other benefits	2 3%	2 7%	* 1%	-	-	* 3%	-	-	-	-	2 33%	-	-	-	-	-	* 14%	-	-	2 2%	* 5%	-	-	-	2 3%
My nails are in good condition/ stronger nails/ good growth	2 2%	-	2 4%	2 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2 16%	-	-	-	-	-	2 3%
My skin is in good condition/ good complexion/ repairs damaged skin	2 2%	-	1 2%	1 2%	-	-	1 11%	-	-	1 19%	1 17%	-	-	-	-	1 8%	-	-	-	1 4%	-	1 5%	-	-	1 1%
They are good for the blood (other)	2 2%	-	2 3%	2 4%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2 13%	-	-	-	-	-	2 2%
I sleep better	2 2%	-	2 3%	-	1 67%	1 4%	-	-	-	-	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	2 2%
They are good for blood sugar levels	1 1%	-	1 2%	1 3%	-	-	-	-	-	-	-	-	-	1 7%	-	-	-	-	-	1 4%	1 10%	1 5%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 75

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?											
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	5**	6**	14**	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	12**	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)		
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*					
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1	1	1	-	-			
Healthier bones/ I have stronger bones	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1	1	1	-	-			
They give me all the vitamins I need/ ensure a balanced diet	1	-	1	-	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	2%	
I have improved memory/ cognitive function/ aids concentration	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1%
NET: Adverse effects	17	9	8	5	-	3	-	-	-	-	-	3	2	4	3	1	2	1	1	10	6	7	3	1	7					
It has effected my bowel movements/ colour, hardness etc	7	5	3	-	-	3	-	-	-	-	-	-	1	1	3	-	2	-	-	4	1	3	1	-	4					
They cause constipation	6	3	3	2	-	*	-	-	-	-	-	1	1	1	1	1	-	-	1	3	2	2	-	-	2					
They cause indigestion/ heartburn	2	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	2	2	1	1	-	-					

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 75

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
Diarrhoea/ increased use of the toilet	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
I dislike the aftertaste	1	-	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	1	1	1	1	1	-
Nothing/ I have not noticed anything	13	2	9	8	-	1	3	2	-	1	2	2	1	1	2	3	-	1	*	6	1	5	2	1	7
Don't know	15%	7%	17%	23%	-	4%	34%	100%	-	10%	26%	15%	9%	4%	16%	33%	-	43%	4%	25%	11%	25%	24%	39%	12%
	4	3	1	1	-	-	-	-	-	-	-	3	1	-	-	-	-	-	1	-	1	1	1	1	3
	5%	9%	3%	4%	-	-	-	-	-	-	-	18%	23%	-	-	-	-	-	4%	-	6%	16%	35%	5%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 76

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	93	2	17	2	2	23	43	15	46	20	29	18	2
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
NET: Benefits	58	2	10	3	1	13	29	7	32	10	14	7	2
	66%	78%	68%	100%	43%	67%	70%	55%	72%	52%	47%	45%	100%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	40	2	7	2	1	9	20	4	22	7	10	4	1
	45%	78%	49%	53%	43%	46%	48%	33%	50%	33%	34%	27%	51%
They prevent anaemia	14	-	2	-	-	3	10	*	8	3	4	*	1
	15%	-	13%	-	-	16%	24%	3%	19%	14%	14%	3%	49%
I feel well/ healthy/ better/ a sense of well being	4	-	1	1	-	1	1	*	2	1	1	1	-
	5%	-	9%	47%	-	7%	3%	4%	4%	4%	5%	6%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	4	-	1	-	-	-	3	-	4	-	-	-	-
	4%	-	7%	-	-	-	6%	-	9%	-	-	-	-
Less feelings of light headedness	3	-	2	1	-	-	1	-	3	-	-	-	-
	4%	-	13%	47%	-	-	3%	-	6%	-	-	-	-
No side effects/ adverse effects	3	-	-	-	-	1	2	-	1	1	1	-	-
	3%	-	-	-	-	4%	5%	-	2%	4%	3%	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	3	-	-	-	-	-	2	-	2	-	1	-	-
	3%	-	-	-	-	-	4%	-	4%	-	3%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 76

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
I have an improved mood	2 3%	-	-	-	1 43%	1 3%	1 2%	1 7%	-	1 5%	-	1 3%	-
Other benefits	2 3%	2 78%	-	-	-	-	-	* 4%	-	-	-	* 3%	-
My nails are in good condition/ stronger nails/ good growth	2 2%	-	-	-	-	-	2 4%	-	2 4%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 2%	-	-	-	-	-	1 2%	1 8%	1 2%	1 5%	1 3%	-	-
They are good for the blood (other)	2 2%	-	1 6%	-	-	1 5%	1 2%	-	1 1%	-	-	-	-
I sleep better	2 2%	-	-	-	-	1 3%	2 4%	-	-	1 3%	-	-	-
They are good for blood sugar levels	1 1%	-	-	-	-	1 5%	-	1 8%	-	1 5%	1 4%	1 6%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	-	-	-	-	1 2%	-	1 3%	1 6%	-
Healthier bones/ I have stronger bones	1 1%	-	-	-	-	-	-	-	1 2%	-	1 3%	1 6%	-
They give me all the vitamins I need/ ensure a balanced diet	1 1%	-	-	-	-	-	1 2%	-	1 2%	-	1 3%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 76

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Iron

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
I have improved memory/ cognitive function/ aids concentration	1 1%	- -	- -	- -	- -	- -	1 2%	- -	- -	- -	- -	- -	- -
NET: Adverse effects	17 19%	- -	2 12%	- -	1 57%	4 22%	5 11%	4 33%	7 15%	6 29%	9 30%	10 58%	- -
It has effected my bowel movements/ colour, hardness etc	7 8%	- -	- -	- -	- -	1 5%	3 6%	3 20%	4 8%	4 19%	3 9%	5 30%	- -
They cause constipation	6 6%	- -	- -	- -	1 57%	1 4%	2 5%	1 7%	3 7%	1 6%	3 11%	3 17%	- -
They cause indigestion/ heartburn	2 2%	- -	1 7%	- -	- -	2 9%	- -	- -	- -	- -	1 3%	1 6%	- -
Diarrhoea/ increased use of the toilet	1 1%	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 5%	- -	- -
I dislike the aftertaste	1 1%	- -	1 5%	- -	- -	1 4%	- -	1 6%	- -	1 4%	3 3%	1 5%	- -
Nothing/ I have not noticed anything	13 15%	1 22%	2 10%	- -	- -	3 13%	9 22%	1 4%	6 14%	3 13%	7 24%	2 10%	- -
Don't know	4 5%	- -	1 9%	- -	- -	* 2%	- -	1 11%	2 4%	2 11%	2 8%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 77

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	198	111	87	15	19	20	33	43	68	54	58	48	38	10	10	27	19	12	15	12	24	26	24	17	2	22	71
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
NET: Benefits	137	73	64	9	17	11	26	23	52	35	44	30	28	8	7	15	12	10	9	7	18	19	16	14	2	18	50
	69%	65%	74%	67%	71%	60%	70%	57%	77%h	72%	72%	60%	71%	91%	77%	64%	67%	73%	69%	50%	76%	64%	63%	74%	100%	75%	65%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	62	30	32	2	6	4	17	8	26	13	17	17	16	2	2	5	5	6	5	3	10	9	8	8	-	8	23
	31%	26%	37%	16%	25%	22%	44%	19%	38%h	26%	28%	32%	41%	27%	16%	21%	25%	46%	40%	19%	44%	30%	30%	42%	-	33%	29%
I believe I would feel worse without them/ believe they do good without noticeable effects	18	10	8	-	1	-	2	7	8	4	6	4	4	1	1	1	-	1	2	1	4	3	1	4	-	4	3
	9%	9%	9%	-	4%	-	6%	17%	12%	9%	9%	8%	11%	12%	6%	4%	-	5%	12%	5%	18%	12%	3%	23%	-	17%	4%
My skin is in good condition/ good complexion/ repairs damaged skin	12	7	6	1	1	2	3	2	3	2	5	4	2	1	1	3	-	-	1	3	-	2	1	1	-	3	5
	6%	6%	6%	10%	6%	9%	9%	5%	4%	3%	8%	8%	4%	6%	8%	13%	-	-	11%	18%	-	6%	4%	7%	-	11%	7%
I feel well/ healthy/ better/ a sense of well being	11	5	6	3	3	1	-	1	4	3	3	3	2	-	4	3	2	-	-	1	-	1	-	-	-	-	6
	5%	4%	7%	24%	11%	3%	-	2%	6%	7%	5%	5%	4%	-	40%	11%	12%	-	-	4%	-	5%	-	-	-	-	7%
It keeps me supple/ lessens stiffness/ helps with mobility	10	4	6	-	-	1	2	-	7	2	5	2	1	-	-	-	3	2	2	-	-	-	2	1	-	2	-
	5%	3%	7%	-	-	4%	4%	-	11%h	5%	8%	3%	2%	-	-	-	16%	18%	12%	-	-	-	9%	4%	-	6%	-
I have improved memory/ cognitive function/ aids concentration	9	4	5	1	2	2	4	1	-	4	3	2	-	1	-	-	1	-	-	2	-	3	1	2	-	2	5
	5%	4%	6%	8%	8%	10%	10%	2%	-	9%	5%	4%	-	8%	-	-	5%	-	-	13%	-	10%	2%	12%	-	8%	6%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 77

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
My hair is in good condition/ shiny/ less hair loss/ good growth	8 4%	5 4%	4 4%	-	3 11%	1 3%	3 9%	-	2 3%	2 4%	3 5%	4 7%	-	-	-	2 10%	1 4%	-	1 11%	-	-	2 5%	-	1 7%	1 49%	2 9%	3 3%
Maintains a healthy heart	7 4%	5 5%	2 2%	* 3%	-	1 5%	-	-	6 9%	2 4%	2 4%	3 6%	-	2 24%	-	2 8%	1 5%	-	-	-	1 4%	-	-	1 7%	-	-	2 2%
My nails are in good condition/ stronger nails/ good growth	6 3%	5 5%	1 1%	-	3 11%	-	1 3%	1 2%	2 2%	2 4%	1 2%	2 4%	1 2%	-	-	1 3%	-	-	1 11%	1 8%	1 3%	-	1 4%	-	1 49%	1 6%	2 3%
Less aches and pains	5 2%	4 4%	1 1%	-	-	3 16%	-	1 3%	1 1%	1 3%	2 3%	1 1%	1 3%	1 16%	-	1 4%	1 5%	-	1 7%	-	-	1 2%	-	-	-	1 4%	2 3%
No side effects/ adverse effects	4 2%	3 3%	1 1%	-	-	1 5%	-	-	4 5%	-	4 7%	-	-	-	-	-	2 13%	-	1 7%	-	1 5%	-	-	-	-	-	1 1%
Lowers cholesterol	3 2%	1 1%	3 3%	-	1 3%	-	-	-	3 4%	-	2 3%	-	2 5%	-	-	1 4%	-	1 7%	-	-	1 4%	-	1 3%	-	-	-	1 1%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3 2%	2 2%	2 2%	1 8%	1 4%	1 7%	-	-	-	1 2%	1 2%	2 3%	-	-	1 11%	-	-	-	-	-	1 3%	2 5%	-	-	-	1 3%	2 3%
My vision is good/ has improved/ other benefits to eyes	3 1%	2 1%	1 1%	-	-	-	-	-	3 4%	-	1 2%	2 3%	-	2 19%	-	1 4%	-	-	-	-	-	-	-	-	-	-	2 2%
They keep my blood thin	2 1%	1 1%	1 1%	-	-	-	1 3%	1 3%	-	-	-	1 2%	1 3%	-	-	-	-	-	-	-	-	-	-	1 7%	1 51%	-	1 2%
Other benefits	2 1%	-	2 3%	-	-	-	1 3%	-	1 2%	-	-	1 2%	1 3%	-	-	-	-	1 9%	-	-	-	-	-	1 7%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 77

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 1%	1 1%	2 2%	1 6%	-	-	-	-	2 2%	1 1%	2 3%	-	-	1 17%	-	-	1 5%	-	-	-	-	-	-	-	-	-	-
Healthier bones/ I have stronger bones	2 1%	2 2%	-	-	-	-	-	1 4%	1 1%	-	1 2%	-	1 2%	-	-	1 3%	-	1 10%	-	-	-	-	-	-	-	-	1 2%
They give me all the vitamins I need/ ensure a balanced diet	2 1%	-	2 2%	-	-	-	1 3%	* 1%	-	2 4%	-	-	-	-	-	-	-	-	-	-	-	-	2 7%	-	-	-	1 2%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 *	-	1 1%	-	1 4%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	1 4%	-
They help to lose/ control weight/ suppresses appetite	1 *	-	1 1%	-	1 4%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	1 4%	-
Lowers blood pressure	1 *	-	1 1%	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	-	-
I have an improved mood	1 *	1 1%	-	-	-	-	1 2%	-	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	-
Improved bowel movements	1 *	1 1%	-	-	-	-	-	-	1 1%	-	-	1 1%	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	-
NET: Adverse effects	2 1%	-	2 2%	-	-	-	1 3%	1 3%	-	-	1 2%	1 2%	-	-	-	-	-	-	1 8%	-	-	1 3%	-	-	-	-	1 1%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 77

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
I dislike the aftertaste	2 1%	-	2 2%	-	-	-	1 3%	1 3%	-	-	1 2%	1 2%	-	-	-	-	-	-	1 8%	-	-	1 3%	-	-	-	-	1 1%
Feeling gassy/problems with wind	1 *	-	1 1%	-	-	-	1 3%	-	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 3%	-	-	-	-	1 1%
Nothing/ I have not noticed anything	53 27%	36 32%	17 20%	4 33%	6 25%	6 34%	10 27%	14 35%	13 19%	12 25%	14 23%	19 36%	8 21%	1 9%	2 23%	6 25%	5 26%	4 27%	3 23%	5 34%	4 19%	9 32%	9 37%	5 26%	-	6 23%	24 31%
Don't know	9 5%	4 3%	6 7%	-	1 4%	1 6%	1 3%	3 8%	3 4%	1 3%	3 4%	2 4%	3 8%	-	-	2 10%	1 7%	-	1 8%	2 16%	1 5%	1 4%	-	-	-	* 2%	3 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 78

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	198	1	2	130	41	15	5	185	11	1	7	2	1	-	160	82	78	38	35	3
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	**	163	81*	81*	37*	34*	3**
NET: Benefits	137	2	1	82	35	10	2	125	8	1	5	2	-	-	112	57	55	25	23	2
	69%	100%	100%	63%	84% ^c	70%	45%	67%	83%	100%	84%	100%	-	-	69%	70%	68%	67%	66%	74%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	62	2	-	38	15	2	-	57	2	-	2	-	-	-	54	30	24	8	8	-
	31%	100%	-	29%	36%	17%	-	31%	17%	-	29%	-	-	33%	36%	30%	22%	24%	24%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	18	-	-	12	6	-	-	17	1	-	-	1	-	-	14	7	7	4	4	-
	9%	-	-	9%	16%	-	-	9%	12%	-	-	61%	-	-	9%	9%	9%	10%	11%	-
My skin is in good condition/ good complexion/ repairs damaged skin	12	-	-	7	4	-	1	11	1	-	1	-	-	-	11	2	10	1	1	-
	6%	-	-	5%	9%	-	33%	6%	11%	-	18%	-	-	-	7%	2%	12% ^o	2%	2%	-
I feel well/ healthy/ better/ a sense of well being	11	-	-	9	2	-	-	9	1	1	-	-	-	-	6	2	5	4	4	-
	5%	-	-	7%	4%	-	-	5%	13%	100%	-	-	-	-	4%	2%	6%	12% ^o	13% ^{no}	-
It keeps me supple/ lessens stiffness/ helps with mobility	10	-	-	5	3	1	-	9	1	-	1	-	-	-	7	5	2	3	3	-
	5%	-	-	4%	7%	10%	-	5%	7%	-	13%	-	-	-	4%	6%	2%	8%	9%	-
I have improved memory/ cognitive function/ aids concentration	9	-	1	3	5	1	-	7	2	-	2	-	-	-	8	4	4	2	2	-
	5%	-	42%	2%	12% ^c	5%	-	4%	18%	-	30%	-	-	-	5%	5%	5%	4%	5%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 78

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
My hair is in good condition/ shiny/ less hair loss/ good growth	8 4%	-	-	5 4%	2 5%	-	1 33%	8 4%	1 7%	-	1 13%	-	-	-	8 5%	3 3%	6 7%	-	-	-
Maintains a healthy heart	7 4%	-	-	5 4%	2 4%	-	* 12%	7 4%	-	-	-	-	-	-	6 4%	2 3%	4 4%	1 3%	1 4%	-
My nails are in good condition/ stronger nails/ good growth	6 3%	-	-	4 3%	2 5%	-	-	6 3%	-	-	-	-	-	-	5 3%	3 4%	2 3%	1 2%	-	1 27%
Less aches and pains	5 2%	-	1 58%	2 2%	-	1 10%	-	5 3%	-	-	-	-	-	-	5 3%	3 3%	2 2%	-	-	-
No side effects/ adverse effects	4 2%	-	-	3 2%	1 3%	-	-	4 2%	-	-	-	-	-	-	3 2%	-	3 4%	1 3%	1 4%	-
Lowers cholesterol	3 2%	-	-	3 2%	1 2%	-	-	3 1%	1 7%	-	1 12%	-	-	-	3 2%	-	3 3%	1 3%	1 3%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3 2%	-	-	1 2%	1 3%	2 12%	-	3 2%	-	-	-	-	-	-	3 2%	3 3%	1 1%	-	-	-
My vision is good/ has improved/ other benefits to eyes	3 1%	-	-	1 1%	2 4%	-	-	3 1%	-	-	-	-	-	-	3 2%	-	3 3%	-	-	-
They keep my blood thin	2 1%	-	-	-	1 3%	1 9%	-	2 1%	-	-	-	-	-	-	1 1%	-	1 2%	1 3%	-	1 47%
Other benefits	2 1%	-	-	1 1%	1 3%	-	-	2 1%	-	-	-	-	-	-	2 1%	-	2 3%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 78

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Fish oils**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 1%	-	-	2 1%	1 2%	-	-	2 1%	1 8%	-	-	1 39%	-	-	2 1%	1 1%	1 2%	-	-	-
Healthier bones/ I have stronger bones	2 1%	-	-	2 2%	-	-	-	2 1%	-	-	-	-	-	-	1 1%	1 2%	-	1 2%	1 2%	-
They give me all the vitamins I need/ ensure a balanced diet	2 1%	-	-	* 1%	1 3%	-	-	2 1%	-	-	-	-	-	-	1 1%	-	1 2%	* 1%	* 1%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 *	-	-	-	-	1 7%	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1 *	-	-	-	-	1 7%	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Lowers blood pressure	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
I have an improved mood	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	1 *	-	1 1%	-	-	-
Improved bowel movements	1 *	-	-	1 1%	-	-	-	1 *	-	-	-	-	-	-	-	-	-	1 2%	1 2%	-
NET: Adverse effects	2 1%	-	-	1 1%	1 2%	-	-	2 1%	-	-	-	-	-	-	1 1%	1 1%	-	1 3%	1 3%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 78

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
I dislike the aftertaste	2 1%	-	-	1 1%	1 2%	-	-	2 1%	-	-	-	-	-	-	1 1%	1 1%	-	1 3%	1 3%	-
Feeling gassy/problems with wind	1 *	-	-	-	1 2%	-	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
Nothing/ I have not noticed anything	53 27%	-	-	41 31%	6 15%	4 30%	2 55%	51 28%	2 17%	-	1 16%	-	1 100%	-	45 27%	20 24%	25 31%	9 23%	8 23%	1 26%
Don't know	9 5%	-	-	9 7%	* 1%	-	-	9 5%	-	-	-	-	-	-	6 4%	5 6%	1 1%	4 10%p	4 10%p	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 79

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	198	93	67	26	105	5	10	16	59	15	154	44	37	37	9	19	18	11
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
NET: Benefits	137	68	51	17	69	4	6	12	40	7	107	30	26	26	7	13	11	8
	69%	67%	66%	73%	70%	73%	69%	71%	73%	54%	69%	67%	67%	67%	75%	69%	62%	70%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	62	31	25	6	31	2	2	7	18	3	51	11	9	10	2	5	3	3
	31%	30%	32%	23%	32%	41%	22%	40%	32%	24%	33%	25%	24%	25%	25%	18%	18%	26%
I believe I would feel worse without them/ believe they do good without noticeable effects	18	7	4	3	11	-	-	2	8	1	14	4	4	4	1	3	2	1
	9%	7%	5%	15%	11%	-	-	14%	15%	6%	9%	9%	11%	11%	13%	16%	13%	10%
My skin is in good condition/ good complexion/ repairs damaged skin	12	8	6	2	4	-	1	-	3	1	9	3	3	2	2	1	1	-
	6%	8%	7%	8%	5%	-	14%	-	5%	5%	6%	8%	9%	4%	21%	6%	3%	-
I feel well/ healthy/ better/ a sense of well being	11	6	4	2	5	-	2	1	2	-	9	2	2	2	1	2	-	-
	5%	5%	5%	9%	5%	-	18%	7%	4%	-	6%	5%	6%	4%	7%	9%	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	10	2	1	1	8	1	-	1	6	-	8	2	2	1	1	1	1	-
	5%	1%	1%	3%	8%ab	17%	-	5%	12%ab	-	5%	4%	4%	2%	9%	5%	5%	-
I have improved memory/ cognitive function/ aids concentration	9	6	4	2	3	-	-	-	2	1	6	4	3	4	-	2	1	1
	5%	6%	5%	9%	3%	-	-	-	4%	6%	4%	8%	8%	10%	-	9%	7%	6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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Base: All respondents answering for ...

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	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
My hair is in good condition/ shiny/ less hair loss/ good growth	8 4%	5 5%	5 6%	-	4 4%	-	1 14%	1 5%	1 2%	1 5%	8 5%	1 1%	1 2%	-	1 7%	-	-	-
Maintains a healthy heart	7 4%	2 2%	2 2%	-	5 6%	-	-	-	4 8%	1 7%	7 5%	-	-	-	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	6 3%	4 4%	4 5%	-	2 2%	-	-	-	2 3%	1 6%	5 3%	1 3%	-	1 3%	-	-	-	1 11%
Less aches and pains	5 2%	3 3%	3 4%	-	1 1%	-	-	-	1 2%	1 5%	2 1%	3 6%	3 7% ^j	2 6%	1 7%	1 4%	2 12%	-
No side effects/ adverse effects	4 2%	1 1%	1 1%	-	4 4%	-	-	-	4 7%	-	4 2%	1 2%	1 2%	1 2%	-	1 4%	1 5%	-
Lowers cholesterol	3 2%	1 1%	-	1 3%	3 3%	-	-	1 5%	2 3%	-	3 2%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3 2%	3 3%	2 2%	1 4%	1 1%	-	-	-	-	1 5%	2 1%	1 3%	1 4%	1 2%	1 7%	-	1 4%	-
My vision is good/ has improved/ other benefits to eyes	3 1%	2 2%	2 2%	-	1 1%	-	-	1 5%	-	-	3 2%	-	-	-	-	-	-	-
They keep my blood thin	2 1%	1 1%	1 2%	-	1 1%	-	-	-	1 2%	-	-	2 5% ^j	2 6% ^j	2 6% ^j	-	-	2 13%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 79

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Base: All respondents answering for ...

Fish oils

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
Other benefits	2 1%	-	-	-	2 2%	-	-	1 7%	1 2%	-	1 1%	1 3%	1 3%	1 3%	-	-	1 7%	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 1%	-	-	-	2 2%	-	1 9%	-	2 3%	-	2 1%	1 2%	1 2%	-	1 9%	-	-	-
Healthier bones/ I have stronger bones	2 1%	1 1%	1 2%	-	1 1%	-	-	1 4%	-	-	2 1%	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	2 1%	1 1%	-	1 5%	* *	-	-	-	* 1%	-	* 3%	1 3%	1 3%	-	-	-	1 7%	1 11%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 *	1 1%	1 1%	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1 *	1 1%	1 1%	-	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
Lowers blood pressure	1 *	-	-	-	1 1%	-	-	-	1 2%	-	1 1%	-	-	-	-	-	-	-
I have an improved mood	1 *	-	-	-	1 1%	1 14%	-	-	-	-	1 *	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

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Base: All respondents answering for ...

Fish oils

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
Improved bowel movements	1*	-	-	-	1	-	-	-	1	-	-	1	-	1	-	-	-	1
					1%	-	-	-	1%	-	-	2%	-	2%	-	-	-	6%
NET: Adverse effects	2	1	1	-	1	-	-	-	-	1	2	-	-	-	-	-	-	-
	1%	1%	1%	-	1%	-	-	-	-	8%	1%	-	-	-	-	-	-	-
I dislike the aftertaste	2	1	1	-	1	-	-	-	-	1	2	-	-	-	-	-	-	-
	1%	1%	1%	-	1%	-	-	-	-	8%	1%	-	-	-	-	-	-	-
Feeling gassy/problems with wind	1*	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-
	*	1%	1%	-	-	-	-	-	-	1%	-	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	53	29	25	5	24	1	3	3	12	5	41	13	11	10	2	6	6	2
	27%	29%	32%	20%	24%	27%	31%	16%	22%	40%	26%	28%	30%	27%	25%	31%	32%	19%
Don't know	9	4	2	2	6	-	-	2	3	1	7	2	1	2	-	-	1	1
	5%	4%	3%	7%	6%	-	-	13%	5%	6%	5%	5%	3%	6%	-	-	6%	11%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 80

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	198	40	132	103	1	28	25	6	1	18	4	21	39	30	32	20	11	10	15	45	11	31	12	1	151
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
NET: Benefits	137	27	96	76	1	19	12	2	-	10	3	10	22	24	18	13	7	10	17	25	6	19	6	1	109
	69%	69%	70%	72%	100%	62%	56%	31%	-	70%	77%	57%	67%	77%	55%	62%	62%	86%	89%	63%	62%	63%	55%	100%	70%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	62	10	44	36	-	8	6	1	-	5	1	5	11	12	10	4	4	-	9	16	2	14	5	1	43
	31%	26%	32%	34%	-	26%	28%	18%	-	34%	20%	31%	32%	38%	31%	21%	32%	-	45%	40%	19%	47%	48%	100%	28%
I believe I would feel worse without them/ believe they do good without noticeable effects	18	4	12	12	-	-	2	-	-	2	-	1	5	5	2	3	-	-	-	3	1	2	-	-	15
	9%	9%	9%	11%	-	-	12%	-	-	17%	-	6%	13%	16%	7%	15%	-	-	-	8%	10%	8%	-	-	9%
My skin is in good condition/ good complexion/ repairs damaged skin	12	3	9	4	-	4	1	-	-	1	1	-	2	1	1	-	-	2	4	1	1	-	-	-	12
	6%	7%	6%	4%	-	15%	3%	-	-	4%	18%	-	5%	5%	3%	-	-	21%	22%	1%	6%	-	-	-	7%
I feel well/ healthy/ better/ a sense of well being	11	5	4	3	-	1	2	2	-	1	2	1	2	1	1	1	1	2	-	1	1	-	-	-	10
	5%	12%bc	3%	3%	-	3%	11%	31%	-	5%	39%	5%	5%	3%	3%	3%	6%	21%	-	2%	8%	-	-	-	6%
It keeps me supple/ lessens stiffness/ helps with mobility	10	-	8	7	-	1	2	-	-	2	-	1	1	3	2	1	-	-	-	4	-	3	2	1	6
	5%	-	6%	6%	-	4%	8%	-	-	11%	-	6%	2%	9%	7%	11%	6%	-	-	9%	-	10%	17%	100%	4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 80

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Base: All respondents answering for ...

Fish oils

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
I have improved memory/ cognitive function/ aids concentration	9	1	8	3	-	5	-	-	-	-	-	1	-	1	2	1	-	2	3	2	1	1	-	-	5
	5%	2%	6%	3%	-	16%	-	-	-	-	-	4%	-	3%	6%	6%	-	16%	15%	5%	11%	4%	-	-	3%
My hair is in good condition/ shiny/ less hair loss/ good growth	8	-	8	3	-	5	1	-	-	1	-	-	3	1	-	-	-	1	3	1	1	1	-	-	7
	4%	-	6%	3%	-	15%	4%	-	-	5%	-	-	9%	2%	-	-	-	11%	15%	4%	6%	3%	-	-	4%
Maintains a healthy heart	7	*	7	7	-	-	-	-	-	-	-	*	1	-	1	2	2	-	-	2	-	2	-	-	5
	4%	1%	5%	6%	-	-	-	-	-	-	-	3%	3%	-	4%	9%	14%	-	-	4%	-	6%	-	-	3%
My nails are in good condition/ stronger nails/ good growth	6	1	4	2	-	3	1	-	-	1	-	1	1	-	1	1	-	1	1	1	-	1	-	-	5
	3%	3%	3%	2%	-	9%	3%	-	-	5%	-	4%	2%	-	3%	6%	-	11%	8%	2%	-	2%	-	-	3%
Less aches and pains	5	-	5	3	-	1	-	-	-	-	-	-	1	1	1	-	-	1	-	1	1	-	-	-	4
	2%	-	3%	3%	-	5%	-	-	-	-	-	-	2%	2%	3%	4%	-	12%	-	1%	6%	-	-	-	3%
No side effects/ adverse effects	4	-	4	2	-	2	-	-	-	-	-	-	-	1	1	2	-	-	-	2	-	2	-	-	2
	2%	-	3%	2%	-	7%	-	-	-	-	-	-	-	4%	4%	10%	-	-	-	6%	-	8%	-	-	1%
Lowers cholesterol	3	-	3	3	-	-	1	-	-	1	-	1	-	-	-	-	-	1	-	1	-	1	1	-	3
	2%	-	2%	2%	-	-	4%	-	-	6%	-	6%	-	-	-	-	-	6%	-	2%	-	3%	9%	-	2%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	1	2	1	-	2	-	-	-	-	-	-	2	-	-	1	1	-	-	1	1	-	-	-	3
	2%	3%	2%	1%	-	5%	-	-	-	-	-	-	5%	-	-	7%	9%	-	-	1%	6%	-	-	-	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

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	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
My vision is good/ has improved/ other benefits to eyes	3 1%	-	3 2%	3 2%	-	-	-	-	-	-	-	-	-	-	-	2 14%	1 8%	-	2 4%	-	2 6%	-	-	-	1 1%
They keep my blood thin	2 1%	-	2 2%	2 2%	-	-	-	-	-	-	-	-	-	-	1 6%	-	-	1 7%	2 6%x	-	2 8%	-	-	-	-
Other benefits	2 1%	-	2 2%	2 2%	-	-	-	-	-	-	-	1 3%	-	-	1 6%	-	-	-	2 6%x	-	2 8%	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 1%	1 2%	2 1%	2 1%	-	-	-	-	-	-	-	1 3%	1 2%	1 2%	-	-	-	-	1 2%	-	1 2%	-	-	-	2 1%
Healthier bones/ I have stronger bones	2 1%	2 5%bc	-	-	-	-	-	-	-	-	1 4%	-	1 5%	-	-	-	-	-	1 1%	-	1 2%	1 6%	-	-	1 1%
They give me all the vitamins I need/ ensure a balanced diet	2 1%	-	2 1%	1 1%	-	* 2%	-	-	-	-	-	* 1%	-	-	-	1 11%	-	-	-	-	-	-	-	-	2 1%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 *	-	1 1%	-	1 100%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 80

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Fish oils**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
They help to lose/control weight/suppresses appetite	1*	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
Lowers blood pressure	1*	-	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
I have an improved mood	1*	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	1	-	-	-	-
Improved bowel movements	1*	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-
NET: Adverse effects	2	-	2	1	-	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	2
I dislike the aftertaste	2	-	2	1	-	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	2
Feeling gassy/problems with wind	1*	-	1	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
Nothing/ I have not noticed anything	53	11	33	23	-	10	9	4	1	4	1	6	9	4	13	6	4	2	2	10	2	8	3	-	43
	27%	29%	24%	22%	-	32%	41%	69%	100%	26%	23%	39%	27%	14%	40%	27%	38%	14%	11%	26%	18%	27%	32%	-	27%
Don't know	9	1	8	6	-	2	1	-	-	1	-	1	2	3	2	2	-	-	5	2	3	1	-	5	
	5%	3%	6%	6%	-	6%	3%	-	-	5%	-	4%	6%	9%	5%	11%	-	-	11% ^x	20%	9%	13%	-	3%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 81

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Fish oils**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	198	1	4	1	1	27	101	26	130	12	46	11	5
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
NET: Benefits	137	1	3	1	1	15	74	13	93	7	31	7	3
	69%	100%	68%	100%	100%	58%	74%	57%	69%	61%	71%	70%	61%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	62	1	2	1	-	8	27	7	39	2	22	2	2
	31%	100%	45%	100%	-	29%	27%	30%	29%	20%	49%fh	18%	41%
I believe I would feel worse without them/ believe they do good without noticeable effects	18	-	2	-	-	2	11	2	14	-	7	2	-
	9%	-	53%	-	-	6%	11%	8%	10%	-	16%	20%	-
My skin is in good condition/ good complexion/ repairs damaged skin	12	-	-	-	1	3	5	3	10	1	-	1	-
	6%	-	-	-	100%	11%	5%	12%	7%	6%	-	6%	-
I feel well/ healthy/ better/ a sense of well being	11	-	-	-	-	1	9	-	8	-	-	1	-
	5%	-	-	-	-	4%	9%j	-	6%	-	-	8%	-
It keeps me supple/ lessens stiffness/ helps with mobility	10	1	-	-	-	1	5	3	7	1	4	-	-
	5%	100%	-	-	-	3%	5%	12%	5%	10%	10%	-	-
I have improved memory/ cognitive function/ aids concentration	9	-	1	-	-	-	2	2	5	1	1	1	-
	5%	-	31%	-	-	-	2%	10%	4%	10%	3%	10%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 81

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
My hair is in good condition/ shiny/ less hair loss/ good growth	8 4%	- -	- -	- -	1 100%	3 11%	3 3%	1 4%	7 5%	1 8%	1 2%	1 6%	- -
Maintains a healthy heart	7 4%	- -	- -	- -	- -	2 6%	5 5%	1 4%	5 3%	- -	3 7%	- -	1 20%
My nails are in good condition/ stronger nails/ good growth	6 3%	- -	- -	- -	- -	1 5%	4 4%	1 3%	5 3%	- -	1 2%	- -	- -
Less aches and pains	5 2%	- -	- -	- -	1 100%	1 2%	3 3%	- -	3 2%	- -	- -	1 6%	- -
No side effects/ adverse effects	4 2%	- -	- -	- -	- -	- -	2 2%	1 5%	3 2%	1 10%	2 5%	- -	- -
Lowers cholesterol	3 2%	- -	- -	- -	- -	- -	1 1%	3 11%	2 1%	- -	1 2%	- -	- -
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3 2%	- -	- -	- -	1 100%	2 6%	3 3%	- -	3 2%	- -	- -	1 6%	- -
My vision is good/ has improved/ other benefits to eyes	3 1%	- -	- -	- -	- -	2 6%	3 3%	- -	1 1%	- -	2 4%	- -	- -
They keep my blood thin	2 1%	- -	1 31%	- -	- -	- -	- -	1 5%	- -	1 11%	1 3%	- -	- -
Other benefits	2 1%	- -	1 31%	- -	- -	- -	- -	1 5%	1 1%	- -	1 3%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 81

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	2 1%	- -	- -	- -	- -	- -	1 1%	1 3%	2 1%	1 6%	1 2%	- -	- -
Healthier bones/ I have stronger bones	2 1%	- -	- -	- -	- -	1 2%	1 1%	1 3%	1 1%	- -	1 1%	- -	- -
They give me all the vitamins I need/ ensure a balanced diet	2 1%	- -	- -	- -	- -	1 5%	* *	- -	2 1%	- -	- -	- -	- -
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 *	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	- -
They help to lose/ control weight/ suppresses appetite	1 *	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	- -
Lowers blood pressure	1 *	- -	- -	- -	- -	- -	1 1%	- -	1 1%	- -	- -	- -	- -
I have an improved mood	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 8%	- -
Improved bowel movements	1 *	- -	- -	- -	- -	- -	1 1%	- -	1 1%	- -	- -	- -	- -
NET: Adverse effects	2 1%	- -	- -	- -	- -	- -	2 2%	- -	2 1%	- -	2 5%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 81

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
I dislike the aftertaste	2 1%	-	-	-	-	-	2 2%	-	2 1%	-	2 5%	-	-
Feeling gassy/ problems with wind	1 *	-	-	-	-	-	1 1%	-	1 1%	-	1 2%	-	-
Nothing/ I have not noticed anything	53 27%	-	-	-	-	8 32%	21 21%	10 43%	37 27%	4 30%	8 18%	2 18%	2 39%
Don't know	9 5%	-	1 32%	-	-	3 10%	5 5%	-	5 4%	1 9%	5 10%	1 12%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 82

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Gender		Age					Social Grade				Region									Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	16	12	4	4	7	-	4	1	6	4	4	2	1	2	2	-	3	2	2	1	3	-	2	11
Weighted base	16*	13**	4**	3**	8**	-**	4**	1**	7**	3**	5**	2**	1**	2**	2**	-**	4**	3**	2**	2**	2**	-**	2**	12**
NET: Benefits	15	11	4	2	8	-	4	-	7	3	5	-	1	2	2	-	3	3	1	2	2	-	2	10
	89%	86%	100%	72%	100%	-	100%	-	100%	100%	100%	-	100%	100%	100%	-	78%	100%	55%	100%	100%	-	100%	85%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	7	-	1	4	-	3	-	3	2	2	-	1	2	1	-	-	3	1	-	-	-	1	6
	45%	59%	-	31%	45%	-	67%	-	49%	65%	43%	-	100%	100%	55%	-	-	100%	55%	-	-	-	28%	49%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	6	-	1	2	-	3	-	2	2	2	-	1	-	1	-	1	3	-	-	-	-	-	5
	37%	48%	-	31%	28%	-	67%	-	25%	65%	47%	-	100%	-	55%	-	36%	100%	-	-	-	-	-	43%
Other benefits	2	-	2	-	2	-	-	-	2	-	-	-	-	-	-	-	-	-	-	2	-	-	2	-
	11%	-	45%	-	21%	-	-	-	26%	-	-	-	-	-	-	-	-	-	-	100%	-	-	72%	-
Injuries heal quicker	2	2	-	-	2	-	-	-	-	-	2	-	-	-	-	-	2	-	-	-	-	-	-	2
	9%	12%	-	-	18%	-	-	-	-	-	30%	-	-	-	-	-	41%	-	-	-	-	-	-	13%
No side effects/ adverse effects	1	1	-	-	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	6%	8%	-	-	12%	-	-	-	-	32%	-	-	100%	-	-	-	-	-	-	-	-	-	-	8%
I feel well/ healthy/ better/ a sense of well being	1	-	1	-	-	-	1	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1
	5%	-	21%	-	-	-	21%	-	13%	-	-	-	-	-	45%	-	-	-	-	-	-	-	-	7%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1	-	1	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-
	5%	-	19%	23%	-	-	-	-	11%	-	-	-	-	-	-	-	-	-	-	-	42%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 82

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Gender		Age						Social Grade				Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	16*	13**	4**	3**	8**	-**	4**	1**	7**	3**	5**	2**	1**	2**	2**	-**	4**	3**	2**	2**	2**	-**	2**	12**
I have good digestion	1 3%	-	1 15%	1 17%	-	-	-	-	-	1 19%	-	-	-	-	-	-	-	-	-	-	1 32%	-	-	-
They give me all the vitamins I need/ensure a balanced diet	* 3%	* 4%	-	-	-	-	* 12%	-	-	* 16%	-	-	-	-	-	-	-	-	-	-	* 27%	-	-	* 4%
Nothing/ I have not noticed anything	2 11%	2 14%	-	1 28%	-	-	-	1 100%	-	-	-	2 100%	-	-	-	-	1 22%	-	1 45%	-	-	-	-	2 15%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 83

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Amino acids**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	16	-	-	6	3	4	2	15	1	1	-	-	-	-	16	6	10	-	-	-
Weighted base	16*	6**	3**	4**	1**	16**	1**	1**	16**	6**	11**
NET: Benefits	15	-	-	6	3	4	1	14	1	1	-	-	-	15	6	9	-	-	-	
	89%	-	-	87%	100%	100%	100%	89%	100%	100%	-	-	-	89%	100%	83%	-	-	-	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	-	-	5	2	1	-	7	1	1	-	-	-	7	3	5	-	-	-	
	45%	-	-	74%	53%	21%	-	42%	100%	100%	-	-	-	45%	50%	43%	-	-	-	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	-	-	4	1	1	-	6	-	-	-	-	-	6	2	4	-	-	-	
	37%	-	-	57%	32%	30%	-	39%	-	-	-	-	-	37%	34%	38%	-	-	-	
Other benefits	2	-	-	-	-	2	-	2	-	-	-	-	-	2	2	-	-	-	-	
	11%	-	-	-	-	39%	-	11%	-	-	-	-	-	11%	29%	-	-	-	-	
Injuries heal quicker	2	-	-	-	2	-	-	2	-	-	-	-	-	2	-	2	-	-	-	
	9%	-	-	-	47%	-	-	10%	-	-	-	-	-	9%	-	14%	-	-	-	
No side effects/ adverse effects	1	-	-	1	-	-	-	1	-	-	-	-	-	1	1	-	-	-	-	
	6%	-	-	15%	-	-	-	6%	-	-	-	-	-	6%	17%	-	-	-	-	
I feel well/ healthy/ better/ a sense of well being	1	-	-	1	-	-	-	1	-	-	-	-	-	1	-	1	-	-	-	
	5%	-	-	13%	-	-	-	5%	-	-	-	-	-	5%	-	8%	-	-	-	
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1	-	-	-	-	1	-	1	-	-	-	-	-	1	1	-	-	-	-	
	5%	-	-	-	-	57%	-	5%	-	-	-	-	-	5%	13%	-	-	-	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 83

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	16*	-**	-**	6**	3**	4**	1**	16**	1**	1**	-**	-**	-**	-**	16**	6**	11**	-**	-**	-**
I have good digestion	1 3%	-	-	-	-	-	1 43%	1 4%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
They give me all the vitamins I need/ensure a balanced diet	* 3%	-	-	-	-	* 11%	-	* 3%	-	-	-	-	-	-	* 3%	* 8%	-	-	-	-
Nothing/ I have not noticed anything	2 11%	-	-	1 13%	-	-	-	2 11%	-	-	-	-	-	-	2 11%	-	2 17%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 84

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	13	10	3	3	-	3	-	-	-	13	3	3	3	1	3	2	-
Weighted base	16*	14**	12**	2**	2**	-.**	2**	-.**	-.**	-.**	12**	4**	4**	4**	2**	4**	3**	-.**
NET: Benefits	15	12	11	1	2	-	2	-	-	11	4	4	4	2	4	3	-	
	89%	87%	92%	61%	100%	-	100%	-	-	86%	100%	100%	100%	100%	100%	100%	-	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	6	6	-	1	-	1	-	-	7	1	1	1	-	1	-	-	
	45%	46%	54%	-	44%	-	44%	-	-	52%	23%	23%	23%	-	23%	-	-	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	5	5	-	1	-	1	-	-	5	1	1	1	-	1	1	-	
	37%	36%	42%	-	44%	-	44%	-	-	38%	33%	33%	33%	-	33%	43%	-	
Other benefits	2	2	2	-	-	-	-	-	-	-	2	2	2	2	2	2	-	
	11%	12%	15%	-	-	-	-	-	-	-	43%	43%	43%	100%	43%	57%	-	
Injuries heal quicker	2	2	2	-	-	-	-	-	-	2	-	-	-	-	-	-	-	
	9%	11%	13%	-	-	-	-	-	-	12%	-	-	-	-	-	-	-	
No side effects/ adverse effects	1	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	
	6%	7%	8%	-	-	-	-	-	-	8%	-	-	-	-	-	-	-	
I feel well/ healthy/ better/ a sense of well being	1	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	
	5%	6%	-	-	39%	-	-	-	-	7%	-	-	-	-	-	-	-	
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1	-	-	-	1	-	1	-	-	1	-	-	-	-	-	-	-	
	5%	-	-	-	32%	-	32%	-	-	6%	-	-	-	-	-	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 84

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	16*	14**	12**	2**	2**	-**	2**	-**	-**	-**	12**	4**	4**	4**	2**	4**	3**	-**
I have good digestion	1 3%	-	-	-	1 24%	-	1 24%	-	-	-	1 5%	-	-	-	-	-	-	-
They give me all the vitamins I need/ensure a balanced diet	* 3%	* 3%	-	* 23%	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	2 11%	2 13%	1 8%	1 39%	-	-	-	-	-	-	2 14%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 85

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/ Civil partnership/ co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/ separated/ divorced (f)	Wid-owed (g)	Separated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	7	9	6	-	3	-	-	-	-	2	1	1	4	-	-	1	2	3	3	1	2	2	-	13
Weighted base	16*	6**	11**	8**	-**	3**	-**	-**	-**	-**	1**	2**	1**	3**	-**	-**	1**	3**	4**	2**	1**	2**	2**	-**	14**
NET: Benefits	15	4	11	8	-	3	-	-	-	-	37%	100%	100%	100%	-	-	100%	100%	100%	100%	100%	100%	100%	-	12
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	3	5	3	-	2	-	-	-	-	-	-	3	-	-	-	3	1	1	1	1	1	1	-	6
	45%	49%	44%	32%	-	78%	-	-	-	-	-	-	83%	-	-	-	100%	23%	46%	100%	58%	69%	-	45%	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	1	5	3	-	2	-	-	-	-	-	-	1	-	-	-	3	1	1	1	1	1	1	-	5
	37%	18%	47%	37%	-	78%	-	-	-	-	-	-	31%	-	-	-	100%	33%	46%	100%	58%	69%	-	35%	
Other benefits	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	2
	11%	-	16%	22%	-	-	-	-	-	-	-	-	-	-	-	-	-	43%	-	-	-	-	-	-	12%
Injuries heal quicker	2	-	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	9%	-	14%	19%	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	11%
No side effects/ adverse effects	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1
	6%	-	9%	-	-	37%	-	-	-	-	-	-	-	-	-	-	37%	-	-	-	-	-	-	-	7%
I feel well/ healthy/ better/ a sense of well being	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1
	5%	-	8%	10%	-	-	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 85

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)
Weighted base	16*	6**	11**	8**	-**	3**	-**	-**	-**	1**	2**	1**	3**	-**	-**	1**	3**	4**	2**	1**	2**	2**	-**	14**
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 5%	1 13%	-	-	-	-	-	-	-	-	-	1 100%	-	-	-	-	-	-	1 33%	-	1 42%	-	-	-
I have good digestion	1 3%	-	1 5%	-	-	1 22%	-	-	-	-	-	-	1 17%	-	-	-	-	-	-	-	-	-	-	1 4%
They give me all the vitamins I need/ ensure a balanced diet	* 3%	* 8%	-	-	-	-	-	-	-	* 37%	-	-	-	-	-	-	-	-	* 21%	-	-	* 31%	-	-
Nothing/ I have not noticed anything	2 11%	2 30%	-	-	-	-	-	-	-	1 63%	-	-	-	-	-	-	-	-	-	-	-	-	-	2 12%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 86

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	1	-	-	-	5	11	-	10	1	2	-	1
Weighted base	16*	2**	-**	-**	-**	4**	11**	-**	10**	1**	1**	-**	2**
NET: Benefits	15	2	-	-	-	4	10	-	10	-	1	-	2
	89%	100%	-	-	-	100%	92%	-	92%	-	100%	-	100%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	-	-	-	-	2	6	-	7	-	-	-	-
	45%	-	-	-	-	38%	59%	-	62%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	-	-	-	-	2	4	-	5	-	-	-	-
	37%	-	-	-	-	53%	34%	-	45%	-	-	-	-
Other benefits	2	-	-	-	-	-	-	-	-	-	-	-	2
	11%	-	-	-	-	-	-	-	-	-	-	-	100%
Injuries heal quicker	2	2	-	-	-	-	2	-	2	-	-	-	-
	9%	100%	-	-	-	-	14%	-	15%	-	-	-	-
No side effects/ adverse effects	1	-	-	-	-	1	1	-	1	-	-	-	-
	6%	-	-	-	-	22%	9%	-	9%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	-	-	-	1	1	-	1	-	-	-	-
	5%	-	-	-	-	19%	8%	-	8%	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1	-	-	-	-	-	1	-	1	-	1	-	-
	5%	-	-	-	-	-	7%	-	7%	-	61%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 86

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Amino acids

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	16*	2**	-.**	-.**	-.**	4**	11**	-.**	10**	1**	1**	-.**	2**
I have good digestion	1 3%	-	-	-	-	1 13%	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	* 3%	-	-	-	-	-	* 4%	-	-	-	* 39%	-	-
Nothing/ I have not noticed anything	2 11%	-	-	-	-	-	1 8%	-	1 8%	1 100%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 87

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	78	38	40	-	5	3	8	16	46	27	26	13	12	7	1	8	4	4	10	6	12	8	10	6	2	7	18
Weighted base	76*	38*	38*	-**	6**	3**	11**	14**	41*	25**	26**	13**	12**	5**	1**	8**	4**	4**	7**	5**	11**	8**	12**	6**	4**	7**	22**
NET: Benefits	66	33	33	-	6	2	7	14	37	25	22	8	10	5	1	4	4	4	6	5	9	7	11	5	4	7	17
	86%	87%	86%	-	100%	66%	63%	96%	89%	100%	87%	65%	81%	89%	100%	46%	100%	100%	89%	100%	83%	90%	94%	85%	100%	100%	80%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	53	27	26	-	5	2	7	13	26	20	19	8	6	4	1	3	4	4	6	4	6	7	9	1	4	5	17
	69%	72%	67%	-	82%	66%	63%	90%	62%	80%	72%	65%	47%	69%	100%	37%	100%	100%	79%	72%	55%	90%	77%	22%	100%	74%	77%
I believe I would feel worse without them/ believe they do good without noticeable effects	6	3	2	-	-	-	-	-	6	1	1	-	3	-	-	-	-	-	-	1	3	-	-	1	-	1	1
	7%	9%	6%	-	-	-	-	-	14%	6%	4%	-	25%	-	-	-	-	-	-	28%	28%	-	-	17%	-	11%	3%
It keeps me supple/ lessens stiffness/ helps with mobility	5	2	3	-	-	-	1	-	5	1	3	-	1	2	-	-	-	-	1	1	1	-	-	-	-	-	-
	7%	7%	7%	-	-	-	6%	-	11%	4%	13%	-	6%	36%	-	-	-	-	21%	20%	6%	-	-	-	-	-	-
No side effects/ adverse effects	4	2	2	-	-	-	-	2	2	1	1	2	-	-	-	1	-	1	2	-	-	-	-	-	-	-	1
	5%	5%	4%	-	-	-	-	5%	5%	3%	4%	14%	-	-	-	9%	-	18%	14%	22%	-	-	-	-	-	-	3%
Less aches and pains	3	1	2	-	-	-	-	1	2	-	2	-	1	-	-	-	-	-	1	-	-	-	1	1	-	-	-
	3%	2%	5%	-	-	-	-	6%	4%	-	6%	-	9%	-	-	-	-	-	10%	-	-	-	7%	17%	-	-	-
I feel well/ healthy/ better/ a sense of well being	2	-	2	-	-	-	-	-	2	2	-	-	-	-	-	-	-	-	1	-	-	-	-	2	-	-	-
	3%	-	6%	-	-	-	-	-	6%	10%	-	-	-	-	-	-	-	-	9%	-	-	-	-	28%	-	-	-
Healthier bones/ I have stronger bones	2	1	1	-	1	-	-	-	1	2	-	-	-	-	-	-	-	-	1	-	-	-	1	-	-	1	-
	2%	3%	2%	-	18%	-	-	-	2%	7%	-	-	-	-	-	-	-	-	9%	-	-	-	9%	-	-	15%	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 87

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	76*	38*	38*	-**	6**	3**	11**	14**	41*	25**	26**	13**	12**	5**	1**	8**	4**	4**	7**	5**	11**	8**	12**	6**	4**	7**	22**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	1 2%	-	-	-	-	-	1 2%	1 3%	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	-	-	-	-
NET: Adverse effects	1 1%	1 2%	-	-	-	-	1 6%	-	-	-	-	-	1 6%	-	-	-	-	-	-	-	1 6%	-	-	-	-	-	-
They cause indigestion/ heartburn	1 1%	1 2%	-	-	-	-	1 6%	-	-	-	-	-	1 6%	-	-	-	-	-	-	-	1 6%	-	-	-	-	-	-
Nothing/ I have not noticed anything	10 14%	5 13%	5 14%	-	-	1 34%	4 37%	1 4%	5 11%	-	3 13%	5 35%	2 19%	1 11%	-	5 54%	-	-	1 11%	-	2 17%	1 10%	1 6%	1 15%	-	-	4 20%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 88
Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?
Base: All respondents answering for ...
Glucosamine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	78	-	-	52	22	4	-	77	1	1	-	-	-	-	50	27	23	28	25	3
Weighted base	76*	**	**	51*	21**	4**	**	75*	1**	1**	**	**	**	**	49*	25**	25**	27**	22**	4**
NET: Benefits	66	-	-	43	20	3	-	65	1	1	-	-	-	-	42	22	20	24	19	4
	86%	-	-	85%	93%	73%	-	86%	100%	100%	-	-	-	-	85%	89%	80%	89%	87%	100%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	53	-	-	35	16	1	-	52	1	1	-	-	-	-	33	20	13	20	15	4
	69%	-	-	69%	76%	34%	-	69%	100%	100%	-	-	-	-	67%	82%	52%	74%	69%	100%
I believe I would feel worse without them/ believe they do good without noticeable effects	6	-	-	3	2	1	-	6	-	-	-	-	-	-	2	-	2	3	3	-
	7%	-	-	6%	8%	20%	-	7%	-	-	-	-	-	-	5%	-	9%	13%	15%	-
It keeps me supple/ lessens stiffness/ helps with mobility	5	-	-	5	1	-	-	5	1	1	-	-	-	-	3	1	2	3	2	1
	7%	-	-	9%	3%	-	-	6%	100%	100%	-	-	-	-	5%	3%	7%	10%	7%	24%
No side effects/ adverse effects	4	-	-	3	-	1	-	4	-	-	-	-	-	-	1	-	1	3	3	-
	5%	-	-	6%	-	19%	-	5%	-	-	-	-	-	-	1%	-	3%	11%	13%	-
Less aches and pains	3	-	-	2	1	-	-	3	-	-	-	-	-	-	3	1	2	-	-	-
	3%	-	-	4%	3%	-	-	4%	-	-	-	-	-	-	5%	3%	8%	-	-	-
I feel well/ healthy/ better/ a sense of well being	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	-	2	1	1	-
	3%	-	-	5%	-	-	-	3%	-	-	-	-	-	-	4%	-	7%	3%	3%	-
Healthier bones/ I have stronger bones	2	-	-	1	1	-	-	2	-	-	-	-	-	-	1	1	-	1	1	-
	2%	-	-	1%	5%	-	-	2%	-	-	-	-	-	-	2%	5%	-	3%	3%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 88

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	76*	-**	-**	51*	21**	4**	-**	75*	1**	1**	-**	-**	-**	-**	49*	25**	25**	27**	22**	4**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 3%	1 3%	-
NET: Adverse effects	1 1%	-	-	-	1 3%	-	-	-	1 100%	1 100%	-	-	-	-	1 1%	1 3%	-	-	-	-
They cause indigestion/ heartburn	1 1%	-	-	-	1 3%	-	-	-	1 100%	1 100%	-	-	-	-	1 1%	1 3%	-	-	-	-
Nothing/ I have not noticed anything	10 14%	-	-	8 15%	2 7%	1 27%	-	10 14%	-	-	-	-	-	7 15%	3 11%	5 20%	3 11%	3 13%	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 89

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	78	25	16	9	53	3	-	7	38	5	73	5	4	3	4	2	-	1
Weighted base	76*	29**	22**	7**	47*	2**	**	6**	34*	4**	69*	7**	5**	4**	5**	2**	**	2**
NET: Benefits	66	25	18	7	41	1	-	4	32	3	59	7	5	4	5	2	-	2
	86%	85%	80%	100%	87%	67%	-	67%	93%	80%	85%	100%	100%	100%	100%	100%	-	100%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	53	22	16	6	31	1	-	2	24	3	46	7	5	4	5	2	-	2
	69%	76%	75%	80%	65%	67%	-	33%	69%	80%	66%	100%	100%	100%	100%	100%	-	100%
I believe I would feel worse without them/ believe they do good without noticeable effects	6	1	-	1	4	-	-	1	3	-	6	-	-	-	-	-	-	-
	7%	5%	-	20%	9%	-	-	17%	9%	-	8%	-	-	-	-	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	5	-	-	-	5	1	-	-	5	-	5	-	-	-	-	-	-	-
	7%	-	-	-	11%	33%	-	-	13%	-	8%	-	-	-	-	-	-	-
No side effects/ adverse effects	4	1	-	1	3	-	-	-	2	1	4	-	-	-	-	-	-	-
	5%	2%	-	9%	6%	-	-	-	5%	24%	5%	-	-	-	-	-	-	-
Less aches and pains	3	-	-	-	3	-	-	1	2	-	3	-	-	-	-	-	-	-
	3%	-	-	-	6%	-	-	17%	5%	-	4%	-	-	-	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	2	-	-	-	2	-	-	1	2	-	2	-	-	-	-	-	-	-
	3%	-	-	-	5%	-	-	11%	5%	-	4%	-	-	-	-	-	-	-
Healthier bones/ I have stronger bones	2	1	1	-	1	-	-	1	-	-	2	-	-	-	-	-	-	-
	2%	4%	5%	-	1%	-	-	11%	-	-	3%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 89

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	76*	29**	22**	7**	47*	2**	-**	6**	34*	4**	69*	7**	5**	4**	5**	2**	-**	2**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	1 1%	-	-	1 11%	-	-	1 1%	-	-	-	-	-	-	-
NET: Adverse effects	1 1%	-	-	-	2%	33%	-	-	-	-	1 1%	-	-	-	-	-	-	-
They cause indigestion/ heartburn	1 1%	-	-	-	2%	33%	-	-	-	-	1 1%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	10 14%	4 15%	4 20%	-	6 13%	1 33%	-	2 33%	2 7%	1 20%	10 15%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 90

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	78	10	52	40	-	12	16	4	1	11	3	11	15	6	19	6	6	1	5	17	1	14	4	1	60
Weighted base	76*	8**	54*	40*	-**	14**	14**	3**	1**	10**	3**	10**	14**	5**	17**	8**	5**	1**	6**	15**	1**	13**	3**	1**	61*
NET: Benefits	66	7	47	37	-	11	11	2	1	8	3	6	12	5	12	8	5	1	6	14	1	12	3	1	51
	86%	88%	87%	91%	-	76%	82%	73%	100%	83%	100%	63%	88%	100%	71%	100%	100%	100%	100%	96%	100%	95%	100%	100%	84%
Healthier joints/easing of arthritic symptoms/ bone pain/ stiffness	53	6	38	30	-	8	8	1	1	7	2	5	10	4	11	6	4	1	4	12	1	10	3	-	41
	69%	75%	70%	75%	-	56%	62%	27%	100%	70%	59%	52%	75%	86%	67%	76%	79%	100%	67%	78%	100%	80%	100%	-	67%
I believe I would feel worse without them/ believe they do good without noticeable effects	6	1	3	3	-	-	2	1	-	1	1	1	-	1	1	-	-	-	1	2	-	2	-	-	4
	7%	13%	5%	6%	-	-	14%	22%	-	13%	41%	11%	5%	-	4%	15%	-	-	14%	13%	-	15%	-	-	6%
It keeps me supple/ lessens stiffness/ helps with mobility	5	1	4	4	-	-	1	-	-	1	-	-	-	1	2	-	2	-	1	1	-	1	1	-	3
	7%	8%	7%	9%	-	-	5%	-	-	7%	-	-	-	14%	11%	-	36%	-	12%	10%	-	12%	26%	-	5%
No side effects/ adverse effects	4	1	2	2	-	-	1	1	-	-	-	-	2	-	-	1	-	-	-	-	-	-	-	-	4
	5%	8%	4%	5%	-	-	5%	25%	-	-	-	-	12%	-	-	10%	-	-	-	-	-	-	-	-	6%
Less aches and pains	3	-	3	3	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	1	-	-	-	1	2
	3%	-	5%	7%	-	-	-	-	-	-	-	-	8%	14%	-	-	-	-	-	5%	-	-	-	100%	3%
I feel well/ healthy/ better/ a sense of well being	2	-	2	1	-	2	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	2
	3%	-	5%	2%	-	13%	-	-	-	-	-	-	-	4%	-	-	-	-	-	-	-	-	-	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 90

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	76*	8**	54*	40*	-**	14**	14**	3**	1**	10**	3**	10**	14**	5**	17**	8**	5**	1**	6**	15**	1**	13**	3**	1**	61*
Healthier bones/ I have stronger bones	2	-	2	1	-	1	-	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	2
	2%	-	3%	2%	-	8%	-	-	-	-	-	-	-	4%	-	-	-	20%	-	-	-	-	-	-	3%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	1%	-	1%	2%	-	-	-	-	-	-	-	-	-	4%	-	-	-	-	-	-	-	-	-	-	1%
NET: Adverse effects	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	1%	8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12%	-	-	-	-	-	-	-
They cause indigestion/ heartburn	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	1%	8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	10	1	7	3	-	3	2	1	-	2	-	4	2	-	5	-	-	-	1	-	1	-	-	-	10
	14%	12%	13%	9%	-	24%	18%	27%	-	17%	-	37%	12%	-	29%	-	-	-	4%	-	5%	-	-	-	16%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 91

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	78	1	3	-	-	17	43	9	52	3	30	3	3
Weighted base	76*	1**	3**	-.**	-.**	18**	44*	7**	52*	3**	28**	3**	2**
NET: Benefits	66 86%	1 100%	3 100%	-	-	16 93%	38 85%	6 90%	44 85%	3 100%	27 95%	3 100%	* 16%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	53 69%	1 100%	3 100%	-	-	13 76%	30 68%	5 74%	36 70%	3 100%	23 80%	1 28%	* 16%
I believe I would feel worse without them/ believe they do good without noticeable effects	6 7%	-	-	-	-	1 6%	5 11%	-	2 4%	-	4 13%	2 72%	-
It keeps me supple/ lessens stiffness/ helps with mobility	5 7%	1 100%	-	-	-	2 10%	-	2 32%	2 4%	1 28%	3 11%	-	-
No side effects/ adverse effects	4 5%	-	-	-	-	1 7%	4 8%	-	4 7%	-	1 4%	-	-
Less aches and pains	3 3%	-	-	-	-	-	1 2%	1 16%	1 2%	-	1 3%	-	-
I feel well/ healthy/ better/ a sense of well being	2 3%	-	-	-	-	2 14%	-	-	2 5%	-	-	-	-
Healthier bones/ I have stronger bones	2 2%	-	-	-	-	1 4%	1 3%	-	2 4%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 91

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Glucosamine

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	76*	1**	3**	18**	44*	7**	52*	3**	28**	3**	2**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 1%	-	-	-	-	1 4%	-	-	1 1%	-	-	-	-
NET: Adverse effects	1 1%	-	-	-	-	-	-	1 10%	-	1 28%	1 3%	-	-
They cause indigestion/ heartburn	1 1%	-	-	-	-	-	-	1 10%	-	1 28%	1 3%	-	-
Nothing/ I have not noticed anything	10 14%	-	-	-	-	1 7%	6 15%	1 10%	8 15%	-	1 5%	-	2 84%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 92

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	69	52	17	1	4	2	8	19	35	16	15	18	20	6	2	5	7	11	9	6	2	8	9	2	2	5	19
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
NET: Benefits	45	35	10	1	3	2	7	8	24	7	9	12	18	2	1	3	5	5	3	6	2	7	7	2	1	4	14
	65%	67%	59%	100%	55%	100%	73%	49%	69%	46%	55%	67%	84%	38%	100%	85%	66%	49%	36%	100%	100%	75%	69%	100%	48%	68%	71%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	15	11	4	-	-	1	1	4	10	3	2	4	6	2	1	-	1	2	1	2	1	2	3	-	-	-	3
	21%	21%	24%	-	-	45%	5%	23%	27%	21%	12%	24%	26%	38%	100%	-	17%	19%	8%	30%	52%	20%	27%	-	-	-	14%
Maintains a healthy heart	6	4	1	-	-	-	1	1	3	-	1	2	3	-	-	1	1	-	1	1	-	-	-	1	-	1	1
	8%	8%	7%	-	-	-	12%	8%	9%	-	6%	9%	14%	-	-	21%	17%	-	10%	10%	48%	-	-	56%	-	20%	5%
No side effects/ adverse effects	5	4	1	-	-	-	-	1	5	1	2	2	-	-	-	-	1	-	-	1	-	-	2	1	-	-	-
	8%	8%	6%	-	-	-	-	4%	13%	8%	14%	10%	-	-	-	17%	-	-	18%	-	-	18%	44%	-	-	-	
I feel well/ healthy/ better/ a sense of well being	5	5	-	1	1	1	-	1	1	1	2	1	1	-	-	-	1	1	-	-	2	1	-	-	-	1	2
	7%	9%	-	100%	21%	55%	-	4%	2%	7%	12%	4%	5%	-	-	-	10%	11%	-	-	20%	7%	-	-	-	18%	11%
Lowers cholesterol	4	3	2	-	-	-	2	-	2	1	-	1	3	-	-	1	-	1	1	-	-	-	2	-	-	-	2
	6%	5%	9%	-	-	-	17%	-	7%	5%	-	5%	12%	-	-	24%	-	9%	7%	-	-	-	17%	-	-	-	9%
I believe I would feel worse without them/ believe they do good without noticeable effects	4	2	2	-	2	-	2	1	-	-	2	2	1	-	-	1	-	-	-	2	-	2	-	-	-	2	1
	6%	4%	10%	-	34%	-	18%	3%	-	-	12%	10%	2%	-	-	15%	-	-	-	29%	-	18%	-	-	-	30%	3%
I have good digestion	4	4	-	-	-	-	1	1	1	1	-	1	1	-	-	-	2	-	-	-	-	-	-	-	1	-	3
	5%	7%	-	-	-	-	13%	7%	3%	8%	-	7%	6%	-	-	32%	-	-	-	-	-	-	-	-	48%	-	13%
Lowers blood pressure	3	2	1	-	-	-	-	-	3	-	-	-	3	-	-	-	-	1	-	-	-	-	2	-	-	-	1
	4%	3%	7%	-	-	-	-	-	8%	-	-	-	13%	-	-	-	11%	-	-	-	-	15%	-	-	-	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 92

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
Other benefits	2 3%	2 4%	-	-	-	-	-	-	2 6%	1 8%	-	-	1 5%	-	-	-	1 15%	-	-	-	-	-	1 10%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	2 2%	2 3%	-	-	-	-	-	-	2 5%	-	-	-	2 7%	-	-	-	-	-	-	-	-	2 17%	-	-	-	-	-
They are good for blood sugar levels	2 2%	2 3%	-	-	-	-	-	-	2 4%	-	-	-	2 7%	-	-	-	-	-	-	-	-	-	2 15%	-	-	-	-
Improved liver function	1 2%	1 2%	-	-	-	-	-	1 7%	-	-	-	1 7%	-	-	-	-	-	-	-	1 19%	-	-	-	-	-	-	1 6%
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	1 2%	-	-	-	-	-	1 7%	-	-	-	-	1 5%	-	-	-	-	-	-	-	-	1 12%	-	-	-	-	-
Improved circulation	1 1%	1 2%	-	-	-	-	-	1 2%	-	-	-	1 5%	-	-	-	1 25%	-	-	-	-	-	-	-	-	-	-	-
They are good for the blood (other)	1 1%	-	1 5%	-	-	-	1 8%	-	-	1 6%	-	-	-	-	-	-	-	-	-	1 12%	-	-	-	-	-	-	1 4%
They help to lose/ control weight/ suppresses appetite	1 1%	1 1%	-	-	-	-	-	1 4%	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 7%	-	-	-	-
Healthier bones/ I have stronger bones	1 1%	1 1%	-	-	-	-	-	1 4%	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 7%	-	-	-	-
Injuries heal quicker	1 1%	1 1%	-	-	-	-	-	1 4%	-	-	-	-	1 3%	-	-	-	-	-	-	1 10%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 92

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
NET: Adverse effects	2	2	-	-	-	-	1	-	1	1	2	-	-	1	-	-	-	-	1	-	1	-	-	-	-	1	1
	3%	4%	-	-	-	-	9%	-	4%	4%	11%	-	-	11%	-	-	-	-	10%	-	48%	-	-	-	-	15%	5%
They cause bad breath	2	2	-	-	-	-	1	-	1	1	2	-	-	1	-	-	-	-	1	-	1	-	-	-	-	1	1
	3%	4%	-	-	-	-	9%	-	4%	4%	11%	-	-	11%	-	-	-	-	10%	-	48%	-	-	-	-	15%	5%
Nothing/ I have not noticed anything	20	16	4	-	2	-	2	9	7	6	5	6	3	3	-	1	2	5	5	-	-	2	*	-	1	1	4
	29%	30%	25%	-	45%	-	18%	51%	21%	41%	31%	33%	16%	51%	-	15%	34%	51%	54%	-	-	25%	4%	-	52%	17%	22%
Don't know	3	-	3	-	-	-	-	-	3	1	1	-	-	-	-	-	-	-	-	-	-	-	3	-	-	-	1
	4%	-	16%	-	-	-	-	-	8%	9%	9%	-	-	-	-	-	-	-	-	-	-	-	27%	-	-	-	7%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 93

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Garlic**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	69	2	-	47	14	4	-	67	2	1	1	-	-	-	50	32	18	19	15	4
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
NET: Benefits	45	1	-	30	8	4	-	43	3	2	1	-	-	-	31	24	7	14	10	4
	65%	51%	-	66%	54%	73%	-	64%	100%	100%	100%	-	-	-	63%	76%	39%	72%	65%	100%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	15	-	-	12	3	-	-	15	-	-	-	-	-	-	9	6	3	6	4	2
	21%	-	-	26%	22%	-	-	22%	-	-	-	-	-	-	18%	20%	16%	29%	25%	47%
Maintains a healthy heart	6	1	-	3	1	1	-	6	-	-	-	-	-	-	3	3	1	2	2	-
	8%	51%	-	6%	4%	24%	-	8%	-	-	-	-	-	-	7%	8%	4%	11%	14%	-
No side effects/ adverse effects	5	-	-	4	1	-	-	5	-	-	-	-	-	-	2	1	1	3	3	-
	8%	-	-	9%	8%	-	-	8%	-	-	-	-	-	-	4%	3%	7%	16%	20%	-
I feel well/ healthy/ better/ a sense of well being	5	-	-	2	1	1	-	4	1	-	1	-	-	-	4	3	1	1	1	-
	7%	-	-	5%	8%	23%	-	5%	40%	-	100%	-	-	-	8%	9%	6%	4%	5%	-
Lowers cholesterol	4	-	-	2	2	-	-	4	-	-	-	-	-	-	3	3	-	2	2	-
	6%	-	-	5%	12%	-	-	6%	-	-	-	-	-	-	5%	8%	-	8%	10%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	4	-	-	2	-	-	-	4	-	-	-	-	-	-	4	4	-	-	-	-
	6%	-	-	5%	-	-	-	6%	-	-	-	-	-	-	8%	12%	-	-	-	-
I have good digestion	4	-	-	1	1	1	-	4	-	-	-	-	-	-	-	-	-	4	2	1
	5%	-	-	3%	8%	25%	-	5%	-	-	-	-	-	-	-	-	-	19%	15%	32%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 93

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
Lowers blood pressure	3 4%	-	-	3 6%	-	-	-	3 4%	-	-	-	-	-	-	3 5%	1 4%	2 9%	-	-	-
Other benefits	2 3%	-	-	1 2%	1 8%	-	-	2 3%	-	-	-	-	-	-	1 2%	1 3%	-	1 6%	1 7%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	2 2%	-	-	-	-	-	-	2 60%	2 100%	-	-	-	-	-	2 3%	2 5%	-	-	-	-
They are good for blood sugar levels	2 2%	-	-	2 3%	-	-	-	2 2%	-	-	-	-	-	-	2 3%	-	2 9%	-	-	-
Improved liver function	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-
Improved circulation	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 2%	-	1 5%	-	-	-
They are good for the blood (other)	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 4%	-	1 20%
They help to lose/ control weight/ suppresses appetite	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 4%	1 5%	-
Healthier bones/ I have stronger bones	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 4%	1 5%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 93

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
Injuries heal quicker	1 1%	-	-	-	1 4%	-	-	1 1%	-	-	-	-	-	-	1 1%	1 2%	-	-	-	-
NET: Adverse effects	2 3%	-	-	1 3%	1 6%	-	-	2 3%	-	-	-	-	-	2 5%	2 5%	1 3%	-	-	-	-
They cause bad breath	2 3%	-	-	1 3%	1 6%	-	-	2 3%	-	-	-	-	-	2 5%	2 5%	1 3%	-	-	-	-
Nothing/ I have not noticed anything	20 29%	1 49%	-	15 33%	3 20%	1 27%	-	20 30%	-	-	-	-	-	16 32%	6 17%	10 58%	4 22%	4 27%	-	-
Don't know	3 4%	-	-	-	3 20%	-	-	3 4%	-	-	-	-	-	1 3%	1 4%	-	1 7%	1 8%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 94

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	69	24	16	8	45	2	1	10	25	7	59	9	8	9	1	5	4	2
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
NET: Benefits	45	18	12	5	27	2	1	7	15	2	38	6	5	6	1	2	3	1
	65%	70%	65%	87%	62%	100%	100%	58%	67%	36%	65%	65%	60%	65%	100%	37%	79%	41%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	15	3	1	2	12	1	-	2	7	2	14	-	-	-	-	-	-	-
	21%	11%	4%	34%	27%	30%	-	18%	30%	36%	24%	-	-	-	-	-	-	-
Maintains a healthy heart	6	2	1	1	4	-	1	1	2	-	4	2	2	2	-	-	2	-
	8%	8%	6%	14%	8%	-	100%	11%	7%	-	6%	18%	21%	18%	-	-	47%	-
No side effects/ adverse effects	5	-	-	-	5	1	-	5	-	5	-	-	-	-	-	-	-	-
	8%	-	-	-	12%	30%	-	20%	-	9%	-	-	-	-	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	5	3	3	-	1	1	-	1	-	3	2	2	2	1	2	-	-	-
	7%	13%	17%	-	3%	30%	-	3%	-	4%	21%	24%	21%	100%	37%	-	-	
Lowers cholesterol	4	2	2	-	2	-	-	2	1	-	4	-	-	-	-	-	-	-
	6%	7%	9%	-	5%	-	-	14%	4%	-	7%	-	-	-	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	4	2	2	1	2	2	-	-	-	-	4	-	-	-	-	-	-	-
	6%	9%	10%	8%	4%	70%	-	-	-	-	7%	-	-	-	-	-	-	-
I have good digestion	4	3	3	-	1	-	-	-	1	-	1	3	1	3	-	-	1	1
	5%	10%	13%	-	2%	-	-	-	5%	-	2%	25%	14%	25%	-	-	32%	41%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 94

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
Lowers blood pressure	3 4%	1 5%	-	1 19%	2 4%	-	-	2 13%	-	-	3 5%	-	-	-	-	-	-	-
Other benefits	2 3%	-	-	-	2 5%	-	-	-	2 9%	-	2 4%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	2 2%	-	-	-	2 4%	-	-	2 14%	-	-	2 3%	-	-	-	-	-	-	-
They are good for blood sugar levels	2 2%	-	-	-	2 4%	-	-	2 13%	-	-	2 3%	-	-	-	-	-	-	-
Improved liver function	1 2%	1 5%	1 6%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	-	-	1 3%	-	-	-	-	1 17%	1 2%	-	-	-	-	-	-	-
Improved circulation	1 1%	-	-	-	1 2%	-	-	-	1 4%	-	1 1%	-	-	-	-	-	-	-
They are good for the blood (other)	1 1%	1 3%	-	1 13%	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1 1%	-	-	-	1 2%	1 30%	-	-	-	-	1 1%	-	-	-	-	-	-	-
Healthier bones/ I have stronger bones	1 1%	-	-	-	1 2%	1 30%	-	-	-	-	1 1%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 94

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
Injuries heal quicker	1 1%	-	-	-	1 1%	-	1 100%	-	-	-	-	1 6%	1 7%	1 6%	-	-	1 16%	-
NET: Adverse effects	2 3%	2 7%	1 5%	1 14%	1 1%	-	-	-	1 2%	-	2 3%	1 9%	1 10%	1 9%	-	1 16%	-	-
They cause bad breath	2 3%	2 7%	1 5%	1 14%	1 1%	-	-	-	1 2%	-	1 2%	1 9%	1 10%	1 9%	-	1 16%	-	-
Nothing/ I have not noticed anything	20 29%	5 21%	4 23%	1 13%	15 34%	-	-	5 42%	6 25%	4 64%	17 30%	3 26%	3 30%	3 26%	-	3 47%	1 21%	2 59%
Don't know	3 4%	1 6%	1 7%	-	1 3%	-	-	-	1 6%	-	3 5%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 95

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	69	14	39	31	-	8	15	5	-	10	1	15	16	8	6	10	4	1	4	25	4	19	6	2	42
Weighted base	69*	16**	39*	30**	**	9**	13**	5**	**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
NET: Benefits	45	10	27	20	-	7	8	2	-	5	1	10	10	3	6	6	1	1	4	17	3	10	4	2	25
	65%	62%	67%	66%	-	72%	59%	52%	-	63%	100%	71%	59%	32%	100%	58%	33%	100%	74%	67%	77%	55%	72%	100%	61%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	15	2	10	9	-	1	2	2	-	-	-	3	4	3	1	2	-	1	-	6	1	3	2	1	9
	21%	15%	25%	31%	-	8%	18%	52%	-	-	-	18%	25%	32%	22%	16%	-	100%	-	25%	21%	18%	37%	31%	21%
Maintains a healthy heart	6	-	3	2	-	1	3	1	-	1	1	1	2	-	1	1	-	-	-	4	-	2	1	-	2
	8%	-	8%	7%	-	10%	20%	28%	-	15%	100%	4%	14%	-	19%	9%	-	-	-	15%	-	13%	21%	-	5%
No side effects/ adverse effects	5	1	5	4	-	1	-	-	-	-	-	-	-	1	2	-	-	-	1	1	-	1	-	-	5
	8%	5%	12%	12%	-	10%	-	-	-	-	-	-	-	14%	31%	-	-	-	18%	3%	-	4%	-	-	11%
I feel well/ healthy/ better/ a sense of well being	5	4	1	-	-	1	-	-	-	-	-	2	2	-	1	-	-	-	-	3	2	1	-	-	2
	7%	23%	3%	-	-	11%	-	-	-	-	-	13%	13%	-	11%	-	-	-	-	12%	55%	4%	-	-	4%
Lowers cholesterol	4	2	1	1	-	-	1	-	-	1	-	1	-	-	1	1	-	-	2	1	-	1	1	-	3
	6%	11%	4%	5%	-	-	7%	-	-	11%	-	6%	-	-	11%	8%	-	-	32%	4%	-	5%	15%	-	8%
I believe I would feel worse without them/ believe they do good without noticeable effects	4	2	2	-	-	2	1	-	-	1	-	-	1	-	2	-	-	-	-	-	-	-	-	-	1
	6%	11%	5%	-	-	20%	4%	-	-	6%	-	-	3%	-	29%	-	-	-	-	-	-	-	-	-	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 95

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	69*	16**	39*	30**	-**	9**	13**	5**	-**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
I have good digestion	4 5%	-	3 6%	3 8%	-	-	1 8%	-	-	1 13%	-	-	1 7%	-	-	1 13%	-	-	1 24%	3 10%	-	3 14%	1 21%	-	1 3%
Lowers blood pressure	3 4%	-	-	-	-	-	2 12%	-	-	2 18%	-	3 19%	-	-	-	-	-	-	-	-	-	-	-	-	3 7%
Other benefits	2 3%	1 7%	-	-	-	-	1 8%	-	-	1 13%	-	-	1 7%	-	-	1 11%	-	-	-	-	-	-	-	-	2 5%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	2 2%	-	2 4%	2 5%	-	-	-	-	-	-	-	2 11%	-	-	-	-	-	-	-	2 6%	-	-	-	2 69%	-
They are good for blood sugar levels	2 2%	-	-	-	-	-	2 12%	-	-	2 18%	-	2 11%	-	-	-	-	-	-	-	-	-	-	-	-	2 4%
Improved liver function	1 2%	-	1 3%	-	-	1 13%	-	-	-	-	-	-	-	-	-	1 33%	-	-	-	-	-	-	-	-	1 3%
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	-	-	-	-	1 9%	1 24%	-	-	-	1 8%	-	-	-	-	-	-	-	1 5%	-	1 6%	-	-	-
Improved circulation	1 1%	-	1 2%	1 3%	-	-	-	-	-	-	-	-	1 5%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
They are good for the blood (other)	1 1%	-	1 2%	1 3%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 95

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	69*	16**	39*	30**	-**	9**	13**	5**	-**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
They help to lose/control weight/suppresses appetite	1 1%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	1 11%	-	-	-	-	1 3%	-	1 4%	-	-	-
Healthier bones/ I have stronger bones	1 1%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	1 11%	-	-	-	-	1 3%	-	1 4%	-	-	-
Injuries heal quicker	1 1%	-	-	-	-	-	1 5%	-	-	1 7%	-	1 4%	-	-	-	-	-	-	-	1 2%	-	1 3%	-	-	-
NET: Adverse effects	2 3%	1 9%	1 2%	-	-	1 10%	-	-	-	-	-	-	1 3%	1 11%	-	1 9%	-	-	-	1 4%	-	1 5%	-	-	1 3%
They cause bad breath	2 3%	1 9%	1 2%	-	-	1 10%	-	-	-	-	-	-	1 3%	1 11%	-	1 9%	-	-	-	1 4%	-	1 5%	-	-	1 3%
Nothing/ I have not noticed anything	20 29%	5 29%	12 29%	9 30%	-	3 28%	4 30%	2 48%	-	2 21%	-	4 29%	6 38%	3 40%	-	3 28%	2 67%	-	1 26%	7 27%	1 23%	7 37%	2 28%	-	13 33%
Don't know	3 4%	-	1 3%	1 4%	-	-	1 11%	-	-	1 17%	-	-	-	1 17%	-	1 14%	-	-	-	1 6%	-	1 8%	-	-	1 3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 96

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	69	-	6	-	-	14	34	9	43	4	23	3	1
Weighted base	69*	-.**	7**	-.**	-.**	14**	34*	7**	46*	4**	21**	3**	1**
NET: Benefits	45	-	5	-	-	7	22	4	31	2	14	2	-
	65%	-	63%	-	-	53%	66%	65%	68%	54%	69%	70%	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	15	-	1	-	-	2	7	2	10	1	4	-	-
	21%	-	7%	-	-	12%	22%	29%	22%	20%	20%	-	-
Maintains a healthy heart	6	-	1	-	-	-	1	2	4	-	2	-	-
	8%	-	17%	-	-	-	2%	22%	9%	-	12%	-	-
No side effects/ adverse effects	5	-	-	-	-	1	5	1	5	1	2	-	-
	8%	-	-	-	-	8%	13%	10%	10%	20%	8%	-	-
I feel well/ healthy/ better/ a sense of well being	5	-	1	-	-	1	3	1	4	1	1	2	-
	7%	-	16%	-	-	8%	9%	10%	9%	20%	3%	70%	-
Lowers cholesterol	4	-	-	-	-	1	1	1	3	-	1	-	-
	6%	-	-	-	-	5%	2%	13%	7%	-	4%	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	4	-	2	-	-	-	1	-	2	-	-	-	-
	6%	-	23%	-	-	-	1%	-	5%	-	-	-	-
I have good digestion	4	-	-	-	-	1	2	-	1	1	2	-	-
	5%	-	-	-	-	8%	7%	-	2%	34%	11%	-	-
Lowers blood pressure	3	-	-	-	-	-	3	-	3	-	-	-	-
	4%	-	-	-	-	-	8%	-	6%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 96

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	69*	-**	7**	-**	-**	14**	34*	7**	46*	4**	21**	3**	1**
Other benefits	2	-	-	-	-	1	1	-	2	-	1	-	-
	3%	-	-	-	-	8%	3%	-	5%	-	5%	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	2	-	-	-	-	2	-	-	-	-	2	-	-
	2%	-	-	-	-	12%	-	-	-	-	8%	-	-
They are good for blood sugar levels	2	-	-	-	-	-	2	-	2	-	-	-	-
	2%	-	-	-	-	-	5%	-	3%	-	-	-	-
Improved liver function	1	-	-	-	-	1	1	-	1	-	1	-	-
	2%	-	-	-	-	9%	4%	-	3%	-	6%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	1	-	-	-	-	-	-	-	-	-	1	-	-
	2%	-	-	-	-	-	-	-	-	-	5%	-	-
Improved circulation	1	-	-	-	-	-	1	-	-	-	1	-	-
	1%	-	-	-	-	-	2%	-	-	-	4%	-	-
They are good for the blood (other)	1	-	-	-	-	-	1	-	1	-	-	-	-
	1%	-	-	-	-	-	2%	-	2%	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1	-	-	-	-	-	-	1	-	1	1	-	-
	1%	-	-	-	-	-	-	10%	-	20%	3%	-	-
Healthier bones/ I have stronger bones	1	-	-	-	-	-	-	1	-	1	1	-	-
	1%	-	-	-	-	-	-	10%	-	20%	3%	-	-
Injuries heal quicker	1	-	-	-	-	-	-	1	-	-	1	-	-
	1%	-	-	-	-	-	-	9%	-	-	3%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 96

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Garlic

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	69*	-**	7**	-**	-**	14**	34*	7**	46*	4**	21**	3**	1**
NET: Adverse effects	2	-	1	-	-	1	1	-	1	-	1	-	-
	3%	-	12%	-	-	4%	4%	-	2%	-	7%	-	-
They cause bad breath	2	-	1	-	-	1	1	-	1	-	1	-	-
	3%	-	12%	-	-	4%	4%	-	2%	-	7%	-	-
Nothing/ I have not noticed anything	20	-	2	-	-	6	9	2	11	2	6	1	1
	29%	-	25%	-	-	43%	26%	35%	24%	46%	28%	30%	100%
Don't know	3	-	-	-	-	-	1	-	3	-	-	-	-
	4%	-	-	-	-	-	4%	-	6%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 97

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Ginseng**

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	16	9	7	-	4	3	4	3	2	4	4	3	5	1	1	4	1	-	1	4	3	-	-	1	1	10
Weighted base	16*	8**	8**	-**	6**	3**	3**	2**	2**	3**	4**	2**	6**	***	1**	4**	1**	-**	1**	5**	2**	-**	-**	1**	1**	12**
NET: Benefits	14	8	6	-	6	3	3	1	1	3	4	2	5	-	1	4	1	-	1	4	1	-	-	1	1	11
	87%	100%	74%	-	100%	100%	100%	44%	37%	100%	100%	79%	76%	-	100%	100%	100%	-	100%	90%	61%	-	-	100%	100%	96%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	10	4	6	-	4	1	3	1	1	1	3	1	5	-	-	3	-	-	1	4	1	-	-	1	1	7
	61%	49%	74%	-	63%	44%	100%	44%	37%	38%	77%	24%	76%	-	-	75%	-	-	100%	90%	24%	-	-	100%	100%	60%
Increased libido/ improved sexual performance	2	2	-	-	1	1	-	-	-	-	1	1	-	-	-	1	1	-	-	-	-	-	-	-	-	2
	14%	28%	-	-	22%	29%	-	-	-	-	23%	55%	-	-	-	25%	100%	-	-	-	-	-	-	-	-	19%
Lowers blood pressure	1	1	-	-	-	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1
	9%	18%	-	-	-	44%	-	-	-	-	34%	-	-	-	-	39%	-	-	-	-	-	-	-	-	-	12%
I feel well/ healthy/ better/ a sense of well being	1	1	-	-	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	6%	12%	-	-	16%	-	-	-	-	32%	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	8%
My vision is good/ has improved/ other benefits to eyes	1	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	6%	11%	-	-	-	27%	-	-	-	30%	-	-	-	-	-	-	-	-	-	-	37%	-	-	-	-	8%
They help balance my hormones/ good for hormonal conditions/ menopause etc	1	1	-	-	-	-	-	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-
	5%	10%	-	-	-	-	-	44%	-	-	-	-	13%	-	-	21%	-	-	-	-	-	-	-	-	-	-
I sleep better	1	-	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	4%	-	7%	-	-	-	-	-	37%	-	-	24%	-	-	-	-	-	-	100%	-	-	-	-	-	-	5%
Nothing/ I have not noticed anything	1	-	1	-	-	-	-	1	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-	-
	9%	-	19%	-	-	-	-	28%	63%	-	-	-	24%	-	-	-	-	-	-	10%	39%	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 97

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	16*	8**	8**	-**	6**	3**	3**	2**	2**	3**	4**	2**	6**	***	1**	4**	1**	-**	1**	5**	2**	-**	-**	1**	1**	12**
Don't know	*	-	*	-	-	-	-	*	-	-	-	*	-	*	-	-	-	-	-	-	-	-	-	-	-	*
	3%	-	6%	-	-	-	-	28%	-	-	-	21%	-	100%	-	-	-	-	-	-	-	-	-	-	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 98

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	16	-	-	6	6	4	-	13	3	-	1	1	1	-	14	6	8	2	2	-
Weighted base	16*	-.**	-.**	5**	5**	6**	-.**	13**	2**	-.**	1**	1**	1**	-.**	12**	5**	7**	4**	4**	-.**
NET: Benefits	14	-	-	3	5	6	-	11	2	-	1	1	1	-	11	5	6	3	3	-
	87%	-	-	68%	90%	100%	-	85%	100%	-	100%	100%	100%	-	88%	100%	80%	86%	86%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	10	-	-	3	3	4	-	9	1	-	-	1	-	-	6	2	5	3	3	-
	61%	-	-	68%	53%	62%	-	68%	24%	-	-	100%	-	-	53%	40%	62%	86%	86%	-
Increased libido/ improved sexual performance	2	-	-	-	1	1	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	14%	-	-	-	19%	22%	-	17%	-	-	-	-	-	-	19%	20%	18%	-	-	-
Lowers blood pressure	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	9%	-	-	31%	-	-	-	11%	-	-	-	-	-	-	12%	-	20%	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	-	-	1	-	-	1	-	-	1	-	-	-	1	1	-	-	-	-
	6%	-	-	-	16%	-	-	39%	-	-	100%	-	-	8%	21%	-	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1	-	-	-	1	-	-	1	-	-	-	1	-	-	1	1	-	-	-	-
	6%	-	-	-	18%	-	-	37%	-	-	-	100%	-	7%	19%	-	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	5%	-	-	-	16%	-	-	6%	-	-	-	-	-	7%	17%	-	-	-	-	-
I sleep better	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	4%	-	-	-	11%	-	-	4%	-	-	-	-	-	-	5%	-	8%	-	-	-
Nothing/ I have not noticed anything	1	-	-	1	1	-	-	1	-	-	-	-	-	-	1	-	1	1	1	-
	9%	-	-	21%	10%	-	-	11%	-	-	-	-	-	8%	-	13%	14%	14%	14%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 98

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	16*	-**	-**	5**	5**	6**	-**	13**	2**	-**	1**	1**	1**	-**	12**	5**	7**	4**	4**	-**
Don't know	*	-	-	*	-	-	-	*	-	-	-	-	-	-	*	-	*	-	-	-
	3%	-	-	11%	-	-	-	4%	-	-	-	-	-	4%	-	7%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 99

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	11	9	2	5	1	1	1	-	2	8	7	7	7	-	7	4	-
Weighted base	16*	12**	11**	1**	3**	1**	1**	1**	-.**	1**	7**	9**	9**	9**	-.**	9**	4**	-.**
NET: Benefits	14	12	11	1	2	1	1	-	-	1	5	8	8	8	-	8	3	-
	87%	96%	100%	53%	57%	100%	100%	-	-	61%	78%	94%	94%	94%	-	94%	86%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	10	8	7	1	2	1	1	-	-	1	5	4	4	4	-	4	1	-
	61%	62%	63%	53%	57%	100%	100%	-	-	61%	78%	46%	46%	46%	-	46%	22%	-
Increased libido/ improved sexual performance	2	2	2	-	-	-	-	-	-	-	-	2	2	2	-	2	2	-
	14%	19%	20%	-	-	-	-	-	-	-	-	26%	26%	26%	-	26%	64%	-
Lowers blood pressure	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	9%	12%	13%	-	-	-	-	-	-	-	22%	-	-	-	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	-	-
	6%	8%	9%	-	-	-	-	-	-	-	-	11%	11%	11%	-	11%	-	-
My vision is good/ has improved/ other benefits to eyes	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	-	-
	6%	7%	8%	-	-	-	-	-	-	-	-	10%	10%	10%	-	10%	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1	-	-	-	1	-	-	-	-	1	-	1	1	1	-	1	1	-
	5%	-	-	-	23%	-	-	-	-	61%	-	9%	9%	9%	-	9%	22%	-
I sleep better	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	4%	5%	-	53%	-	-	-	-	-	-	9%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 99

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	16*	12**	11**	1**	3**	1**	1**	1**	-.**	1**	7**	9**	9**	9**	-.**	9**	4**	-.**
Nothing/ I have not noticed anything	1 9%	-	-	-	1 43%	-	-	1 100%	-	1 39%	1 22%	-	-	-	-	-	-	-
Don't know	* 3%	* 4%	-	* 47%	-	-	-	-	-	-	-	* 6%	* 6%	* 6%	-	* 6%	* 14%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 100

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Ginseng**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	6	8	6	-	2	2	1	-	1	1	2	1	2	2	-	1	3	2	3	1	3	1	-	12
Weighted base	16*	8**	7**	5**	-**	1**	1**	1**	-**	1**	1**	1**	1**	4**	-**	1**	2**	2**	2**	2**	1**	2**	1**	-**	13**
NET: Benefits	14	8	6	5	-	1	-	-	-	1	-	1	1	4	-	1	2	2	1	1	1	1	-	12	
	87%	100%	93%	90%	-	100%	-	-	-	100%	-	100%	100%	100%	-	100%	79%	100%	71%	100%	71%	100%	-	89%	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	10	8	2	1	-	1	-	-	-	1	-	1	1	4	-	1	-	-	1	1	1	1	-	8	
	61%	100%	30%	11%	-	100%	-	-	-	100%	-	100%	100%	100%	-	100%	-	-	71%	100%	71%	100%	-	58%	
Increased libido/ improved sexual performance	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	2	
	14%	-	34%	44%	-	-	-	-	-	-	-	-	-	-	-	-	40%	58%	-	-	-	-	-	17%	
Lowers blood pressure	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1	
	9%	19%	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	11%	
I feel well/ healthy/ better/ a sense of well being	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	
	6%	-	15%	19%	-	-	-	-	-	-	-	-	-	-	-	-	-	42%	-	-	-	-	-	7%	
My vision is good/ has improved/ other benefits to eyes	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	
	6%	-	14%	17%	-	-	-	-	-	-	-	-	-	-	-	-	38%	-	-	-	-	-	-	7%	
They help balance my hormones/ good for hormonal conditions/ menopause etc	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1	
	5%	-	12%	-	-	55%	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	6%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 100

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	16*	8**	7**	5**	-**	1**	1**	1**	-**	1**	1**	1**	1**	1**	4**	-**	1**	2**	2**	2**	1**	2**	1**	-**	13**
I sleep better	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	-	-	-
	4%	-	9%	11%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	33%	-	33%	-	-	-
Nothing/ I have not noticed anything	1	-	-	-	-	-	1	1	-	1	-	-	-	-	-	-	-	-	-	1	-	1	-	-	1
	9%	-	-	-	-	-	100%	100%	-	100%	-	-	-	-	-	-	-	-	-	29%	-	29%	-	-	7%
Don't know	*	-	*	*	-	-	-	-	-	-	-	-	-	-	-	-	-	*	-	-	-	-	-	-	*
	3%	-	7%	10%	-	-	-	-	-	-	-	-	-	-	-	-	-	21%	-	-	-	-	-	-	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 101

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Ginseng**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	-	2	-	-	3	6	3	9	2	3	1	-
Weighted base	16*	-**	2**	-**	-**	2**	4**	2**	11**	1**	2**	1**	-**
NET: Benefits	14	-	2	-	-	2	4	1	10	1	1	1	-
	87%	-	100%	-	-	80%	88%	70%	91%	100%	68%	100%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	10	-	2	-	-	1	2	1	8	1	1	1	-
	61%	-	100%	-	-	26%	45%	70%	73%	100%	68%	100%	-
Increased libido/ improved sexual performance	2	-	-	-	-	1	1	-	1	-	-	-	-
	14%	-	-	-	-	53%	22%	-	9%	-	-	-	-
Lowers blood pressure	1	-	-	-	-	-	-	-	1	-	-	-	-
	9%	-	-	-	-	-	-	-	13%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	-	-	-	-	-	-	1	-	-	-	-
	6%	-	-	-	-	-	-	-	9%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1	-	-	-	-	-	1	-	-	-	-	-	-
	6%	-	-	-	-	-	21%	-	-	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1	-	-	-	-	-	1	-	1	-	-	-	-
	5%	-	-	-	-	-	19%	-	7%	-	-	-	-
I sleep better	1	-	-	-	-	-	-	-	1	-	1	-	-
	4%	-	-	-	-	-	-	-	5%	-	35%	-	-
Nothing/ I have not noticed anything	1	-	-	-	-	1	-	1	-	1	-	-	-
	9%	-	-	-	-	20%	-	30%	9%	-	32%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 101

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginseng

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	16*	-**	2**	-**	-**	2**	4**	2**	11**	1**	2**	1**	-**
Don't know	*	-	-	-	-	-	*	-	-	-	-	-	-
	3%	-	-	-	-	-	12%	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 102

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	58	42	16	14	23	12	6	2	1	24	15	11	8	3	3	10	4	4	5	4	1	15	7	1	1	6	41
Weighted base	62*	44*	18**	13**	25**	14**	6**	2**	1**	25**	16**	12**	8**	3**	4**	10**	3**	5**	4**	3**	1**	18**	7**	2**	1**	7**	46*
NET: Benefits	49	37	12	12	18	12	6	1	1	20	14	8	7	3	2	9	3	3	3	3	1	15	5	2	1	4	36
	79%	85%	67%	88%	72%	81%	100%	38%	100%	79%	85%	67%	89%	100%	44%	93%	100%	49%	66%	100%	100%	82%	64%	100%	100%	67%	79%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	26	21	6	9	12	3	2	1	-	8	6	6	6	1	2	2	1	3	3	2	1	8	3	2	-	1	19
	42%	47%	32%	66%	46%	23%	27%	38%	-	31%	37%	52%	79%	31%	44%	16%	52%	49%	66%	46%	100%	44%	39%	100%	-	10%	41%
Improved recovery after exercise/ muscle repair	14	10	3	5	3	5	1	-	-	7	7	-	-	2	-	4	1	-	-	2	-	4	-	-	1	2	12
	22%	24%	18%	34%	11%	35%	20%	-	-	27%	42%	-	-	69%	-	38%	39%	-	-	65%	-	19%	-	-	100%	30%	25%
They help to lose/ control weight/ suppresses appetite	7	2	5	-	3	3	1	-	-	5	2	-	-	1	1	1	-	-	-	-	2	1	-	1	-	7	
	11%	4%	29%	-	11%	24%	9%	-	-	18%	14%	-	-	42%	15%	11%	-	-	-	-	10%	15%	-	100%	-	15%	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	6	-	2	1	2	1	-	-	3	2	1	-	-	-	3	1	-	-	1	-	1	-	-	-	1	3
	9%	13%	-	12%	2%	16%	21%	-	-	12%	10%	7%	-	-	-	29%	33%	-	-	17%	-	7%	-	-	-	19%	6%
They give me all the vitamins I need/ ensure a balanced diet	5	3	2	2	2	-	-	-	-	1	3	-	1	-	-	-	*	-	-	-	3	1	-	-	-	1	3
	7%	6%	11%	16%	9%	-	-	-	-	5%	16%	-	10%	-	-	-	15%	-	-	-	18%	10%	-	-	-	17%	6%
Other benefits	2	1	1	-	*	-	1	-	1	1	*	1	-	-	-	1	*	-	-	-	1	-	-	-	-	-	1
	4%	3%	5%	-	2%	-	17%	-	100%	3%	3%	8%	-	-	-	8%	15%	-	-	-	6%	-	-	-	-	-	3%
I feel well/ healthy/ better/ a sense of well being	2	2	-	1	*	-	1	-	-	1	1	-	-	1	-	1	*	-	-	-	-	-	-	-	-	-	2
	3%	5%	-	6%	2%	-	15%	-	-	3%	8%	-	-	27%	-	9%	15%	-	-	-	-	-	-	-	-	-	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 102

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	62*	44*	18**	13**	25**	14**	6**	2**	1**	25**	16**	12**	8**	3**	4**	10**	3**	5**	4**	3**	1**	18**	7**	2**	1**	7**	46*
I have good digestion	2 2%	* 1%	1 6%	-	* 2%	1 8%	-	-	-	-	2 9%	-	-	-	-	-	* 15%	-	-	-	-	-	-	-	1 100%	-	2 3%
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	1 6%	-	-	1 8%	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 100%	-	1 2%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 2%	1 2%	-	-	1 4%	-	-	-	-	1 4%	-	-	-	-	-	1 10%	-	-	-	-	-	-	-	-	-	-	1 2%
I have an improved mood	* 1%	* 1%	-	-	* 2%	-	-	-	-	-	* 3%	-	-	-	-	-	* 15%	-	-	-	-	-	-	-	-	-	* 1%
NET: Adverse effects	4 7%	3 6%	2 10%	1 7%	3 14%	-	-	-	-	4 17%	-	-	-	-	-	1 7%	-	-	-	-	-	4 20%	-	-	-	1 11%	4 8%
Feeling gassy/ problems with wind	2 4%	1 2%	2 10%	-	2 10%	-	-	-	-	2 10%	-	-	-	-	-	1 7%	-	-	-	-	-	2 10%	-	-	-	1 11%	2 4%
Diarrhoea/ increased use of the toilet	2 3%	2 4%	-	1 7%	1 4%	-	-	-	-	2 7%	-	-	-	-	-	-	-	-	-	-	-	2 10%	-	-	-	-	2 4%
Nothing/ I have not noticed anything	9 14%	3 7%	6 33%	1 5%	5 22%	3 19%	-	-	-	3 11%	2 15%	3 22%	1 11%	-	2 56%	-	1 24%	1 34%	-	-	1 8%	3 36%	-	-	1 23%	7 14%	
Don't know	1 2%	1 3%	-	-	-	-	-	1 62%	-	-	-	1 11%	-	-	-	-	-	1 27%	-	-	-	-	-	-	-	-	1 3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 103

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	58	1	-	21	27	7	2	48	10	1	6	1	1	1	54	35	19	4	4	-
Weighted base	62*	1**	-**	23**	29**	8**	1**	51*	10**	1**	6**	1**	1**	1**	57*	39*	18**	4**	4**	-**
NET: Benefits	49	-	-	19	22	8	1	43	6	1	2	1	1	1	45	32	13	4	4	-
	79%	-	-	81%	77%	100%	46%	83%	62%	100%	29%	100%	100%	100%	78%	81%	71%	100%	100%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	26	-	-	9	14	2	1	22	4	-	1	1	1	1	26	18	8	-	-	-
	42%	-	-	40%	50%	24%	46%	43%	41%	-	12%	100%	100%	100%	46%	45%	46%	-	-	-
Improved recovery after exercise/ muscle repair	14	-	-	6	5	2	-	13	1	1	-	-	-	-	10	7	3	4	4	-
	22%	-	-	26%	18%	32%	-	24%	11%	100%	-	-	-	-	18%	19%	15%	82%	82%	-
They help to lose/ control weight/ suppresses appetite	7	-	-	2	4	1	-	6	1	1	-	-	-	-	4	3	2	2	2	-
	11%	-	-	9%	12%	15%	-	11%	11%	100%	-	-	-	-	8%	7%	9%	54%	54%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	-	-	1	3	1	-	6	-	-	-	-	-	-	6	4	1	-	-	-
	9%	-	-	5%	11%	16%	-	11%	-	-	-	-	-	-	10%	11%	8%	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	5	-	-	3	1	1	-	5	-	-	-	-	-	-	4	3	*	1	1	-
	7%	-	-	11%	3%	15%	-	9%	-	-	-	-	-	-	7%	8%	2%	18%	18%	-
Other benefits	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	4%	-	-	5%	4%	-	-	4%	-	-	-	-	-	-	4%	3%	7%	-	-	-
I feel well/ healthy/ better/ a sense of well being	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	2	*	-	-	-
	3%	-	-	6%	3%	-	-	4%	-	-	-	-	-	-	4%	4%	2%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 103

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	62*	1**	-**	23**	29**	8**	1**	51*	10**	1**	6**	1**	1**	1**	57*	39*	18**	4**	4**	-**
I have good digestion	2 2%	-	-	2%	-	1 15%	-	1*	1 11%	1 100%	-	-	-	1*	-	2%	1 26%	1 26%	-	
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	-	-	-	1 15%	-	-	1 11%	1 100%	-	-	-	-	-	-	1 26%	1 26%	-	
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 2%	-	-	-	-	1 13%	-	-	1 9%	-	1 17%	-	-	1 2%	1 2%	-	-	-	-	
I have an improved mood	* 1%	-	-	* 2%	-	-	-	* 1%	-	-	-	-	-	* 1%	-	* 2%	-	-	-	
NET: Adverse effects	4 7%	-	-	-	4 15%	-	-	2 5%	2 18%	-	2 33%	-	-	4 7%	4 11%	-	-	-	-	
Feeling gassy/ problems with wind	2 4%	-	-	-	2 9%	-	-	2 5%	-	-	-	-	-	2 4%	2 6%	-	-	-	-	
Diarrhoea/ increased use of the toilet	2 3%	-	-	-	2 6%	-	-	-	2 18%	-	2 33%	-	-	2 3%	2 5%	-	-	-	-	
Nothing/ I have not noticed anything	9 14%	1 100%	-	3 13%	4 14%	-	1 54%	7 13%	2 21%	-	2 38%	-	-	9 15%	3 9%	5 29%	-	-	-	
Don't know	1 2%	-	-	1 6%	-	-	-	1 3%	-	-	-	-	-	1 2%	1 4%	-	-	-	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 104

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	58	47	40	7	11	3	6	-	-	2	39	18	17	15	6	10	7	3
Weighted base	62*	53*	47*	6**	9**	3**	5**	2**	41*	19**	18**	17**	6**	11**	8**	3**
NET: Benefits	49	41	36	5	8	3	4	-	-	2	31	17	16	15	5	11	7	3
	79%	77%	77%	79%	92%	100%	86%	-	-	100%	76%	86%	85%	93%	76%	100%	85%	100%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	26	19	17	3	7	3	4	-	-	-	20	5	5	5	-	4	1	-
	42%	37%	36%	43%	75%	100%	86%	-	-	-	49%	25%	27%	29%	-	39%	7%	-
Improved recovery after exercise/ muscle repair	14	14	12	2	-	-	-	-	-	-	9	5	5	4	4	1	4	1
	22%	26%	26%	26%	-	-	-	-	-	-	21%	26%	28%	23%	57%	11%	48%	38%
They help to lose/ control weight/ suppresses appetite	7	7	6	1	-	-	-	-	-	-	5	2	2	1	1	-	1	-
	11%	13%	12%	19%	-	-	-	-	-	-	12%	9%	10%	3%	19%	-	7%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	4	3	1	2	1	1	-	-	-	2	3	3	3	1	3	1	1
	9%	8%	7%	10%	18%	23%	21%	-	-	-	5%	18%	19%	21%	20%	31%	16%	29%
They give me all the vitamins I need/ ensure a balanced diet	5	4	3	*	1	-	-	-	-	1	3	1	1	1	-	1	1	-
	7%	7%	7%	7%	9%	-	-	-	-	48%	8%	6%	6%	7%	-	10%	14%	-
Other benefits	2	1	1	*	1	-	-	-	-	1	1	1	-	1	-	-	-	1
	4%	3%	2%	7%	9%	-	-	-	-	52%	3%	5%	-	6%	-	-	-	32%
I feel well/ healthy/ better/ a sense of well being	2	2	2	*	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	3%	4%	4%	7%	-	-	-	-	-	-	5%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 104

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	62*	53*	47*	6**	9**	3**	5**	2**	41*	19**	18**	17**	6**	11**	8**	3**
I have good digestion	2 2%	2 3%	-	2 26%	-	-	-	-	-	-	2 4%	-	-	-	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	1 2%	-	1 19%	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 2%	1 2%	1 2%	-	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	-	1 9%	-	-
I have an improved mood	* 1%	* 1%	-	* 7%	-	-	-	-	-	-	* 1%	-	-	-	-	-	-	-
NET: Adverse effects	4 7%	4 8%	4 9%	-	-	-	-	-	-	-	3 8%	1 5%	1 5%	-	1 14%	-	-	-
Feeling gassy/ problems with wind	2 4%	2 5%	2 5%	-	-	-	-	-	-	-	2 6%	-	-	-	-	-	-	-
Diarrhoea/ increased use of the toilet	2 3%	2 4%	2 4%	-	-	-	-	-	-	-	1 2%	1 5%	1 5%	-	1 14%	-	-	-
Nothing/ I have not noticed anything	9 14%	8 15%	7 15%	1 21%	1 8%	-	1 14%	-	-	-	7 17%	2 10%	2 10%	1 7%	1 10%	-	1 15%	-
Don't know	1 2%	1 3%	1 3%	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 105

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	58	25	31	19	2	10	2	-	2	-	3	5	7	5	7	5	4	7	10	7	5	4	2	1	49
Weighted base	62*	26**	34**	20**	2**	11**	1**	**	1**	**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
NET: Benefits	49	19	28	17	2	9	1	-	1	-	1	3	5	5	4	3	7	9	6	5	3	1	1	42	
	79%	74%	83%	85%	100%	76%	100%	-	100%	-	68%	75%	79%	100%	61%	83%	100%	88%	73%	80%	100%	68%	43%	100%	79%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	26	16	10	3	1	6	1	-	1	-	1	1	5	3	1	2	4	5	2	2	1	1	-	-	24
	42%	59%	30%	16%	52%	50%	37%	-	37%	-	68%	37%	79%	56%	14%	21%	62%	48%	38%	24%	35%	24%	43%	-	44%
Improved recovery after exercise/ muscle repair	14	3	11	8	-	2	-	-	-	-	-	-	-	3	2	1	3	1	1	1	1	-	-	-	12
	22%	12%	31%	40%	-	21%	-	-	-	-	-	-	-	35%	45%	19%	40%	10%	17%	25%	-	-	-	-	23%
They help to lose/ control weight/ suppresses appetite	7	1	5	3	-	2	1	-	1	-	-	-	1	2	-	1	3	-	1	1	1	1	-	-	6
	11%	4%	15%	17%	-	15%	37%	-	37%	-	-	-	21%	30%	-	16%	34%	-	16%	23%	25%	-	-	-	11%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	2	3	1	-	1	1	-	1	-	-	1	1	1	-	1	-	-	-	-	-	-	-	-	6
	9%	8%	8%	6%	-	11%	63%	-	63%	-	-	16%	9%	24%	12%	-	38%	-	-	-	-	-	-	-	11%
They give me all the vitamins I need/ ensure a balanced diet	5	2	2	2	-	*	-	-	-	-	-	1	-	-	*	-	-	-	1	1	1	-	-	-	3
	7%	8%	7%	9%	-	4%	-	-	-	-	-	22%	-	-	5%	-	-	-	9%	11%	16%	-	-	-	6%
Other benefits	2	-	2	1	1	*	-	-	-	-	-	-	-	-	*	-	-	-	1	1	-	1	-	1	1
	4%	-	7%	4%	48%	4%	-	-	-	-	-	-	-	-	5%	-	-	-	8%	12%	-	19%	-	100%	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 105

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	62*	26**	34**	20**	2**	11**	1**	-**	1**	-**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
I feel well/ healthy/ better/ a sense of well being	2 3%	-	2 6%	2 8%	-	* 4%	-	-	-	-	-	-	-	-	* 5%	1 17%	-	1 9%	-	-	-	-	-	-	2 3%
I have good digestion	2 2%	-	2 5%	1 6%	-	* 4%	-	-	-	-	-	-	-	-	2 20%	-	-	-	-	-	-	-	-	-	1 2%
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	1 3%	1 6%	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	-	-	-	-	-	1 2%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 2%	-	1 3%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 8%	-	-	-	-	-	1 2%
I have an improved mood	* 1%	-	* 1%	-	-	* 4%	-	-	-	-	-	-	-	-	* 5%	-	-	-	-	-	-	-	-	-	-
NET: Adverse effects	4 7%	1 3%	4 11%	1 4%	-	3 23%	-	-	-	-	-	1 11%	-	-	1 17%	-	3 32%	-	-	-	-	-	-	-	4 8%
Feeling gassy/ problems with wind	2 4%	1 3%	2 5%	-	-	2 15%	-	-	-	-	-	1 11%	-	-	-	-	2 21%	-	-	-	-	-	-	-	2 5%
Diarrhoea/ increased use of the toilet	2 3%	-	2 5%	1 4%	-	1 8%	-	-	-	-	-	-	-	-	1 17%	-	1 12%	-	-	-	-	-	-	-	2 3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 105

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	62*	26**	34**	20**	2**	11**	1**	-**	1**	-**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
Nothing/ I have not noticed anything	9 14%	6 24%	2 7%	1 3%	-	2 16%	-	-	-	-	1 32%	1 25%	1 10%	-	3 39%	-	-	-	2 16%	-	-	-	-	-	9 16%
Don't know	1 2%	-	1 4%	1 7%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 11%	1 20%	-	1 32%	1 57%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 106

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	58	3	5	-	-	11	41	4	43	3	3	5	1
Weighted base	62*	3**	4**	-.**	-.**	13**	46*	4**	46*	3**	3**	5**	1**
NET: Benefits	49	2	4	-	-	12	38	3	37	2	2	4	-
	79%	76%	85%	-	-	89%	83%	77%	81%	78%	55%	81%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	26	-	-	-	-	5	21	1	21	-	1	1	-
	42%	-	-	-	-	38%	46%	16%	45%	-	30%	14%	-
Improved recovery after exercise/ muscle repair	14	-	2	-	-	6	12	1	11	1	1	1	-
	22%	-	39%	-	-	42%	27%	32%	24%	41%	30%	26%	-
They help to lose/ control weight/ suppresses appetite	7	-	-	-	-	5	6	1	4	1	-	1	-
	11%	-	-	-	-	38%	12%	29%	9%	37%	-	24%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	6	1	1	-	-	-	5	-	6	-	-	-	-
	9%	47%	28%	-	-	-	11%	-	12%	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	5	1	1	-	-	2	4	-	3	-	-	1	-
	7%	29%	27%	-	-	16%	8%	-	6%	-	-	17%	-
Other benefits	2	-	*	-	-	-	*	-	1	-	1	-	-
	4%	-	9%	-	-	-	1%	-	3%	-	26%	-	-
I feel well/ healthy/ better/ a sense of well being	2	-	*	-	-	-	2	-	2	-	-	-	-
	3%	-	9%	-	-	-	5%	-	5%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 106

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Protein

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	62*	3**	4**	-**	-**	13**	46*	4**	46*	3**	3**	5**	1**
I have good digestion	2 2%	-	* 9%	-	-	-	2 3%	-	2 3%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	1 2%	-	-	-	-	-	1 2%	-	1 2%	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	1 2%	-	-	-	-	-	-	-	1 2%	-	-	-	-
I have an improved mood	* 1%	-	* 9%	-	-	-	* 1%	-	* 1%	-	-	-	-
NET: Adverse effects	4 7%	-	-	-	-	2 13%	2 5%	1 23%	2 3%	-	-	-	1 100%
Feeling gassy/ problems with wind	2 4%	-	-	-	-	2 13%	2 5%	-	1 1%	-	-	-	-
Diarrhoea/ increased use of the toilet	2 3%	-	-	-	-	-	-	1 23%	1 2%	-	-	-	1 100%
Nothing/ I have not noticed anything	9 14%	1 24%	1 15%	-	-	2 11%	6 12%	-	7 16%	1 22%	-	1 19%	-
Don't know	1 2%	-	-	-	-	-	1 3%	-	-	-	1 45%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 107

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Gender		Age							Social Grade					Region								Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	26	15	11	6	9	5	3	2	1	8	9	4	5	3	1	2	2	1	1	1	1	6	6	2	3	16
Weighted base	25*	16**	9**	6**	9**	5**	2**	2**	1**	8**	8**	5**	4**	3**	1**	2**	2**	1**	1**	1**	1**	7**	5**	2**	3**	17**
NET: Benefits	19	12	7	5	4	4	2	2	1	3	8	3	4	3	1	1	1	1	1	1	1	6	3	1	2	13
	74%	75%	73%	92%	47%	73%	100%	100%	100%	36%	100%	70%	100%	100%	100%	36%	43%	100%	100%	100%	100%	83%	63%	75%	63%	76%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	12	6	4	4	4	2	2	1	3	8	3	3	3	-	1	1	1	1	1	1	6	3	1	2	12
	71%	75%	62%	75%	47%	73%	100%	100%	100%	36%	100%	70%	78%	100%	-	36%	43%	100%	100%	100%	100%	83%	63%	75%	63%	70%
No side effects/ adverse effects	1	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
	5%	9%	-	-	-	-	-	56%	-	-	17%	-	-	-	-	-	-	-	-	-	-	-	-	75%	-	8%
I feel well/ healthy/ better/ a sense of well being	1	1	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	1	-
	4%	6%	-	-	-	19%	-	-	-	-	-	21%	-	-	-	-	-	-	-	-	-	15%	-	-	33%	-
They help to lose/ control weight/ suppresses appetite	1	-	1	1	-	-	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	1
	4%	-	11%	17%	-	-	-	-	-	-	-	-	22%	-	100%	-	-	-	-	-	-	-	-	-	-	6%
I have improved memory/ cognitive function/ aids concentration	1	1	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-
	3%	4%	-	12%	-	-	-	-	-	-	9%	-	-	28%	-	-	-	-	-	-	-	-	-	-	-	-
NET: Adverse effects	4	1	3	1	1	1	-	1	-	1	3	-	-	-	-	-	1	-	-	-	1	2	-	-	2	
	16%	7%	32%	18%	10%	18%	-	44%	-	11%	38%	-	-	-	-	-	43%	-	-	-	15%	34%	-	-	12%	
Insomnia	3	1	2	1	1	-	-	1	-	1	2	-	-	-	-	-	1	-	-	-	1	1	-	-	1	
	12%	7%	21%	18%	10%	-	-	44%	-	11%	26%	-	-	-	-	-	43%	-	-	-	15%	16%	-	-	6%	
Dehydration/ dry mouth	1	-	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1	-	1	
	4%	-	10%	-	-	18%	-	-	-	-	12%	-	-	-	-	-	-	-	-	-	-	-	18%	-	6%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 107

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	25*	16**	9**	6**	9**	5**	2**	2**	1**	8**	8**	5**	4**	3**	1**	2**	2**	1**	1**	1**	1**	7**	5**	2**	3**	17**
Nothing/ I have not noticed anything	3	3	*	*	1	1	-	-	-	2	-	1	-	-	-	1	-	-	-	-	-	-	1	*	1	1
	12%	16%	5%	8%	13%	27%	-	-	-	20%	-	30%	-	-	-	64%	-	-	-	-	-	-	21%	25%	37%	9%
Don't know	3	1	1	-	3	-	-	-	-	3	-	-	-	-	-	1	-	-	-	-	1	-	-	-	3	
	10%	9%	12%	-	29%	-	-	-	-	32%	-	-	-	-	-	57%	-	-	-	-	17%	-	-	-	15%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 108

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	26	-	-	14	9	3	-	24	2	-	1	1	-	-	24	14	10	2	2	-
Weighted base	25*	-**	-**	14**	8**	3**	-**	23**	2**	-**	1**	1**	-**	-**	24**	14**	10**	2**	2**	-**
NET: Benefits	19	-	-	11	6	2	-	16	2	-	1	1	-	-	17	10	7	2	2	-
	74%	-	-	80%	69%	65%	-	72%	100%	-	100%	100%	-	-	72%	74%	70%	100%	100%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	-	-	10	6	2	-	16	2	-	1	1	-	-	16	10	6	2	2	-
	71%	-	-	73%	69%	65%	-	67%	100%	-	100%	100%	-	-	68%	74%	60%	100%	100%	-
No side effects/ adverse effects	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	5%	-	-	10%	-	-	-	6%	-	-	-	-	-	-	6%	-	14%	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	4%	7%	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	4%	-	10%	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	3%	-	-	-	8%	-	-	3%	-	-	-	-	-	-	3%	5%	-	-	-	-
NET: Adverse effects	4	-	-	2	2	-	-	4	-	-	-	-	-	-	3	2	1	1	1	-
	16%	-	-	14%	24%	-	-	17%	-	-	-	-	-	-	13%	15%	9%	52%	52%	-
Insomnia	3	-	-	2	1	-	-	3	-	-	-	-	-	-	3	2	1	-	-	-
	12%	-	-	14%	12%	-	-	13%	-	-	-	-	-	-	13%	15%	9%	-	-	-
Dehydration/ dry mouth	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	1	1	-
	4%	-	-	-	11%	-	-	4%	-	-	-	-	-	-	-	-	-	52%	52%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 108

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	25*	-**	-**	14**	8**	3**	-**	23**	2**	-**	1**	1**	-**	-**	24**	14**	10**	2**	2**	-**
Nothing/ I have not noticed anything	3	-	-	*	3	-	-	3	-	-	-	-	-	-	3	1	2	-	-	-
	12%	-	-	3%	31%	-	-	13%	-	-	-	-	-	-	13%	8%	20%	-	-	-
Don't know	3	-	-	1	-	1	-	3	-	-	-	-	-	-	3	3	-	-	-	-
	10%	-	-	10%	-	35%	-	11%	-	-	-	-	-	11%	18%	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 109

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 16-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	26	19	13	6	7	2	2	-	1	2	20	6	6	6	2	5	2	2
Weighted base	25*	20**	15**	5**	6**	1**	2**	-.**	1**	2**	20**	6**	6**	6**	2**	5**	2**	2**
NET: Benefits	19	15	10	5	4	1	2	-	1	1	15	4	4	4	1	3	2	2
	74%	74%	66%	100%	76%	58%	100%	-	100%	54%	77%	65%	65%	65%	53%	57%	100%	100%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	14	10	4	4	1	2	-	1	1	14	4	4	4	1	3	2	2
	71%	69%	66%	79%	76%	58%	100%	-	100%	54%	72%	65%	65%	65%	53%	57%	100%	100%
No side effects/ adverse effects	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	5%	7%	9%	-	-	-	-	-	-	-	7%	-	-	-	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	-	1	1
	4%	5%	7%	-	-	-	-	-	-	-	-	17%	17%	17%	-	-	55%	53%
They help to lose/ control weight/ suppresses appetite	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	4%	5%	-	21%	-	-	-	-	-	-	5%	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	-	-	-	1	-	1	-	-	-	1	-	-	-	-	-	-	-
	3%	-	-	-	12%	-	45%	-	-	-	4%	-	-	-	-	-	-	-
NET: Adverse effects	4	2	1	1	2	-	-	-	-	2	3	1	1	1	1	1	-	-
	16%	10%	7%	21%	34%	-	-	-	-	100%	16%	16%	16%	16%	47%	19%	-	-
Insomnia	3	1	1	-	2	-	-	-	-	2	2	1	1	1	1	1	-	-
	12%	5%	7%	-	34%	-	-	-	-	100%	11%	16%	16%	16%	47%	19%	-	-
Dehydration/ dry mouth	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	4%	5%	-	21%	-	-	-	-	-	-	5%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 109

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	25*	20**	15**	5**	6**	1**	2**	-**	1**	2**	20**	6**	6**	6**	2**	5**	2**	2**
Nothing/ I have not noticed anything	3 12%	3 13%	3 17%	-	-	-	-	-	-	-	3 16%	-	-	-	-	-	-	-
Don't know	3 10%	3 13%	3 17%	-	-	-	-	-	-	-	1 7%	1 20%	1 20%	1 20%	-	1 24%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 110

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	26	12	12	5	1	6	2	-	-	2	2	6	2	5	1	2	1	2	4	8	6	5	3	-	16
Weighted base	25*	12**	12**	5**	**	6**	1**	**	**	1**	1**	6**	2**	5**	1**	2**	1**	2**	4**	8**	6**	5**	3**	**	15**
NET: Benefits	19	11	7	4	-	3	1	-	-	1	1	4	2	5	1	1	1	1	2	6	4	2	3	-	12
	74%	88%	58%	79%	-	42%	100%	-	-	100%	100%	75%	100%	100%	100%	54%	100%	38%	46%	72%	61%	51%	100%	-	76%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18	10	7	4	-	3	1	-	-	1	1	4	2	4	1	1	1	1	2	6	4	2	3	-	11
	71%	80%	58%	79%	-	42%	100%	-	-	100%	100%	75%	100%	80%	100%	54%	100%	38%	46%	72%	61%	51%	100%	-	70%
No side effects/ adverse effects	1	-	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1	-	-	1	-	-
	5%	-	12%	25%	-	-	-	-	-	-	-	24%	-	-	-	-	-	-	-	16%	-	-	47%	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	4%	-	8%	18%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	24%	-	-	-	-	-	7%
They help to lose/ control weight/ suppresses appetite	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
	4%	8%	-	-	-	-	-	-	-	-	-	-	20%	-	-	-	-	-	-	-	-	-	-	-	6%
I have improved memory/ cognitive function/ aids concentration	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	3%	6%	-	-	-	-	-	-	-	52%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5%
NET: Adverse effects	4	2	2	1	-	1	-	-	-	-	-	1	1	-	1	1	-	-	2	2	2	1	-	-	1
	16%	16%	17%	20%	-	15%	-	-	-	-	-	43%	22%	-	46%	100%	-	-	23%	32%	32%	19%	-	-	6%
Insomnia	3	1	2	1	-	1	-	-	-	-	-	1	1	-	1	-	-	-	2	2	2	1	-	-	-
	12%	9%	17%	20%	-	15%	-	-	-	-	-	43%	22%	-	46%	-	-	-	23%	32%	32%	19%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 110

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	25*	12**	12**	5**	***	6**	1**	-**	-**	1**	1**	6**	2**	5**	1**	2**	1**	2**	4**	8**	6**	5**	3**	-**	15**
Dehydration/ dry mouth	1 4%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 100%	-	-	-	-	-	-	-	1 6%
Nothing/ I have not noticed anything	3 12%	1 12%	2 13%	-	* 100%	1 19%	-	-	-	-	-	1 25%	-	-	-	-	-	-	1 27%	1 17%	1 24%	1 30%	-	-	1 7%
Don't know	3 10%	-	3 21%	1 21%	-	1 24%	-	-	-	-	-	-	-	-	-	-	-	1 62%	1 27%	-	-	-	-	-	3 17%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 111

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Caffeine**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	26	-	3	-	-	7	14	1	14	6	8	8	-
Weighted base	25*	-**	3**	-**	-**	7**	14**	1**	14**	5**	8**	8**	-**
NET: Benefits	19 74%	-	3 100%	-	-	6 86%	10 66%	1 100%	12 82%	3 62%	4 48%	5 63%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	18 71%	-	3 100%	-	-	5 72%	10 66%	1 100%	12 82%	2 44%	4 48%	5 63%	-
No side effects/ adverse effects	1 5%	-	-	-	-	1 21%	-	-	1 10%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1 4%	-	-	-	-	-	1 7%	-	1 7%	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1 4%	-	-	-	-	1 15%	-	-	-	1 18%	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 3%	-	-	-	-	-	-	-	1 5%	-	-	-	-
NET: Adverse effects	4 16%	-	1 40%	-	-	1 14%	4 28%	-	2 14%	1 17%	2 26%	4 51%	-
Insomnia	3 12%	-	1 40%	-	-	1 14%	3 21%	-	1 7%	1 17%	2 26%	3 39%	-
Dehydration/ dry mouth	1 4%	-	-	-	-	-	1 7%	-	1 7%	-	-	1 12%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 111

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Caffeine

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	25*	-**	3**	-**	-**	7**	14**	1**	14**	5**	8**	8**	-**
Nothing/ I have not noticed anything	3 12%	-	-	-	-	-	3 18%	-	1 8%	-	2 25%	2 25%	-
Don't know	3 10%	-	-	-	-	-	1 10%	-	1 10%	1 21%	1 15%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 112

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Gender		Age							Social Grade				Region									Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	47	14	33	5	11	10	6	7	8	12	10	14	11	5	1	1	4	7	3	7	5	6	7	1	6	19
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**
NET: Benefits	26	8	18	3	3	7	4	6	3	6	6	7	7	4	-	-	2	5	*	2	3	2	7	1	3	14
	53%	62%	49%	63%	24%	65%	66%	88%	35%	54%	64%	38%	65%	71%	-	-	46%	68%	14%	33%	38%	29%	88%	100%	45%	61%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	3	4	-	1	2	2	1	2	-	-	6	1	1	-	-	-	2	-	-	2	-	3	-	2	3
	14%	21%	12%	-	10%	20%	24%	9%	20%	-	-	36%	9%	12%	-	-	-	29%	-	-	23%	-	33%	-	30%	13%
Other benefits	6	-	6	1	-	3	-	2	-	2	2	1	1	-	-	-	2	-	-	-	1	3	-	-	4	
	12%	-	16%	23%	-	28%	-	25%	-	15%	18%	6%	10%	-	-	-	22%	-	-	-	15%	36%	-	-	15%	
They counter the side effects of other drugs/ medication	3	2	1	-	-	*	1	1	-	1	1	*	1	-	-	-	-	*	1	-	-	1	-	-	1	
	5%	12%	3%	-	-	3%	15%	20%	-	5%	10%	2%	7%	-	-	-	-	14%	19%	-	-	17%	-	-	6%	
My nails are in good condition/ stronger nails/ good growth	2	-	2	1	1	-	-	-	-	1	1	-	-	1	-	-	-	-	-	1	-	-	-	-	2	
	4%	-	5%	24%	5%	-	-	-	-	6%	12%	-	-	22%	-	-	-	-	-	14%	-	-	-	-	8%	
I feel calmer/ more relaxed/ relaxes the nervous system	2	-	2	-	-	-	-	2	-	-	2	-	-	-	-	-	-	-	-	-	-	-	2	-	2	
	4%	-	5%	-	-	-	-	25%	-	-	18%	-	-	-	-	-	-	-	-	-	-	-	22%	-	8%	
Improved liver function	1	-	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	
	3%	-	4%	-	-	-	-	21%	-	-	-	-	14%	-	-	-	-	-	-	-	-	-	-	100%	-	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1	
	3%	10%	-	-	-	14%	-	-	-	12%	-	-	-	-	-	-	17%	-	-	-	-	-	-	-	6%	
Improved bowel movements	1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	
	3%	-	3%	-	-	-	-	16%	-	13%	-	-	-	-	-	-	-	-	-	-	-	-	16%	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 112

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	1 3%	-	1 9%	-	-	-	-	1 10%	-	-	-	1 22%	-	-	-	-	-	-	-	-	-	-	-	1 5%
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	1 3%	1 24%	-	-	-	-	-	-	1 12%	-	-	1 22%	-	-	-	-	-	-	-	-	-	-	-	1 5%
They are good for the blood (other)	1 2%	-	1 3%	-	-	-	1 17%	-	-	-	-	-	1 10%	-	-	-	1 28%	-	-	-	-	-	-	-	-	1 5%
I feel well/ healthy/ better/ a sense of well being	1 2%	-	1 3%	-	-	1 11%	-	-	-	-	-	1 6%	-	-	-	-	-	-	-	-	-	-	1 14%	-	-	-
Healthier bones/ I have stronger bones	1 2%	1 8%	-	-	-	1 10%	-	-	-	-	1 11%	-	-	-	-	-	-	-	-	-	1 15%	-	-	-	1 16%	-
No side effects/ adverse effects	1 2%	-	1 3%	-	-	-	-	1 14%	-	-	-	-	1 9%	-	-	-	-	-	-	-	-	1 14%	-	-	-	-
They reduce head aches/ migraines	1 2%	1 6%	-	1 16%	-	-	-	-	-	1 6%	-	-	-	1 15%	-	-	-	-	-	-	-	-	-	-	-	1 3%
I have good digestion	1 1%	1 5%	-	-	-	-	1 11%	-	-	-	-	-	1 6%	-	-	-	1 18%	-	-	-	-	-	-	-	-	-
Less aches and pains	1 1%	-	1 2%	-	-	-	-	1 9%	-	-	-	1 4%	-	1 12%	-	-	-	-	-	-	-	-	-	-	1 10%	-
NET: Adverse effects	2 4%	-	2 5%	-	-	-	-	2 25%	-	-	2 18%	-	-	-	-	-	-	-	-	-	-	-	2 22%	-	-	2 8%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 112

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**
They cause cramps	2 4%	-	2 5%	-	-	-	-	2 25%	-	-	2 18%	-	-	-	-	-	-	-	-	-	-	-	2 22%	-	-	2 8%
Nothing/ I have not noticed anything	21 42%	4 31%	17 46%	2 37%	8 61%	4 35%	1 20%	1 12%	5 65%	4 37%	4 36%	11 62%	2 18%	1 29%	1 100%	1 100%	1 31%	3 32%	2 86%	2 49%	3 47%	5 71%	1 12%	-	4 55%	8 35%
Don't know	3 6%	1 7%	2 5%	-	2 15%	-	1 13%	-	-	1 9%	-	-	2 17%	-	-	-	1 24%	-	-	1 17%	1 15%	-	-	-	-	1 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 113

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	47	2	-	27	11	7	-	44	3	-	-	2	1	-	37	16	21	10	9	1
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
NET: Benefits	26	-	-	17	6	3	-	22	4	-	-	2	2	-	21	10	11	5	5	-
	53%	-	-	67%	48%	30%	-	49%	100%	-	-	100%	100%	-	54%	61%	49%	47%	55%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	-	-	6	-	1	-	4	3	-	-	1	2	-	6	4	2	1	1	-
	14%	-	-	22%	-	14%	-	9%	74%	-	-	56%	100%	-	16%	26%	9%	9%	10%	-
Other benefits	6	-	-	4	2	-	-	6	-	-	-	-	-	-	6	1	5	-	-	-
	12%	-	-	15%	14%	-	-	13%	-	-	-	-	-	-	15%	7%	20%	-	-	-
They counter the side effects of other drugs/ medication	3	-	-	3	-	-	-	3	-	-	-	-	-	-	2	-	2	*	*	-
	5%	-	-	10%	-	-	-	6%	-	-	-	-	-	-	6%	-	10%	3%	4%	-
My nails are in good condition/ stronger nails/ good growth	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	5%	4%	5%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	5%	-	8%	-	-	-
Improved liver function	1	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	1	1	-
	3%	-	-	-	-	16%	-	3%	-	-	-	-	-	-	-	-	-	13%	16%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	3%	-	-	5%	-	-	-	3%	-	-	-	-	-	-	4%	9%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 113

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
Improved bowel movements	1 3%	-	-	-	1 10%	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 11%	1 13%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	-	-	1 9%	-	-	1 3%	-	-	-	-	-	-	-	-	-	1 11%	1 12%	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
They are good for the blood (other)	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
I feel well/ healthy/ better/ a sense of well being	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	1 7%	-	-	-	-
Healthier bones/ I have stronger bones	1 2%	-	-	-	1 8%	-	-	-	1 26%	-	-	1 44%	-	-	1 3%	1 7%	-	-	-	-
No side effects/ adverse effects	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	1 6%	-	-	-	-
They reduce head aches/ migraines	1 2%	-	-	-	1 6%	-	-	1 2%	-	-	-	-	-	-	1 2%	1 5%	-	-	-	-
I have good digestion	1 1%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-
Less aches and pains	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 2%	-	1 3%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 113

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
NET: Adverse effects	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	5%	-	8%	-	-	-
They cause cramps	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	-	5%	-	8%	-	-	-
Nothing/ I have not noticed anything	21	2	-	7	7	5	-	21	-	-	-	-	-	-	15	5	10	6	4	1
	42%	100%	-	26%	52%	59%	-	45%	-	-	-	-	-	-	39%	32%	43%	53%	45%	100%
Don't know	3	-	-	2	-	1	-	3	-	-	-	-	-	-	3	1	2	-	-	-
	6%	-	-	7%	-	11%	-	6%	-	-	-	-	-	-	7%	6%	8%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

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Absolutes/col percents

Table 114

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	47	25	19	6	22	2	5	-	8	7	27	20	18	16	9	12	5	2
Weighted base	50*	30**	24**	6**	20**	2**	4**	-.**	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**
NET: Benefits	26	17	13	4	9	1	3	-	2	2	13	13	11	12	7	10	4	2
	53%	57%	55%	68%	46%	70%	86%	-	27%	34%	50%	56%	51%	64%	59%	74%	52%	100%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	5	4	1	2	-	1	-	-	1	3	5	2	5	-	2	-	2
	14%	17%	16%	23%	10%	-	24%	-	-	17%	10%	20%	12%	25%	-	19%	-	100%
Other benefits	6	4	4	-	2	-	-	-	-	2	2	4	4	3	3	3	-	-
	12%	12%	15%	-	11%	-	-	-	-	34%	7%	17%	19%	16%	26%	22%	-	-
They counter the side effects of other drugs/ medication	3	1	1	*	1	-	1	-	1	-	3	-	-	-	-	-	-	-
	5%	4%	4%	6%	7%	-	19%	-	9%	-	10%	-	-	-	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	2	2	2	-	-	-	-	-	-	-	2	2	2	1	2	-	-	-
	4%	6%	8%	-	-	-	-	-	-	-	8%	9%	10%	10%	14%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2	2	2	-	-	-	-	-	-	-	2	2	2	2	2	-	-	-
	4%	6%	7%	-	-	-	-	-	-	-	8%	8%	10%	16%	14%	-	-	-
Improved liver function	1	-	-	-	1	1	-	-	-	-	1	-	-	-	-	-	-	-
	3%	-	-	-	8%	70%	-	-	-	-	6%	-	-	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1	1	1	-	-	-	-	-	-	-	1	1	1	1	1	1	-	-
	3%	5%	6%	-	-	-	-	-	-	-	6%	7%	7%	12%	11%	20%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 114

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	50*	30**	24**	6**	20**	2**	4**	..	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**
Improved bowel movements	1 3%	-	-	-	1 6%	-	-	-	1 18%	-	1 5%	-	-	-	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	1 4%	-	1 20%	-	-	-	-	-	-	1 5%	1 6%	1 6%	1 10%	1 9%	1 17%	-	
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	1 4%	1 5%	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	1 10%	1 9%	-	-	
They are good for the blood (other)	1 2%	1 4%	-	1 19%	-	-	-	-	-	-	1 4%	-	-	-	-	-	-	
I feel well/ healthy/ better/ a sense of well being	1 2%	-	-	-	1 6%	-	-	-	1 17%	-	1 5%	1 5%	1 6%	-	1 8%	-	-	
Healthier bones/ I have stronger bones	1 2%	1 3%	1 4%	-	-	-	-	-	-	-	1 4%	1 5%	1 6%	-	1 8%	1 15%	-	
No side effects/ adverse effects	1 2%	-	-	-	1 5%	-	1 25%	-	-	-	1 4%	-	-	-	-	-	-	
They reduce head aches/ migraines	1 2%	1 3%	1 3%	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-	
I have good digestion	1 1%	-	-	-	1 4%	-	1 18%	-	-	-	1 3%	-	-	-	-	-	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 114

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	50*	30**	24**	6**	20**	2**	4**	..	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**
Less aches and pains	1 1%	1 2%	1 3%	-	-	-	-	-	-	-	-	1 3%	-	1 3%	-	-	-	1 29%
NET: Adverse effects	2 4%	2 6%	2 7%	-	-	-	-	-	-	-	-	2 8%	2 8%	2 10%	2 16%	2 14%	-	-
They cause cramps	2 4%	2 6%	2 7%	-	-	-	-	-	-	-	-	2 8%	2 8%	2 10%	2 16%	2 14%	-	-
Nothing/ I have not noticed anything	21 42%	12 39%	10 41%	2 32%	9 45%	1 30%	1 14%	-	5 73%	2 38%	12 47%	8 36%	8 40%	5 25%	4 33%	1 11%	3 48%	-
Don't know	3 6%	1 3%	1 4%	-	2 9%	-	-	-	-	2 28%	1 3%	2 8%	2 9%	2 11%	1 9%	2 15%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 115
Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?
Base: All respondents answering for ...
Folic acid

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	47	14	25	18	1	6	8	5	-	3	2	11	7	5	4	3	5	3	5	19	8	11	6	3	28
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	-**	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**
NET: Benefits	26	10	12	8	1	3	4	3	-	1	2	4	7	4	2	1	4	2	-	10	6	6	5	-	16
	53%	66%	44%	38%	100%	56%	58%	67%	-	35%	100%	43%	94%	80%	52%	39%	72%	68%	-	60%	91%	62%	85%	-	49%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	2	3	1	-	2	2	2	-	-	-	2	3	1	1	-	-	-	-	2	2	2	1	-	5
	14%	16%	9%	5%	-	26%	30%	43%	-	-	-	15%	44%	20%	31%	-	-	-	-	12%	31%	23%	17%	-	16%
Other benefits	6	2	4	3	1	-	-	-	-	-	-	-	3	1	-	-	2	-	-	2	1	2	-	-	4
	12%	12%	14%	14%	100%	-	-	-	-	-	-	-	38%	22%	-	-	36%	-	-	12%	16%	24%	-	-	11%
They counter the side effects of other drugs/ medication	3	1	1	1	-	-	1	-	-	1	1	*	-	-	1	-	1	-	-	1	1	1	1	-	2
	5%	9%	2%	3%	-	-	10%	-	-	35%	40%	3%	-	-	22%	-	13%	-	-	6%	16%	12%	13%	-	5%
My nails are in good condition/ stronger nails/ good growth	2	1	1	-	-	1	-	-	-	-	-	-	-	1	-	-	1	-	-	2	2	1	-	-	-
	4%	8%	2%	-	-	12%	-	-	-	-	-	-	-	14%	-	-	23%	-	-	11%	27%	8%	-	-	-
I feel calmer/ more relaxed/ relaxes the nervous system	2	2	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	2
	4%	12%	-	-	-	-	-	-	-	-	-	-	23%	-	-	-	-	-	-	-	-	-	-	-	5%
Improved liver function	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1	-	-	1	-	-
	3%	10%	-	-	-	-	-	-	-	-	-	14%	-	-	-	-	-	-	-	8%	-	-	26%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 115

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?							
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	2**	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	-**	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 3%	-	1 5%	1 7%	-	-	-	-	-	-	-	-	-	-	-	1 39%	-	-	-	-	-	-	-	-	-	1 4%
Improved bowel movements	1 3%	-	-	-	-	-	1 17%	1 24%	-	-	-	-	1 17%	-	-	-	-	-	-	-	-	-	-	-	-	1 4%
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	-	1 4%	1 6%	-	-	-	-	-	-	-	-	-	1 24%	-	-	-	-	-	1 7%	1 17%	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 23%	-	-	1 7%	1 17%	-	-	-	-	-
They are good for the blood (other)	1 2%	-	1 4%	-	-	1 19%	-	-	-	-	1 60%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 3%
I feel well/ healthy/ better/ a sense of well being	1 2%	-	1 4%	1 5%	-	-	-	-	-	-	-	-	1 15%	-	-	-	-	-	-	1 6%	1 16%	1 12%	-	-	-	-
Healthier bones/ I have stronger bones	1 2%	-	1 4%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 39%	-	-	-	-	-	-	-	1 3%
No side effects/ adverse effects	1 2%	1 7%	-	-	-	-	-	-	-	-	-	1 10%	-	-	-	-	-	-	-	1 6%	-	-	1 17%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 115

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	-**	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**
They reduce head aches/ migraines	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1
	2%	-	3%	4%	-	-	-	-	-	-	-	-	-	-	-	-	29%	-	-	-	-	-	-	-	2%
I have good digestion	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-	1	1	-	-	-
	1%	5%	-	-	-	-	-	-	-	-	-	9%	-	-	-	-	-	-	4%	-	8%	12%	-	-	-
Less aches and pains	1	-	-	-	-	-	1	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	1%	-	-	-	-	9%	12%	-	-	-	-	9%	-	-	-	-	-	-	-	-	-	-	-	-	2%
NET: Adverse effects	2	2	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	4%	12%	-	-	-	-	-	-	-	-	-	23%	-	-	-	-	-	-	-	-	-	-	-	-	5%
They cause cramps	2	2	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	4%	12%	-	-	-	-	-	-	-	-	-	23%	-	-	-	-	-	-	-	-	-	-	-	-	5%
Nothing/ I have not noticed anything	21	4	14	11	-	3	3	2	-	1	-	5	*	1	2	1	1	7	7	1	3	1	3	14	
	42%	28%	49%	53%	-	44%	42%	33%	-	65%	-	49%	6%	20%	48%	35%	28%	32%	87%	40%	9%	38%	15%	100%	42%
Don't know	3	1	2	2	-	-	-	-	-	-	-	1	-	-	1	-	-	1	-	-	-	-	-	-	3
	6%	6%	7%	9%	-	-	-	-	-	-	-	8%	-	-	27%	-	-	13%	-	-	-	-	-	-	9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 116

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	47	-	4	10	1	12	19	14	15	12	19	10	2
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
NET: Benefits	26 53%	-	3 64%	3 28%	-	8 60%	10 47%	8 69%	7 42%	12 90%	11 66%	6 69%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7 14%	-	2 37%	-	-	1 8%	5 23%	2 18%	2 13%	4 28%	2 12%	2 23%	-
Other benefits	6 12%	-	-	1 10%	-	4 29%	2 8%	2 19%	2 10%	2 17%	1 6%	1 12%	-
They counter the side effects of other drugs/ medication	3 5%	-	1 27%	-	-	1 5%	1 3%	1 11%	-	1 6%	2 10%	1 12%	-
My nails are in good condition/ stronger nails/ good growth	2 4%	-	-	1 7%	-	-	-	2 16%	-	2 14%	2 11%	2 21%	-
I feel calmer/ more relaxed/ relaxes the nervous system	2 4%	-	-	-	-	-	2 8%	-	2 10%	-	-	-	-
Improved liver function	1 3%	-	-	-	-	-	-	-	-	1 11%	1 9%	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 3%	-	-	-	-	-	-	-	1 8%	-	-	-	-
Improved bowel movements	1 3%	-	-	-	-	1 9%	-	-	1 7%	-	1 7%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 116

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
I believe I would feel worse without them/ believe they do good without noticeable effects	1 2%	- -	- -	1 11%	- -	1 9%	- -	- -	- -	1 9%	1 7%	1 13%	- -
My hair is in good condition/ shiny/ less hair loss/ good growth	1 2%	- -	- -	- -	- -	- -	- 10%	- -	- -	1 9%	1 7%	1 13%	- -
They are good for the blood (other)	1 2%	- -	- -	- -	- -	1 8%	1 5%	- -	- -	1 9%	1 6%	- -	- -
I feel well/ healthy/ better/ a sense of well being	1 2%	- -	- -	- -	- -	1 8%	- -	1 10%	- -	1 8%	1 6%	1 12%	- -
Healthier bones/ I have stronger bones	1 2%	- -	- -	- -	- -	- -	1 5%	- -	- -	- -	- -	- -	- -
No side effects/ adverse effects	1 2%	- -	- -	- -	- -	- -	- 9%	1 -	- -	- -	- -	- -	- -
They reduce head aches/ migraines	1 2%	- -	- -	- -	- -	- -	1 3%	- -	1 4%	- -	- -	- -	- -
I have good digestion	1 1%	- -	- -	- -	- -	- -	- 6%	1 -	- -	1 5%	1 4%	- -	- -
Less aches and pains	1 1%	- -	- -	- -	- -	- -	1 3%	- -	1 4%	- -	- -	- -	- -
NET: Adverse effects	2 4%	- -	- -	- -	- -	- -	2 8%	- -	2 10%	- -	- -	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 116

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
They cause cramps	2 4%	-	-	-	-	-	2 8%	-	2 10%	-	-	-	-
Nothing/ I have not noticed anything	21 42%	-	1 36%	7 63%	* 100%	5 40%	11 48%	4 31%	8 47%	1 10%	5 29%	3 31%	3 100%
Don't know	3 6%	-	-	1 9%	-	-	1 4%	-	2 11%	-	1 5%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 117

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Peppermint oil

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	14	7	7	3	1	4	2	2	2	5	4	3	2	-	2	1	1	1	1	1	2	3	1	1	1	7
Weighted base	14*	7**	7**	3**	1**	5**	2**	2**	2**	4**	5**	4**	2**	**	2**	1**	1**	1**	1**	1**	1**	3**	***	2**	1**	8**
NET: Benefits	10	5	6	1	1	3	2	2	2	3	3	4	1	-	2	1	1	1	-	1	1	2	*	-	1	4
	75%	72%	78%	56%	100%	54%	100%	100%	100%	90%	59%	100%	32%	-	100%	100%	100%	100%	-	100%	100%	86%	100%	-	100%	57%
I have good digestion	6	2	4	1	-	1	2	1	1	3	2	1	-	-	-	-	1	1	-	1	1	2	-	-	-	3
	46%	32%	58%	37%	-	24%	100%	65%	72%	78%	48%	30%	-	-	-	-	100%	100%	-	100%	62%	86%	-	-	-	39%
Other benefits	5	3	3	-	1	1	1	1	*	*	1	4	-	-	1	1	1	1	-	-	-	-	*	-	1	1
	37%	39%	35%	-	100%	29%	55%	65%	28%	12%	22%	100%	-	-	74%	100%	100%	100%	-	-	-	-	100%	-	100%	18%
Reduces wind/bloating	4	1	3	-	-	3	-	1	*	*	1	1	1	-	1	-	-	-	-	-	1	1	*	-	-	3
	26%	15%	37%	-	-	54%	-	35%	28%	12%	26%	38%	32%	-	74%	-	-	-	-	-	38%	43%	100%	-	-	33%
I feel well/healthy/ better/ a sense of well being	*	*	-	*	-	-	-	-	-	-	*	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-
	4%	7%	-	19%	-	-	-	-	-	-	11%	-	-	-	26%	-	-	-	-	-	-	-	-	-	-	-
NET: Adverse effects	1	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	6%	-	13%	-	-	-	45%	-	-	23%	-	-	-	-	-	-	-	-	-	-	62%	-	-	-	-	11%
They cause indigestion/heartburn	1	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	6%	-	13%	-	-	-	45%	-	-	23%	-	-	-	-	-	-	-	-	-	-	62%	-	-	-	-	11%
Nothing/ I have not noticed anything	2	-	2	1	-	*	-	-	-	*	-	-	1	-	-	-	-	-	1	-	-	*	-	-	-	2
	11%	-	22%	44%	-	8%	-	-	-	10%	-	-	68%	-	-	-	-	-	100%	-	-	14%	-	-	-	20%
Don't know	2	2	-	-	-	2	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2	2	
	13%	28%	-	-	-	38%	-	-	-	-	41%	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	24%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 118

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Peppermint oil

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	14	-	1	4	5	4	-	13	1	-	1	-	-	-	10	6	4	4	4	-
Weighted base	14*	-.**	2**	3**	5**	4**	-.**	13**	1**	-.**	1**	-.**	-.**	-.**	11**	6**	5**	3**	3**	-.**
NET: Benefits	10	-	-	2	4	4	-	9	1	-	1	-	-	-	7	4	4	3	3	-
	75%	-	-	64%	92%	100%	-	73%	100%	-	100%	-	-	-	68%	62%	76%	100%	100%	-
I have good digestion	6	-	-	1	3	2	-	6	-	-	-	-	-	-	4	2	2	2	2	-
	46%	-	-	35%	66%	51%	-	50%	-	-	-	-	-	-	39%	32%	47%	69%	69%	-
Other benefits	5	-	-	2	2	1	-	4	1	-	1	-	-	-	5	2	3	*	*	-
	37%	-	-	49%	46%	35%	-	31%	100%	-	100%	-	-	-	44%	37%	52%	15%	15%	-
Reduces wind/bloating	4	-	-	*	-	3	-	4	-	-	-	-	-	-	3	1	3	*	*	-
	26%	-	-	14%	-	78%	-	28%	-	-	-	-	-	-	29%	9%	53%	15%	15%	-
I feel well/healthy/better/a sense of well being	*	-	-	*	-	-	-	*	-	-	-	-	-	-	-	-	-	*	*	-
	4%	-	-	15%	-	-	-	4%	-	-	-	-	-	-	-	-	-	16%	16%	-
NET: Adverse effects	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	6%	-	-	-	-	22%	-	7%	-	-	-	-	-	-	8%	15%	-	-	-	-
They cause indigestion/heartburn	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	6%	-	-	-	-	22%	-	7%	-	-	-	-	-	-	8%	15%	-	-	-	-
Nothing/ I have not noticed anything	2	-	-	1	*	-	-	2	-	-	-	-	-	-	2	*	1	-	-	-
	11%	-	-	36%	8%	-	-	12%	-	-	-	-	-	-	14%	7%	24%	-	-	-
Don't know	2	-	2	-	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	13%	-	100%	-	-	-	-	15%	-	-	-	-	-	-	17%	32%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 119

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Peppermint oil

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	14	8	4	4	6	1	1	-	3	1	8	6	6	1	5	-	1	-
Weighted base	14*	9**	5**	4**	5**	1**	***	..	3**	1**	7**	7**	7**	1**	5**	..	1**	..
NET: Benefits	10	6	4	2	5	1	*	-	3	1	7	3	3	1	2	-	1	-
	75%	62%	66%	57%	100%	100%	100%	-	100%	100%	100%	48%	48%	100%	33%	-	100%	-
I have good digestion	6	3	1	2	3	-	-	-	2	1	6	-	-	-	-	-	-	-
	46%	34%	18%	57%	69%	-	-	-	83%	100%	86%	-	-	-	-	-	-	-
Other benefits	5	3	3	-	3	-	-	-	1	1	3	3	3	1	1	-	1	-
	37%	29%	48%	-	54%	-	-	-	55%	100%	35%	40%	40%	100%	24%	-	100%	-
Reduces wind/bloating	4	3	1	1	1	1	-	-	*	-	2	1	1	1	-	-	1	-
	26%	29%	26%	33%	21%	100%	-	-	17%	-	30%	22%	22%	100%	-	-	100%	-
I feel well/healthy/ better/ a sense of well being	*	-	-	-	*	-	*	-	-	-	-	*	*	-	*	-	-	-
	4%	-	-	-	10%	-	100%	-	-	-	-	8%	8%	-	10%	-	-	-
NET: Adverse effects	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	6%	10%	-	25%	-	-	-	-	-	-	12%	-	-	-	-	-	-	-
They cause indigestion/heartburn	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	6%	10%	-	25%	-	-	-	-	-	-	12%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	2	2	-	2	-	-	-	-	-	-	-	2	2	-	2	-	-	-
	11%	17%	-	43%	-	-	-	-	-	-	-	24%	24%	-	30%	-	-	-
Don't know	2	2	2	-	-	-	-	-	-	-	2	2	2	-	2	-	-	-
	13%	20%	34%	-	-	-	-	-	-	-	28%	28%	-	36%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 120

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Peppermint oil

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	14	4	7	7	-	-	3	1	1	1	2	2	3	2	2	-	-	1	2	4	1	4	2	1	10
Weighted base	14*	4**	7**	7**	**	**	3**	1**	**	1**	1**	2**	3**	3**	2**	**	**	1**	2**	4**	1**	4**	2**	1**	10**
NET: Benefits	10	3	5	5	-	-	2	1	-	1	1	1	2	3	*	-	-	1	2	4	1	4	2	1	6
	75%	72%	74%	74%	-	-	85%	100%	-	100%	100%	46%	86%	100%	20%	-	-	100%	100%	100%	100%	100%	100%	100%	65%
I have good digestion	6	1	3	3	-	-	2	1	-	1	-	1	1	1	-	-	-	1	2	2	-	2	2	1	4
	46%	24%	44%	44%	-	-	85%	100%	-	100%	-	46%	43%	44%	-	-	-	100%	100%	54%	-	54%	100%	100%	42%
Other benefits	5	1	3	3	-	-	1	-	-	1	-	1	1	3	*	-	-	-	3	1	3	1	1	1	2
	37%	35%	38%	38%	-	-	39%	-	-	100%	-	46%	43%	100%	20%	-	-	-	-	71%	100%	71%	46%	100%	24%
Reduces wind/bloating	4	2	*	*	-	-	1	1	-	1	-	1	1	*	-	-	-	-	3	1	3	1	-	1	6
	26%	48%	6%	6%	-	-	46%	100%	-	53%	-	43%	56%	20%	-	-	-	-	75%	100%	75%	54%	-	-	6%
I feel well/healthy/better/a sense of well being	*	-	*	*	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	*
	4%	-	7%	7%	-	-	-	-	-	47%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5%
NET: Adverse effects	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	6%	-	12%	12%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	43%	-	-	-	-	-	9%
They cause indigestion/heartburn	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	6%	-	12%	12%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	43%	-	-	-	-	-	9%
Nothing/ I have not noticed anything	2	1	-	-	-	*	-	*	-	-	1	*	-	-	-	-	-	-	-	-	-	-	-	-	2
	11%	28%	-	-	-	15%	-	100%	-	-	54%	14%	-	-	-	-	-	-	-	-	-	-	-	-	16%
Don't know	2	-	2	2	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	2
	13%	-	26%	26%	-	-	-	-	-	-	-	-	-	80%	-	-	-	-	-	-	-	-	-	-	19%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 121

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Peppermint oil

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	14	1	1	-	-	2	7	1	6	3	5	1	1
Weighted base	14*	1**	***	..**	..**	2**	8**	1**	6**	3**	5**	1**	1**
NET: Benefits	10	-	-	-	-	2	5	1	6	3	5	1	1
	75%	-	-	-	-	100%	71%	100%	94%	100%	100%	100%	100%
I have good digestion	6	-	-	-	-	1	2	1	3	2	3	-	-
	46%	-	-	-	-	48%	30%	100%	52%	82%	62%	-	-
Other benefits	5	-	-	-	-	2	4	1	4	1	3	1	-
	37%	-	-	-	-	100%	49%	100%	59%	37%	58%	100%	-
Reduces wind/ bloating	4	-	-	-	-	-	1	-	1	1	3	1	1
	26%	-	-	-	-	-	19%	-	23%	44%	62%	100%	100%
I feel well/ healthy/ better/ a sense of well being	*	-	-	-	-	-	*	-	-	*	-	-	-
	4%	-	-	-	-	-	6%	-	-	18%	-	-	-
NET: Adverse effects	1	-	-	-	-	-	-	-	-	-	1	-	-
	6%	-	-	-	-	-	-	-	-	-	18%	-	-
They cause indigestion/ heartburn	1	-	-	-	-	-	-	-	-	-	1	-	-
	6%	-	-	-	-	-	-	-	-	-	18%	-	-
Nothing/ I have not noticed anything	2	1	*	-	-	-	*	-	*	-	-	-	-
	11%	100%	100%	-	-	-	5%	-	6%	-	-	-	-
Don't know	2	-	-	-	-	-	2	-	-	-	-	-	-
	13%	-	-	-	-	-	24%	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 122

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Gender		Age							Social Grade					Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	17	10	7	-	3	2	5	2	5	6	3	3	5	1	1	-	3	1	1	1	-	5	3	1	3	10
Weighted base	16*	8**	8**	-**	3**	2**	3**	3**	4**	6**	2**	3**	5**	1**	1**	-**	2**	1**	2**	2**	-**	6**	2**	1**	3**	9**
NET: Benefits	12	7	4	-	3	1	3	3	2	6	1	1	4	1	1	-	2	1	2	-	-	3	1	1	3	7
	72%	92%	53%	-	100%	34%	80%	100%	49%	100%	41%	21%	82%	100%	100%	-	100%	100%	100%	-	-	60%	64%	100%	100%	75%
I have improved memory/ cognitive function/ aids concentration	5	3	3	-	3	-	1	-	1	3	*	1	1	1	1	-	1	-	-	-	-	2	-	-	2	2
	32%	32%	32%	-	100%	-	18%	-	33%	57%	19%	21%	15%	100%	100%	-	69%	-	-	-	-	41%	-	-	68%	22%
Lowers blood pressure	2	2	-	-	-	-	-	2	-	-	-	-	2	-	-	-	-	-	2	-	-	-	-	-	-	2
	13%	27%	-	-	-	-	-	72%	-	-	-	-	39%	-	-	-	-	-	100%	-	-	-	-	-	-	24%
Improved circulation	2	1	1	-	-	1	1	-	-	2	-	-	-	-	-	-	-	-	-	-	-	1	-	1	1	1
	12%	10%	13%	-	-	34%	32%	-	-	33%	-	-	-	-	-	-	-	-	-	-	-	19%	-	100%	32%	9%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	1	1	-	-	-	1	-	1	1	-	-	1	-	-	-	-	-	-	-	-	1	1	-	1	-
	8%	7%	9%	-	-	-	18%	-	16%	10%	-	-	13%	-	-	-	-	-	-	-	-	10%	38%	-	17%	-
I have an improved mood	1	1	-	-	*	1	-	-	-	1	*	-	-	-	-	-	*	-	-	-	-	-	-	1	-	1
	8%	15%	-	-	13%	34%	-	-	-	14%	19%	-	-	-	-	-	23%	-	-	-	-	-	-	100%	-	14%
I believe I would feel worse without them/ believe they do good without noticeable effects	1	1	-	-	-	-	1	-	-	1	*	-	-	-	-	-	1	-	-	-	-	-	*	-	-	1
	6%	13%	-	-	-	-	31%	-	-	10%	22%	-	-	-	-	-	31%	-	-	-	-	-	-	26%	-	12%
No side effects/ adverse effects	1	1	-	-	-	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	1
	5%	10%	-	-	-	-	28%	-	-	-	-	-	15%	-	-	-	100%	-	-	-	-	-	-	-	-	9%
Other benefits	1	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	
	5%	10%	-	-	-	34%	-	-	-	14%	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	9%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 122

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	16*	8**	8**	-**	3**	2**	3**	3**	4**	6**	2**	3**	5**	1**	1**	-**	2**	1**	2**	2**	-**	6**	2**	1**	3**	9**
Increased libido/ improved sexual performance	1 4%	-	1 9%	-	-	-	-	-	1 16%	-	-	-	1 13%	-	-	-	-	-	-	-	-	-	1 38%	-	-	-
NET: Adverse effects	*	*	-	-	*	-	-	-	-	*	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	*
Dehydration/ dry mouth	3% *	5% *	-	-	13% *	-	-	-	-	-	19% *	-	-	-	-	-	23% *	-	-	-	-	-	-	-	-	5% *
Other adverse effects	3% *	5% *	-	-	13% *	-	-	-	-	-	19% *	-	-	-	-	-	23% *	-	-	-	-	-	-	-	-	5% *
Nothing/ I have not noticed anything	3 20%	1 8%	3 31%	-	-	2 66%	1 20%	-	1 22%	-	-	2 79%	1 18%	-	-	-	-	-	-	2 100%	-	1 17%	1 36%	-	-	2 25%
Don't know	1 8%	-	1 16%	-	-	-	-	-	1 29%	-	1 59%	-	-	-	-	-	-	-	-	-	-	1 23%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 123

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Ginkgo Biloba**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	17	-	-	10	3	4	-	15	2	1	-	1	-	-	16	10	6	1	-	1
Weighted base	16*	-.**	-.**	8**	4**	4**	-.**	15**	2**	1**	-.**	1**	-.**	-.**	16**	11**	4**	1**	-.**	1**
NET: Benefits	12	-	-	7	1	4	-	10	2	1	-	1	-	-	11	9	3	1	-	1
	72%	-	-	81%	28%	100%	-	69%	100%	100%	-	100%	-	-	71%	75%	61%	100%	-	100%
I have improved memory/ cognitive function/ aids concentration	5	-	-	2	-	3	-	4	2	1	-	1	-	-	5	4	1	1	-	1
	32%	-	-	22%	-	87%	-	24%	100%	100%	-	100%	-	-	29%	31%	24%	100%	-	100%
Lowers blood pressure	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	13%	-	-	25%	-	-	-	15%	-	-	-	-	-	-	14%	19%	-	-	-	-
Improved circulation	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	12%	-	-	9%	28%	-	-	13%	-	-	-	-	-	-	12%	17%	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	-	1	-	1	-	1	1	-	-	1	-	-	1	-	1	-	-	-
	8%	-	-	8%	-	16%	-	5%	39%	-	-	100%	-	-	8%	-	31%	-	-	-
I have an improved mood	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	*	-	-	-
	8%	-	-	14%	-	-	-	8%	-	-	-	-	-	-	8%	7%	10%	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1	-	-	1	-	*	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	6%	-	-	6%	-	13%	-	7%	-	-	-	-	-	-	7%	9%	-	-	-	-
No side effects/ adverse effects	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	5%	-	-	10%	-	-	-	6%	-	-	-	-	-	-	5%	-	20%	-	-	-
Other benefits	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	5%	-	-	9%	-	-	-	6%	-	-	-	-	-	-	5%	7%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 123

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Weighted base	16*	-**	-**	8**	4**	4**	-**	15**	2**	1**	-**	1**	-**	-**	16**	11**	4**	1**	-**	1**
Increased libido/ improved sexual performance	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	4%	-	-	8%	-	-	-	5%	-	-	-	-	-	-	5%	-	17%	-	-	-
NET: Adverse effects	*	-	-	*	-	-	-	*	-	-	-	-	-	-	*	-	*	-	-	-
	3%	-	-	5%	-	-	-	3%	-	-	-	-	-	-	3%	-	10%	-	-	-
Dehydration/ dry mouth	*	-	-	*	-	-	-	*	-	-	-	-	-	-	*	-	*	-	-	-
	3%	-	-	5%	-	-	-	3%	-	-	-	-	-	-	3%	-	10%	-	-	-
Other adverse effects	*	-	-	*	-	-	-	*	-	-	-	-	-	-	*	-	*	-	-	-
	3%	-	-	5%	-	-	-	3%	-	-	-	-	-	-	3%	-	10%	-	-	-
Nothing/ I have not noticed anything	3	-	-	2	2	-	-	3	-	-	-	-	-	-	3	2	2	-	-	-
	20%	-	-	19%	40%	-	-	22%	-	-	-	-	-	20%	14%	39%	-	-	-	-
Don't know	1	-	-	-	1	-	-	1	-	-	-	-	-	1	1	-	-	-	-	-
	8%	-	-	-	33%	-	-	9%	-	-	-	-	-	8%	11%	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 124

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	17	13	8	5	4	1	-	2	1	-	13	4	3	4	1	2	2	1
Weighted base	16*	12**	9**	3**	4**	1**	..	2**	1**	..	12**	4**	3**	4**	2**	3**	2**	1**
NET: Benefits	12	10	7	3	2	1	-	1	-	-	8	4	3	4	2	3	2	1
	72%	82%	75%	100%	41%	100%	-	46%	-	-	68%	85%	80%	85%	100%	100%	72%	100%
I have improved memory/ cognitive function/ aids concentration	5	4	3	1	1	-	-	1	-	-	2	3	3	3	2	3	2	-
	32%	35%	36%	30%	22%	-	-	46%	-	-	21%	60%	80%	60%	100%	100%	72%	-
Lowers blood pressure	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	13%	17%	24%	-	-	-	-	-	-	-	18%	-	-	-	-	-	-	-
Improved circulation	2	2	1	1	-	-	-	-	-	-	1	1	-	1	-	-	-	1
	12%	15%	9%	32%	-	-	-	-	-	-	7%	24%	-	24%	-	-	-	100%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	1	1	-	1	1	-	-	-	-	1	-	-	-	-	-	-	-
	8%	5%	7%	-	19%	100%	-	-	-	-	11%	-	-	-	-	-	-	-
I have an improved mood	1	1	1	*	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	8%	10%	9%	12%	-	-	-	-	-	-	10%	-	-	-	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1	1	1	*	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	6%	8%	6%	14%	-	-	-	-	-	-	9%	-	-	-	-	-	-	-
No side effects/ adverse effects	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	5%	7%	-	24%	-	-	-	-	-	-	7%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 124

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	16*	12**	9**	3**	4**	1**	-.**	2**	1**	-.**	12**	4**	3**	4**	2**	3**	2**	1**
Other benefits	1 5%	1 7%	1 9%	-	-	-	-	-	-	-	1 7%	-	-	-	-	-	-	-
Increased libido/ improved sexual performance	1 4%	-	-	-	1 19%	1 100%	-	-	-	-	1 6%	-	-	-	-	-	-	-
NET: Adverse effects	* 3%	* 3%	-	* 12%	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-
Dehydration/ dry mouth	* 3%	* 3%	-	* 12%	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-
Other adverse effects	* 3%	* 3%	-	* 12%	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	3 20%	2 18%	2 25%	-	1 26%	-	-	1 54%	-	-	3 21%	1 15%	1 20%	1 15%	-	-	1 28%	-
Don't know	1 8%	-	-	-	1 34%	-	-	-	1 100%	-	1 11%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 125

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Gingko Biloba

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	17	7	5	4	-	1	5	2	1	2	2	6	1	1	4	-	-	-	2	3	1	1	1	-	12
Weighted base	16*	5**	7**	6**	-**	***	5**	2**	1**	2**	1**	6**	1**	1**	4**	-**	-**	-**	3**	2**	1**	1**	***	-**	12**
NET: Benefits	12	4	5	5	-	*	3	1	1	1	1	4	1	1	1	-	-	-	3	1	-	1	*	-	8
	72%	85%	77%	76%	-	100%	54%	46%	100%	35%	100%	65%	100%	100%	40%	-	-	-	100%	61%	-	100%	100%	-	68%
I have improved memory/ cognitive function/ aids concentration	5	1	3	3	-	*	1	1	-	-	-	1	-	-	*	-	-	-	3	1	-	1	-	-	4
	32%	26%	46%	42%	-	100%	17%	46%	-	-	-	22%	-	-	11%	-	-	-	100%	34%	-	100%	-	-	35%
Lowers blood pressure	2	-	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-
	13%	-	31%	34%	-	-	-	-	-	-	-	33%	-	-	-	-	-	-	-	-	-	-	-	-	-
Improved circulation	2	1	-	-	-	-	1	-	1	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	2
	12%	18%	-	-	-	-	22%	-	100%	-	-	-	100%	-	29%	-	-	-	-	-	-	-	-	-	16%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	1	-	-	-	-	1	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	8%	13%	-	-	-	-	14%	-	35%	-	11%	-	-	-	-	-	-	-	-	-	-	-	-	-	11%
I have an improved mood	1	1	*	-	-	*	-	-	-	-	-	-	1	-	*	-	-	-	-	-	-	-	-	-	1
	8%	18%	6%	-	-	100%	-	-	-	-	-	-	100%	-	11%	-	-	-	-	-	-	-	-	-	7%
I believe I would feel worse without them/ believe they do good without noticeable effects	1	1	-	-	-	-	-	-	-	*	-	-	1	-	-	-	-	-	-	*	-	-	*	-	1
	6%	23%	-	-	-	-	-	-	-	37%	-	-	100%	-	-	-	-	-	-	28%	-	-	100%	-	5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 125

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Gingko Biloba

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	16*	5**	7**	6**	-**	***	5**	2**	1**	2**	1**	6**	1**	1**	4**	-**	-**	-**	3**	2**	1**	1**	***	-**	12**
No side effects/adverse effects	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	5%	18%	-	-	-	-	-	-	-	-	63%	-	-	-	-	-	-	-	-	-	-	-	-	-	7%
Other benefits	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	5%	18%	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	7%
Increased libido/improved sexual performance	1	-	-	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	4%	-	-	-	-	-	14%	-	-	35%	-	11%	-	-	-	-	-	-	-	-	-	-	-	-	6%
NET: Adverse effects	*	-	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-
	3%	-	6%	-	-	100%	-	-	-	-	-	-	-	11%	-	-	-	-	-	-	-	-	-	-	-
Dehydration/ dry mouth	*	-	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-
	3%	-	6%	-	-	100%	-	-	-	-	-	-	-	11%	-	-	-	-	-	-	-	-	-	-	-
Other adverse effects	*	-	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-
	3%	-	6%	-	-	100%	-	-	-	-	-	-	-	11%	-	-	-	-	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	3	1	2	2	-	1	1	-	-	-	1	-	-	2	-	-	-	-	-	1	1	-	-	-	3
	20%	15%	23%	24%	-	20%	54%	-	-	-	15%	-	-	60%	-	-	-	-	39%	100%	-	-	-	-	21%
Don't know	1	-	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	8%	-	-	-	-	26%	-	-	65%	-	20%	-	-	-	-	-	-	-	-	-	-	-	-	-	11%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 126

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	17	-	2	-	-	1	9	2	8	1	2	-	3
Weighted base	16*	-**	1**	-.**	-.**	1**	8**	2**	7**	1**	1**	-.**	4**
NET: Benefits	12	-	1	-	-	1	7	2	4	1	1	-	2
	72%	-	100%	-	-	100%	84%	100%	66%	100%	100%	-	44%
I have improved memory/ cognitive function/ aids concentration	5	-	*	-	-	-	3	-	2	-	-	-	2
	32%	-	28%	-	-	-	32%	-	37%	-	-	-	44%
Lowers blood pressure	2	-	-	-	-	-	2	-	-	-	-	-	-
	13%	-	-	-	-	-	27%	-	-	-	-	-	-
Improved circulation	2	-	1	-	-	-	-	1	1	1	-	-	-
	12%	-	72%	-	-	-	-	53%	16%	100%	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	1	-	-	-	-	1	1	1	1	-	1	-	-
	8%	-	-	-	-	100%	8%	47%	9%	-	59%	-	-
I have an improved mood	1	-	*	-	-	-	*	1	*	1	-	-	-
	8%	-	28%	-	-	-	5%	53%	6%	100%	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	1	-	-	-	-	-	1	-	-	-	*	-	-
	6%	-	-	-	-	-	13%	-	-	-	41%	-	-
No side effects/ adverse effects	1	-	-	-	-	-	1	-	1	-	-	-	-
	5%	-	-	-	-	-	11%	-	13%	-	-	-	-
Other benefits	1	-	-	-	-	-	-	1	-	1	-	-	-
	5%	-	-	-	-	-	-	53%	-	100%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 126

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Ginkgo Biloba

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	16*	-**	1**	-**	-**	1**	8**	2**	7**	1**	1**	-**	4**
Increased libido/ improved sexual performance	1 4%	-	-	-	-	1 100%	-	1 47%	-	-	1 59%	-	-
NET: Adverse effects	*	-	*	-	-	-	*	-	*	-	-	-	-
Dehydration/ dry mouth	3% *	-	28% *	-	-	-	5% *	-	6% *	-	-	-	-
Other adverse effects	3% *	-	28% *	-	-	-	5% *	-	6% *	-	-	-	-
Nothing/ I have not noticed anything	3 20%	-	-	-	-	-	-	-	1 15%	-	-	-	2 56%
Don't know	1 8%	-	-	-	-	-	1 16%	-	1 19%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 127

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North of Ireland (y)	Public (A)	Private (B)
Unweighted base	66	18	48	3	7	15	11	11	19	22	21	13	10	10	3	3	5	7	3	6	7	9	4	8	1	6	34
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**
NET: Benefits	42	11	31	2	8	8	6	9	9	15	11	6	10	7	2	2	4	5	-	5	6	6	3	3	-	5	23
	63%	56%	66%	100%	72%	58%	58%	96%	46%	68%	59%	49%	77%	76%	59%	100%	73%	51%	-	73%	68%	83%	75%	38%	-	92%	66%
I sleep better	8	2	5	*	1	*	2	3	-	3	3	2	-	*	2	-	1	-	-	2	1	-	1	-	-	2	2
	12%	12%	11%	19%	13%	3%	24%	31%	-	15%	13%	14%	-	5%	59%	-	24%	-	-	17%	20%	-	17%	-	-	43%	6%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	-	7	1	3	1	1	-	1	1	1	1	3	-	-	-	1	-	-	3	1	-	2	-	-	1	5
	11%	-	15%	56%	30%	5%	12%	-	4%	6%	7%	10%	25%	-	-	-	22%	-	-	36%	8%	-	27%	-	-	25%	13%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	6	3	3	-	-	1	1	1	3	2	2	1	1	2	-	-	2	-	-	-	1	1	-	-	-	-	4
	10%	15%	7%	-	-	10%	11%	13%	13%	7%	12%	10%	10%	29%	-	-	27%	-	-	-	14%	29%	-	-	-	-	11%
I feel calmer/ more relaxed/ relaxes the nervous system	6	1	5	1	-	1	1	2	1	3	2	-	1	1	-	-	1	-	-	*	-	2	-	2	-	1	5
	9%	4%	11%	56%	-	9%	9%	18%	4%	14%	11%	-	7%	10%	-	-	22%	-	-	6%	-	23%	-	21%	-	25%	13%
Other benefits	5	3	3	-	1	-	1	2	1	3	2	1	1	1	-	1	1	1	-	1	-	-	-	-	-	-	4
	8%	14%	6%	-	13%	-	8%	22%	6%	12%	7%	11%	-	9%	-	28%	24%	16%	-	20%	-	-	-	-	-	-	12%
No side effects/ adverse effects	4	1	3	-	-	-	1	2	1	-	2	1	1	1	-	1	-	1	-	-	1	-	-	-	-	-	2
	6%	7%	6%	-	-	-	11%	21%	5%	-	12%	11%	4%	13%	-	25%	-	16%	-	-	14%	-	-	-	-	-	7%
I have improved memory/ cognitive function/ aids concentration	4	-	4	-	-	1	-	-	3	2	1	-	1	-	-	-	2	-	1	-	1	-	-	-	-	-	1
	6%	-	8%	-	-	5%	-	-	15%	8%	3%	-	10%	-	-	-	20%	-	20%	-	8%	-	-	-	-	-	2%
Healthier bones/ I have stronger bones	3	2	2	-	1	-	-	-	3	2	1	-	-	2	-	-	2	-	-	-	-	-	-	-	-	-	2
	5%	8%	4%	-	7%	-	-	-	13%	10%	6%	-	-	21%	-	-	27%	-	-	-	-	-	-	-	-	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 127

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**
They reduce/ assist with cramps	3 5%	1 3%	3 6%	-	-	*	1 5%	1 6%	2 8%	1 6%	1 5%	* 3%	1 4%	1 9%	1 21%	1 25%	-	-	-	1 16%	-	* 6%	-	-	-	-	2 6%
Less aches and pains	3 4%	1 6%	1 3%	-	1 12%	1 10%	-	-	-	-	-	-	3 21%	-	-	-	-	-	-	-	1 14%	-	1 33%	-	-	1 24%	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 3%	1 5%	1 2%	-	1 10%	* 3%	-	1 6%	-	1 7%	-	1 4%	-	1 6%	-	1 47%	-	-	-	-	-	* 5%	-	-	-	* 7%	2 5%
They reduce head aches/ migraines	2 3%	-	2 4%	1 56%	-	-	1 6%	-	-	1 6%	-	1 5%	-	-	-	-	1 22%	-	-	1 10%	-	-	-	-	-	1 25%	-
I feel well/ healthy/ better/ a sense of well being	2 3%	1 3%	1 3%	-	-	-	2 18%	-	-	1 2%	-	1 10%	-	-	1 21%	-	-	-	-	-	-	-	-	1 17%	-	-	1 2%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	2 2%	* 2%	1 2%	* 19%	-	-	-	-	1 5%	-	2 8%	-	-	2 18%	-	-	-	-	-	-	-	-	-	-	-	-	-
I have good digestion	1 2%	1 7%	-	-	-	1 11%	-	-	-	1 6%	-	-	-	-	-	-	1 15%	-	-	-	-	-	-	-	-	-	1 4%
My vision is good/ has improved/ other benefits to eyes	1 2%	1 6%	-	-	1 12%	-	-	-	-	-	-	-	1 10%	-	-	-	-	-	-	-	1 14%	-	-	-	-	1 24%	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	1 2%	-	-	-	-	1 12%	-	-	1 6%	-	-	-	-	-	-	-	-	-	-	1 15%	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 127

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**
I have an improved mood	1 1%	-	1 2%	-	-	1 6%	-	-	-	-	1 4%	-	-	-	-	-	-	-	-	-	-	1 11%	-	-	-	-	1 2%
Lowers blood pressure	1 1%	-	1 2%	-	1 7%	-	-	-	-	1 3%	-	-	-	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	1 2%
Improved bowel movements	1 1%	-	1 1%	1 25%	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 1%	-	1 1%	-	-	-	-	1 6%	-	-	-	1 4%	-	1 6%	-	-	-	-	-	-	-	-	-	-	-	-	1 2%
My nails are in good condition/ stronger nails/ good growth	* 1%	-	* 1%	-	-	* 3%	-	-	-	* 2%	-	-	-	-	-	-	-	-	-	-	-	* 5%	-	-	-	* 7%	-
NET: Adverse effects	3 4%	1 3%	2 4%	-	-	2 15%	1 5%	-	-	2 8%	-	1 7%	-	-	1 21%	-	-	1 12%	1 38%	-	-	-	-	-	-	-	2 5%
Insomnia	1 2%	-	1 2%	-	-	1 8%	-	-	-	1 5%	-	-	-	-	-	-	1 12%	-	-	-	-	-	-	-	-	-	1 3%
They cause cramps	1 1%	-	1 2%	-	-	1 7%	-	-	-	-	-	1 7%	-	-	-	-	-	-	1 38%	-	-	-	-	-	-	-	-
They cause constipation	1 1%	1 3%	-	-	-	1 5%	-	-	-	1 2%	-	-	-	1 21%	-	-	-	-	-	-	-	-	-	-	-	-	1 2%
Nothing/ I have not noticed anything	21 32%	9 44%	12 27%	-	3 28%	4 27%	4 42%	* 4%	10 48%	6 27%	8 41%	4 35%	3 23%	2 24%	1 41%	-	2 27%	3 37%	1 62%	2 27%	2 18%	1 17%	1 25%	4 62%	2 100%	* 8%	11 31%
Don't know	1 2%	-	1 3%	-	-	-	-	-	1 6%	-	-	1 10%	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 128

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Magnesium**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	66	-	-	37	14	11	3	62	4	1	1	1	1	-	51	24	27	15	14	1
Weighted base	66*	**	**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	**	49*	26**	24**	17**	16**	1**
NET: Benefits	42	-	-	19	10	11	2	40	2	1	1	-	-	-	31	17	14	11	10	1
	63%	-	-	49%	78%	88%	100%	65%	44%	100%	100%	-	-	-	63%	66%	60%	63%	60%	100%
I sleep better	8	-	-	4	1	*	2	8	-	-	-	-	-	-	7	3	4	1	1	-
	12%	-	-	11%	11%	3%	74%	12%	-	-	-	-	-	-	13%	11%	16%	6%	6%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	-	-	1	1	4	1	7	-	-	-	-	-	-	3	-	3	4	4	-
	11%	-	-	2%	10%	33%	55%	11%	-	-	-	-	-	-	6%	-	13%	23%	25%	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	6	-	-	4	2	-	-	5	1	-	1	-	-	-	4	2	1	3	3	-
	10%	-	-	10%	18%	-	-	8%	30%	-	100%	-	-	-	7%	9%	6%	16%	17%	-
I feel calmer/ more relaxed/ relaxes the nervous system	6	-	-	3	1	2	-	6	-	-	-	-	-	-	5	3	2	1	1	-
	9%	-	-	8%	10%	14%	-	9%	-	-	-	-	-	-	10%	13%	7%	4%	5%	-
Other benefits	5	-	-	5	1	-	-	5	-	-	-	-	-	-	5	3	2	1	1	-
	8%	-	-	12%	6%	-	-	9%	-	-	-	-	-	-	10%	11%	8%	5%	5%	-
No side effects/ adverse effects	4	-	-	3	2	-	-	4	1	1	-	-	-	-	4	4	-	1	1	-
	6%	-	-	7%	12%	-	-	6%	14%	100%	-	-	-	-	7%	14%	-	3%	4%	-
I have improved memory/ cognitive function/ aids concentration	4	-	-	1	1	2	-	4	-	-	-	-	-	-	4	3	1	-	-	-
	6%	-	-	2%	10%	15%	-	6%	-	-	-	-	-	-	8%	12%	3%	-	-	-
Healthier bones/ I have stronger bones	3	-	-	3	1	-	-	3	-	-	-	-	-	-	2	2	-	2	2	-
	5%	-	-	7%	5%	-	-	5%	-	-	-	-	-	-	4%	7%	-	9%	10%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 128

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	66*	-**	-**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	-**	49*	26**	24**	17**	16**	1**
They reduce/ assist with cramps	3 5%	-	-	-	3 22%	* 4%	-	3 4%	1 14%	1 100%	-	-	-	-	2 3%	1 5%	1 2%	2 9%	1 4%	1 100%
Less aches and pains	3 4%	-	-	1 4%	-	1 10%	-	3 4%	-	-	-	-	-	-	3 5%	1 5%	1 6%	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 3%	-	-	1 1%	-	1 12%	-	2 3%	-	-	-	-	-	-	1 3%	-	1 6%	1 3%	1 3%	-
They reduce head aches/ migraines	2 3%	-	-	1 2%	1 10%	-	-	2 3%	-	-	-	-	-	-	2 4%	-	2 8%	-	-	-
I feel well/ healthy/ better/ a sense of well being	2 3%	-	-	-	1 4%	-	1 55%	2 3%	-	-	-	-	-	-	2 4%	-	2 7%	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	2 2%	-	-	1 3%	-	-	* 20%	2 3%	-	-	-	-	-	-	2 3%	2 6%	-	-	-	-
I have good digestion	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	-	1 6%	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	-	1 10%	-	1 2%	-	-	-	-	-	-	1 3%	1 5%	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 128

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Magnesium**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	66*	-**	-**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	-**	49*	26**	24**	17**	16**	1**
I have an improved mood	1 1%	-	-	-	-	1 7%	-	1 1%	-	-	-	-	-	-	1 2%	1 3%	-	-	-	-
Lowers blood pressure	1 1%	-	-	-	1 5%	-	-	1 1%	-	-	-	-	-	-	1 1%	1 3%	-	-	-	-
Improved bowel movements	1 1%	-	-	-	-	-	1 26%	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	-	-	-	1 3%	1 3%	-
My nails are in good condition/ stronger nails/ good growth	* 1%	-	-	-	-	* 3%	-	* 1%	-	-	-	-	-	-	* 1%	-	* 2%	-	-	-
NET: Adverse effects	3 4%	-	-	2 5%	1 4%	-	-	3 4%	-	-	-	-	-	-	3 5%	1 4%	1 6%	-	-	-
Insomnia	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 4%	-	-	-	-
They cause cramps	1 1%	-	-	1 2%	-	-	-	1 1%	-	-	-	-	-	-	1 2%	-	1 4%	-	-	-
They cause constipation	1 1%	-	-	-	1 4%	-	-	1 1%	-	-	-	-	-	-	1 1%	-	1 2%	-	-	-
Nothing/ I have not noticed anything	21 32%	-	-	16 42%	3 22%	1 12%	-	19 30%	2 56%	-	-	1 100%	1 100%	-	16 32%	8 29%	8 36%	5 30%	5 32%	-
Don't know	1 2%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 7%	1 8%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 129

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	66	40	23	17	26	1	5	7	10	3	48	18	17	16	4	12	5	3
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
NET: Benefits	42	28	19	9	14	1	4	1	6	1	27	15	13	14	2	10	3	2
	63%	70%	64%	84%	53%	100%	100%	16%	56%	59%	57%	79%	77%	83%	47%	78%	87%	85%
I sleep better	8	4	3	1	3	-	2	-	1	1	7	1	1	1	-	-	1	-
	12%	11%	10%	12%	13%	-	41%	-	10%	29%	15%	3%	3%	3%	-	-	14%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	6	4	1	1	-	1	-	-	-	2	5	5	5	1	4	1	1
	11%	15%	15%	13%	5%	-	30%	-	-	-	4%	27%	29%	30%	35%	29%	17%	43%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	6	4	4	-	2	-	1	-	1	-	4	3	1	3	-	1	1	1
	10%	10%	14%	-	9%	-	30%	-	10%	-	8%	14%	8%	15%	-	10%	35%	41%
I feel calmer/ more relaxed/ relaxes the nervous system	6	6	2	4	-	-	-	-	-	-	4	2	2	1	2	-	-	1
	9%	15%	7%	35%	-	-	-	-	-	-	9%	9%	10%	7%	47%	-	-	43%
Other benefits	5	4	3	1	1	-	-	-	1	-	5	1	1	1	-	-	1	-
	8%	11%	10%	13%	5%	-	-	-	11%	-	10%	4%	4%	4%	-	-	20%	-
No side effects/ adverse effects	4	2	2	-	2	-	1	-	1	-	4	-	-	-	-	-	-	-
	6%	6%	9%	-	6%	-	14%	-	10%	-	9%	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	4	1	-	1	3	-	-	1	2	-	3	1	1	1	-	1	1	-
	6%	2%	-	6%	12%	-	-	16%	17%	-	7%	3%	4%	4%	-	5%	17%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 129

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
Healthier bones/ I have stronger bones	3 5%	2 6%	2 8%	-	1 4%	-	-	-	1 10%	-	3 7%	-	-	-	-	-	-	-
They reduce/ assist with cramps	3 5%	2 5%	1 2%	1 13%	1 5%	-	1 14%	-	1 7%	-	2 5%	1 5%	1 6%	1 6%	-	* 3%	1 14%	-
Less aches and pains	3 4%	1 3%	1 4%	-	1 5%	1 100%	-	-	-	-	-	3 14%	3 15%	3 15%	-	3 20%	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 3%	2 5%	1 4%	1 9%	-	-	-	-	-	-	2 4%	-	-	-	-	-	-	-
They reduce head aches/ migraines	2 3%	1 3%	1 4%	-	1 2%	-	-	-	-	1 29%	1 1%	1 7%	1 7%	1 7%	1 35%	-	-	1 43%
I feel well/ healthy/ better/ a sense of well being	2 3%	1 1%	1 2%	-	1 5%	-	1 30%	-	-	-	1 3%	1 3%	1 3%	1 3%	-	-	1 14%	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	2 2%	-	-	-	2 6%	-	* 11%	-	1 10%	-	2 3%	-	-	-	-	-	-	-
I have good digestion	1 2%	1 3%	1 5%	-	-	-	-	-	-	-	1 7%	1 8%	1 8%	-	1 10%	-	-	
My vision is good/ has improved/ other benefits to eyes	1 2%	1 3%	1 4%	-	-	-	-	-	-	-	1 7%	1 7%	1 7%	-	1 9%	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 129

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: 18-5 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	-	-	1 4%	-	-	-	1 10%	-	1 2%	-	-	-	-	-	-	-
I have an improved mood	1 1%	1 2%	1 3%	-	-	-	-	-	-	-	-	1 4%	1 5%	1 5%	-	1 6%	-	-
Lowers blood pressure	1 1%	1 2%	1 2%	-	-	-	-	-	-	-	1 2%	-	-	-	-	-	-	-
Improved bowel movements	1 1%	-	-	-	1 2%	-	1 14%	-	-	-	1 1%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 1%	1 1%	-	1 5%	-	-	-	-	-	-	1 1%	-	-	-	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	* 1%	* 1%	-	* 4%	-	-	-	-	-	-	* 1%	-	-	-	-	-	-	-
NET: Adverse effects	3 4%	2 4%	2 6%	-	1 3%	-	-	-	-	1 41%	-	3 14%	3 15%	3 15%	1 25%	2 15%	1 14%	-
Insomnia	1 2%	1 3%	1 4%	-	-	-	-	-	-	-	-	1 6%	1 6%	1 6%	-	1 8%	-	-
They cause cramps	1 1%	-	-	-	1 3%	-	-	-	-	1 41%	-	1 5%	1 5%	1 5%	1 25%	1 7%	-	-
They cause constipation	1 1%	1 1%	1 2%	-	-	-	-	-	-	-	-	1 3%	1 3%	1 3%	-	-	1 14%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 129

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
Nothing/ I have not noticed anything	21 32%	11 28%	9 32%	2 16%	10 38%	-	-	6 84%	4 33%	-	19 40%	2 11%	2 11%	1 6%	1 28%	1 7%	1 13%	1 15%
Don't know	1 2%	-	-	-	1 5%	-	-	-	1 11%	-	1 3%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 130

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	66	15	38	25	2	11	12	-	3	9	2	10	11	8	6	4	6	5	7	14	5	10	8	-	50
Weighted base	66*	17**	37*	23**	3**	11**	11**	**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	**	51*
NET: Benefits	42	13	20	11	2	7	8	-	2	7	*	9	5	4	3	2	6	4	6	6	2	5	4	-	36
	63%	75%	54%	48%	63%	64%	72%	-	67%	74%	27%	91%	49%	51%	46%	42%	100%	73%	78%	45%	33%	52%	43%	-	70%
I sleep better	8	3	4	3	-	1	1	-	1	-	-	*	3	2	-	-	1	1	-	-	-	-	-	-	8
	12%	17%	11%	12%	-	13%	5%	-	20%	-	-	5%	27%	21%	-	9%	29%	-	-	-	-	-	-	-	15%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	4	3	2	-	1	-	-	-	-	-	-	1	2	3	-	-	1	-	1	-	-	1	-	6
	11%	26%	7%	9%	-	6%	-	-	-	-	-	-	13%	24%	46%	-	-	13%	-	5%	-	-	8%	-	12%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	6	1	1	1	-	-	4	-	-	4	-	2	-	-	-	1	1	-	-	1	1	1	1	-	5
	10%	6%	4%	6%	-	-	34%	-	-	44%	-	25%	-	-	-	21%	23%	-	-	9%	25%	13%	13%	-	10%
I feel calmer/ more relaxed/ relaxes the nervous system	6	2	2	2	-	-	1	-	-	1	-	1	1	2	-	-	-	-	1	1	*	*	1	-	5
	9%	15%	4%	7%	-	-	7%	-	-	10%	-	9%	12%	24%	-	-	-	-	13%	8%	8%	4%	8%	-	9%
Other benefits	5	1	4	2	-	1	1	-	1	-	-	2	-	-	-	-	2	1	3	-	3	1	-	2	
	8%	4%	10%	10%	-	13%	11%	-	46%	-	-	20%	-	-	-	-	45%	20%	24%	-	35%	15%	-	4%	
No side effects/ adverse effects	4	1	1	1	-	-	2	-	-	2	-	2	-	-	-	1	-	-	1	2	-	1	2	-	2
	6%	6%	4%	6%	-	-	15%	-	-	19%	-	18%	-	-	-	21%	-	-	20%	14%	-	15%	22%	-	4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 130

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	66*	17**	37*	23**	3**	11**	11**	-**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	-**	51*
I have improved memory/ cognitive function/ aids concentration	4	-	2	-	2	1	1	-	-	1	-	1	-	-	-	2	1	-	-	-	-	-	-	-	4
	6%	-	7%	-	63%	6%	11%	-	-	14%	-	13%	-	-	-	32%	13%	-	-	-	-	-	-	-	7%
Healthier bones/ I have stronger bones	3	-	1	-	-	1	3	-	-	3	-	1	-	-	-	-	1	-	-	-	-	-	-	-	3
	5%	-	2%	-	-	7%	23%	-	-	30%	-	12%	-	-	-	-	15%	-	-	-	-	-	-	-	7%
They reduce/ assist with cramps	3	1	1	1	-	-	1	-	1	*	*	1	1	-	-	1	-	-	1	-	-	-	1	-	3
	5%	6%	3%	5%	-	-	10%	-	20%	6%	27%	6%	10%	-	-	22%	-	-	4%	-	-	-	6%	-	5%
Less aches and pains	3	1	1	-	-	1	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	3
	4%	8%	3%	-	-	11%	-	-	-	-	-	14%	-	-	-	-	-	18%	-	-	-	-	-	-	5%
My skin is in good condition/ good complexion/ repairs damaged skin	2	*	2	1	-	1	-	-	-	-	-	-	*	-	1	1	-	-	-	-	-	-	-	-	2
	3%	2%	4%	2%	-	10%	-	-	-	-	-	-	4%	-	21%	9%	-	-	-	-	-	-	-	-	4%
They reduce head aches/ migraines	2	1	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	2
	3%	8%	2%	3%	-	-	-	-	-	-	-	-	15%	-	-	-	-	9%	-	-	-	-	-	-	4%
I feel well/ healthy/ better/ a sense of well being	2	-	1	1	-	-	1	-	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	2
	3%	-	3%	5%	-	-	5%	-	20%	-	-	-	13%	-	-	9%	-	-	-	-	-	-	-	-	3%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	2	*	-	-	-	-	1	-	-	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	2%	3%	-	-	-	-	10%	-	-	13%	-	16%	-	-	-	-	-	-	-	-	-	-	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 130

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	66*	17**	37*	23**	3**	11**	11**	-**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	-**	51*
I have good digestion	1 2%	-	1 4%	-	-	1 13%	-	-	-	-	-	-	-	-	-	-	-	-	1 19%	-	-	-	-	-	1 3%
My vision is good/ has improved/ other benefits to eyes	1 2%	-	1 3%	-	-	1 11%	-	-	-	-	-	-	-	-	-	-	-	-	1 18%	-	-	-	-	-	1 2%
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	1 7%	-	-	-	-	-	-	-	-	-	-	1 13%	-	-	-	-	-	-	-	-	-	-	-	1 2%
I have an improved mood	1 1%	-	1 2%	1 4%	-	-	-	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	-	-	1 2%
Lowers blood pressure	1 1%	-	1 2%	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	1 15%	-	-	-	-	-	-	-	1 1%
Improved bowel movements	1 1%	-	1 2%	-	-	1 5%	-	-	-	-	-	-	1 7%	-	-	-	-	-	-	-	-	-	-	-	1 1%
My hair is in good condition/ shiny/ less hair loss/ good growth	1 1%	-	1 1%	1 2%	-	-	-	-	-	-	-	-	-	-	-	1 9%	-	-	-	-	-	-	-	-	1 1%
My nails are in good condition/ stronger nails/ good growth	* 1%	* 2%	-	-	-	-	-	-	-	-	-	-	* 4%	-	-	-	-	-	-	-	-	-	-	-	* 1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 130

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

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Weighted base	66*	17**	37*	23**	3**	11**	11**	-**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	-**	51*
NET: Adverse effects	3	-	2	1	1	-	1	-	1	-	-	-	-	-	2	-	1	-	-	-	-	-	-	-	3
	4%	-	5%	4%	37%	-	5%	-	20%	-	-	-	-	-	29%	-	9%	-	-	-	-	-	-	-	5%
Insomnia	1	-	1	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	2%	-	3%	-	37%	-	-	-	-	-	-	-	-	16%	-	-	-	-	-	-	-	-	-	-	2%
They cause cramps	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	1%	-	2%	4%	-	-	-	-	-	-	-	-	-	13%	-	-	-	-	-	-	-	-	-	-	2%
They cause constipation	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1
	1%	-	-	-	-	-	5%	-	20%	-	-	-	-	-	-	9%	-	-	-	-	-	-	-	-	1%
Nothing/ I have not noticed anything	21	4	14	10	-	4	3	-	1	2	1	1	5	3	2	3	-	1	2	8	3	4	5	-	12
	32%	25%	37%	42%	-	36%	28%	-	33%	26%	73%	9%	51%	34%	25%	58%	-	27%	22%	55%	67%	48%	57%	-	23%
Don't know	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	2%	-	3%	5%	-	-	-	-	-	-	-	-	-	15%	-	-	-	-	-	-	-	-	-	-	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

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Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 131

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	66	-	4	-	-	18	29	11	40	5	16	6	3
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
NET: Benefits	42	-	2	-	-	8	19	9	32	1	8	2	*
	63%	-	67%	-	-	42%	64%	76%	74%	36%	55%	40%	26%
I sleep better	8	-	-	-	-	2	4	-	7	-	1	-	*
	12%	-	-	-	-	9%	13%	-	17%	-	8%	-	26%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	7	-	-	-	-	1	1	2	6	-	1	-	-
	11%	-	-	-	-	7%	2%	18%	15%	-	5%	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	6	-	-	-	-	-	4	1	5	-	1	1	-
	10%	-	-	-	-	-	13%	11%	12%	-	8%	22%	-
I feel calmer/ more relaxed/ relaxes the nervous system	6	-	*	-	-	2	2	3	3	1	2	*	-
	9%	-	15%	-	-	9%	6%	28%	7%	21%	14%	7%	-
Other benefits	5	-	1	-	-	-	4	1	3	-	2	-	-
	8%	-	24%	-	-	-	14%	11%	7%	-	14%	-	-
No side effects/ adverse effects	4	-	-	-	-	1	2	-	2	1	2	1	-
	6%	-	-	-	-	3%	8%	-	5%	15%	14%	10%	-
I have improved memory/ cognitive function/ aids concentration	4	-	-	-	-	1	2	-	4	-	-	-	-
	6%	-	-	-	-	7%	8%	-	9%	-	-	-	-
Healthier bones/ I have stronger bones	3	-	1	-	-	-	2	-	3	-	-	-	-
	5%	-	27%	-	-	-	8%	-	8%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 131

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
They reduce/ assist with cramps	3 5%	-	-	-	-	1 7%	2 5%	1 7%	3 6%	1 15%	2 11%	1 10%	-
Less aches and pains	3 4%	-	-	-	-	1 7%	1 4%	-	3 6%	-	-	-	-
My skin is in good condition/ good complexion/ repairs damaged skin	2 3%	-	-	-	-	-	1 2%	-	1 2%	-	-	-	* 26%
They reduce head aches/ migraines	2 3%	-	-	-	-	1 7%	1 2%	1 11%	2 4%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	2 3%	-	-	-	-	-	1 2%	-	2 4%	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	2 2%	-	-	-	-	-	-	-	2 4%	-	-	-	-
I have good digestion	1 2%	-	-	-	-	-	-	1 12%	-	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	-	1 7%	1 4%	-	1 3%	-	-	-	-
They help balance my hormones/ good for hormonal conditions/ menopause etc	1 2%	-	-	-	-	-	1 4%	-	1 3%	-	1 8%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 131

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Magnesium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
I have an improved mood	1 1%	-	-	-	-	-	-	1 7%	1 2%	-	-	-	-
Lowers blood pressure	1 1%	-	1 27%	-	-	-	1 2%	-	1 2%	-	-	-	-
Improved bowel movements	1 1%	-	-	-	-	1 3%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	1 1%	-	-	-	-	-	1 2%	-	-	-	-	-	-
My nails are in good condition/ stronger nails/ good growth	* 1%	-	-	-	-	-	-	-	-	-	-	-	* 26%
NET: Adverse effects	3 4%	-	-	-	-	2 11%	2 5%	-	1 1%	-	-	-	-
Insomnia	1 2%	-	-	-	-	1 6%	1 4%	-	-	-	-	-	-
They cause cramps	1 1%	-	-	-	-	1 5%	-	-	-	-	-	-	-
They cause constipation	1 1%	-	-	-	-	-	1 2%	-	1 1%	-	-	-	-
Nothing/ I have not noticed anything	21 32%	-	1 33%	-	-	9 47%	8 28%	3 24%	10 23%	2 64%	7 45%	3 60%	1 74%
Don't know	1 2%	-	-	-	-	-	1 4%	-	1 3%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 132

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Eye health supplements

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	23	11	12	1	2	4	-	4	12	7	7	5	4	3	1	4	1	2	2	2	2	4	1	1	2	8
Weighted base	23*	10**	12**	***	2**	3**	-.**	4**	13**	7**	6**	6**	3**	4**	***	2**	1**	2**	1**	2**	3**	4**	1**	2**	1**	9**
NET: Benefits	15	6	9	-	1	3	-	1	9	6	3	3	3	3	*	2	1	2	*	1	1	3	-	2	1	6
	65%	57%	72%	-	52%	100%	-	29%	71%	81%	43%	48%	100%	79%	100%	80%	100%	100%	27%	41%	24%	78%	-	100%	100%	73%
My vision is good/ has improved/ other benefits to eyes	9	2	7	-	-	2	-	1	6	3	1	2	3	2	-	1	1	-	-	1	1	2	-	2	1	3
	40%	22%	56%	-	-	62%	-	17%	50%	41%	19%	30%	100%	46%	-	60%	100%	-	-	41%	24%	51%	-	100%	71%	33%
Other benefits	3	1	2	-	-	-	-	-	3	2	1	-	-	1	-	-	-	-	-	-	-	-	-	2	-	-
	12%	11%	12%	-	-	-	-	-	21%	21%	19%	-	-	33%	-	-	-	-	-	-	-	-	-	100%	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	1	1	-	-	-	-	-	2	1	-	1	-	-	-	1	-	-	-	-	-	1	-	-	-	1
	7%	5%	9%	-	-	-	-	-	12%	14%	-	9%	-	-	-	20%	-	-	-	-	-	26%	-	-	-	12%
They give me all the vitamins I need/ ensure a balanced diet	1	1	*	-	1	*	-	-	-	1	*	-	-	-	-	-	-	1	*	-	-	-	-	-	*	1
	6%	10%	3%	-	52%	11%	-	-	-	14%	6%	-	-	-	-	-	-	53%	27%	-	-	-	-	-	29%	12%
I feel well/ healthy/ better/ a sense of well being	1	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1
	4%	9%	-	-	28%	-	-	-	-	12%	-	-	-	-	-	-	47%	-	-	-	-	-	-	-	-	10%
Maintains a healthy heart	*	-	*	-	-	-	-	*	-	-	-	*	-	-	*	-	-	-	-	-	-	-	-	-	-	*
	2%	-	4%	-	-	-	-	13%	-	-	-	9%	-	100%	-	-	-	-	-	-	-	-	-	-	-	6%
Nothing/ I have not noticed anything	4	2	1	*	1	-	-	1	1	1	2	-	-	1	-	*	-	1	1	-	-	-	-	-	-	1
	16%	21%	11%	100%	48%	-	-	35%	6%	19%	35%	-	-	21%	-	20%	-	-	73%	59%	-	-	-	-	-	11%
Don't know	4	2	2	-	-	-	-	1	3	-	1	3	-	-	-	-	-	-	-	-	2	1	1	-	-	1
	19%	22%	17%	-	-	-	-	35%	23%	-	22%	52%	-	-	-	-	-	-	-	-	76%	22%	100%	-	-	16%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 133

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Eye health supplements

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	23	-	-	12	8	3	-	21	2	-	2	-	-	-	16	8	8	7	6	1
Weighted base	23*	-.**	-.**	11**	8**	3**	-.**	21**	1**	-.**	1**	-.**	-.**	-.**	16**	7**	8**	7**	6**	1**
NET: Benefits	15	-	-	6	5	3	-	13	1	-	1	-	-	-	9	4	5	5	4	1
	65%	-	-	57%	63%	100%	-	63%	100%	-	100%	-	-	-	61%	59%	62%	73%	68%	100%
My vision is good/ has improved/ other benefits to eyes	9	-	-	3	5	1	-	9	-	-	-	-	-	-	6	1	5	3	3	-
	40%	-	-	28%	58%	38%	-	43%	-	-	-	-	-	-	40%	21%	56%	42%	51%	-
Other benefits	3	-	-	1	2	-	-	3	-	-	-	-	-	-	-	-	-	3	2	1
	12%	-	-	11%	18%	-	-	13%	-	-	-	-	-	-	-	-	-	38%	26%	100%
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	-	2	-	-	-	2	-	-	-	-	-	-	1	1	-	1	1	-
	7%	-	-	14%	-	-	-	7%	-	-	-	-	-	3%	7%	-	15%	18%	-	-
They give me all the vitamins I need/ ensure a balanced diet	1	-	-	-	*	1	-	-	1	-	1	-	-	-	1	1	-	-	-	-
	6%	-	-	-	4%	33%	-	-	100%	-	100%	-	-	-	9%	19%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	4%	-	-	-	-	29%	-	4%	-	-	-	-	-	6%	13%	-	-	-	-	-
Maintains a healthy heart	*	-	-	*	-	-	-	*	-	-	-	-	-	-	*	-	*	-	-	-
	2%	-	-	5%	-	-	-	2%	-	-	-	-	-	3%	-	6%	-	-	-	-
Nothing/ I have not noticed anything	4	-	-	*	3	-	-	4	-	-	-	-	-	2	-	2	2	2	2	-
	16%	-	-	4%	37%	-	-	17%	-	-	-	-	-	11%	-	21%	27%	32%	-	-
Don't know	4	-	-	4	-	-	-	4	-	-	-	-	-	4	3	1	-	-	-	-
	19%	-	-	39%	-	-	-	20%	-	-	-	-	-	28%	41%	17%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 134

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Eye health supplements

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	23	10	5	5	13	-	1	3	9	-	18	5	5	4	1	1	4	1
Weighted base	23*	10**	6**	4**	13**	-.*	***	2**	10**	-.*	19**	3**	3**	3**	***	***	3**	1**
NET: Benefits	15	8	4	4	7	-	-	2	5	-	12	3	3	3	-	*	3	1
	65%	76%	60%	100%	56%	-	-	100%	49%	-	61%	85%	85%	100%	-	100%	100%	100%
My vision is good/ has improved/ other benefits to eyes	9	4	2	2	5	-	-	2	3	-	9	-	-	-	-	-	-	-
	40%	37%	28%	52%	43%	-	-	100%	32%	-	47%	-	-	-	-	-	-	-
Other benefits	3	-	-	-	3	-	-	-	3	-	3	-	-	-	-	-	-	-
	12%	-	-	-	21%	-	-	-	27%	-	14%	-	-	-	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	1	-	1	1	-	-	-	1	-	2	-	-	-	-	-	-	-
	7%	10%	-	26%	4%	-	-	-	5%	-	8%	-	-	-	-	-	-	-
They give me all the vitamins I need/ ensure a balanced diet	1	1	1	*	-	-	-	-	-	-	1	1	1	-	-	-	1	-
	6%	14%	17%	9%	-	-	-	-	-	-	42%	42%	50%	-	-	-	50%	-
I feel well/ healthy/ better/ a sense of well being	1	1	1	-	-	-	-	-	-	-	1	1	1	-	-	-	1	1
	4%	9%	15%	-	-	-	-	-	-	-	28%	28%	33%	-	-	-	33%	100%
Maintains a healthy heart	*	*	-	*	-	-	-	-	-	-	*	*	*	-	*	*	-	-
	2%	5%	-	13%	-	-	-	-	-	-	15%	15%	18%	-	100%	18%	-	
Nothing/ I have not noticed anything	4	1	1	-	3	-	*	-	2	-	3	*	*	-	*	-	-	
	16%	10%	16%	-	21%	-	100%	-	22%	-	16%	15%	15%	-	100%	-	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 134

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Eye health supplements

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pension only (g)	Ret-ired private pension (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	23*	10**	6**	4**	13**	-**	***	2**	10**	-**	19**	3**	3**	3**	***	***	3**	1**
Don't know	4	1	1	-	3	-	-	-	3	-	4	-	-	-	-	-	-	-
	19%	14%	23%	-	23%	-	-	-	30%	-	22%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 135

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Eye health supplements**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	23	2	17	16	-	1	4	3	-	1	1	4	4	2	2	1	2	3	2	9	-	7	4	-	14
Weighted base	23*	1**	18**	17**	-**	1**	3**	3**	-**	1**	***	3**	4**	2**	1**	1**	3**	2**	3**	10**	-**	8**	4**	-**	13**
NET: Benefits	15	1	11	11	-	-	3	3	-	1	-	2	3	1	1	2	2	3	6	-	5	3	-	8	
	65%	40%	60%	64%	-	-	100%	100%	-	100%	-	58%	75%	43%	46%	100%	63%	100%	100%	65%	-	73%	66%	-	65%
My vision is good/has improved/ other benefits to eyes	9	1	6	6	-	-	3	2	-	1	-	1	1	-	1	2	1	2	6	-	5	3	-	3	
	40%	40%	32%	34%	-	-	85%	80%	-	100%	-	43%	33%	-	46%	100%	63%	38%	60%	60%	-	66%	66%	-	25%
Other benefits	3	-	3	3	-	-	-	-	-	-	-	-	1	-	-	-	-	2	-	-	-	-	-	3	
	12%	-	15%	16%	-	-	-	-	-	-	-	-	33%	-	-	-	-	60%	-	-	-	-	-	21%	
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	1	1	-	-	1	1	-	-	-	1	-	1	-	-	-	-	1	-	1	-	-	1	
	7%	-	6%	6%	-	-	15%	20%	-	-	-	15%	-	43%	-	-	-	-	5%	-	7%	-	-	8%	
They give me all the vitamins I need/ ensure a balanced diet	1	-	1	1	-	-	-	-	-	-	-	-	*	-	-	-	-	1	-	-	-	-	-	1	
	6%	-	8%	8%	-	-	-	-	-	-	-	-	10%	-	-	-	-	40%	-	-	-	-	-	11%	
I feel well/ healthy/ better/ a sense of well being	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	
	4%	-	5%	5%	-	-	-	-	-	-	-	-	-	-	-	-	40%	-	-	-	-	-	-	7%	
Maintains a healthy heart	*	-	*	*	-	-	-	-	-	-	-	-	-	-	-	-	*	-	-	-	-	-	-	*	
	2%	-	3%	3%	-	-	-	-	-	-	-	-	-	-	-	-	22%	-	-	-	-	-	-	4%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 135

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Eye health supplements

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	23*	1**	18**	17**	-**	1**	3**	3**	-**	1**	***	3**	4**	2**	1**	1**	3**	2**	3**	10**	-**	8**	4**	-**	13**
Nothing/ I have not noticed anything	4	-	4	3	-	1	-	-	-	*	-	-	1	1	-	1	-	-	-	-	-	-	-	-	4
	16%	-	20%	16%	-	100%	-	-	-	100%	-	-	57%	54%	-	37%	-	-	-	-	-	-	-	-	28%
Don't know	4	1	3	3	-	-	-	-	-	-	1	1	-	-	-	-	-	-	3	-	2	1	-	1	
	19%	60%	19%	21%	-	-	-	-	-	-	42%	25%	-	-	-	-	-	-	35%	-	27%	34%	-	7%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 136

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Eye health supplements**

Q13. Which of the following apply to you?

	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	23	-	1	-	-	7	11	3	12	2	9	-	2
Weighted base	23*	-**	***	..**	..**	7**	11**	2**	12**	2**	9**	..**	3**
NET: Benefits	15	-	*	-	-	6	6	2	6	1	9	-	1
	65%	-	100%	-	-	81%	58%	100%	54%	71%	100%	-	33%
My vision is good/ has improved/ other benefits to eyes	9	-	-	-	-	5	3	1	4	1	7	-	-
	40%	-	-	-	-	62%	24%	78%	33%	71%	83%	-	-
Other benefits	3	-	-	-	-	2	1	-	3	-	2	-	-
	12%	-	-	-	-	20%	11%	-	23%	-	17%	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	-	-	-	1	1	-	1	-	2	-	-
	7%	-	-	-	-	14%	10%	-	9%	-	17%	-	-
They give me all the vitamins I need/ ensure a balanced diet	1	-	*	-	-	*	-	*	*	-	-	-	1
	6%	-	100%	-	-	5%	-	22%	3%	-	-	-	33%
I feel well/ healthy/ better/ a sense of well being	1	-	-	-	-	-	1	-	-	-	-	-	-
	4%	-	-	-	-	-	9%	-	-	-	-	-	-
Maintains a healthy heart	*	-	-	-	-	-	*	-	-	-	-	-	-
	2%	-	-	-	-	-	5%	-	-	-	-	-	-
Nothing/ I have not noticed anything	4	-	-	-	-	-	4	-	3	*	-	-	-
	16%	-	-	-	-	-	34%	-	26%	29%	-	-	-
Don't know	4	-	-	-	-	1	1	-	2	-	-	-	2
	19%	-	-	-	-	19%	8%	-	19%	-	-	-	67%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 137

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Gender		Age						Social Grade				Region							Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber-side (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	13	4	9	1	4	4	3	1	3	4	2	4	-	4	-	2	-	1	3	1	2	6	5
Weighted base	14*	4**	10**	2**	3**	5**	4**	1**	2**	8**	2**	3**	-.**	4**	-.**	1**	-.**	1**	5**	1**	3**	7**	6**
NET: Benefits	13	4	9	2	3	4	4	-	*	8	2	2	-	4	-	*	-	-	5	1	3	5	6
	87%	85%	88%	100%	80%	86%	100%	-	21%	100%	100%	82%	-	100%	-	35%	-	-	88%	100%	100%	80%	100%
They help to lose/control weight/ suppresses appetite	10	4	6	2	3	3	2	-	*	6	1	2	-	4	-	*	-	-	5	1	-	5	5
	69%	85%	61%	100%	80%	62%	58%	-	21%	80%	46%	82%	-	100%	-	35%	-	-	88%	100%	-	80%	75%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	2	1	2	-	-	1	-	-	2	-	1	-	1	-	-	-	-	2	-	-	1	2
	19%	50%	6%	100%	-	-	16%	-	-	28%	-	21%	-	15%	-	-	-	-	41%	-	-	9%	35%
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	2	-	-	-	2	-	-	2	-	-	-	-	-	-	-	-	-	-	2	-	2
	11%	-	16%	-	-	-	42%	-	-	20%	-	-	-	-	-	-	-	-	-	-	59%	-	25%
I have good digestion	1	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	1
	8%	27%	-	-	35%	-	-	-	-	-	-	42%	-	31%	-	-	-	-	-	-	-	-	19%
Other benefits	1	-	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-
	8%	-	11%	-	-	24%	-	-	-	-	54%	-	-	-	-	-	-	-	-	-	41%	-	-
NET: Adverse effects	4	2	2	2	-	-	2	-	-	4	-	-	-	2	-	-	-	-	2	-	-	2	2
	26%	50%	15%	100%	-	-	42%	-	-	48%	-	-	-	40%	-	-	-	-	41%	-	-	24%	35%
Insomnia	2	2	-	2	-	-	-	-	-	2	-	-	-	-	-	-	-	-	2	-	-	-	2
	15%	50%	-	100%	-	-	-	-	-	28%	-	-	-	-	-	-	-	-	41%	-	-	-	35%
Other adverse effects	2	2	-	2	-	-	-	-	-	2	-	-	-	-	-	-	-	-	2	-	-	-	2
	15%	50%	-	100%	-	-	-	-	-	28%	-	-	-	-	-	-	-	-	41%	-	-	-	35%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 137

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Gender		Age						Social Grade				Region								Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	14*	4**	10**	2**	3**	5**	4**	1**	2**	8**	2**	3**	..*	4**	..*	1**	..*	1**	5**	1**	3**	7**	6**
It has effected my bowel movements/ colour, hardness etc	2 11%	-	2 15%	-	-	-	2 42%	-	-	2 20%	-	-	-	2 40%	-	-	-	-	-	-	-	2 24%	-
Nothing/ I have not noticed anything	2 13%	1 15%	1 12%	-	1 20%	1 14%	-	1 100%	1 79%	-	-	1 18%	-	-	-	1 65%	-	1 100%	1 12%	-	-	1 20%	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 138

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Weight loss supplement**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	13	-	-	9	3	-	-	11	2	-	-	2	-	-	11	7	4	2	2	-
Weighted base	14*	**	**	12**	2**	**	**	11**	3**	**	**	3**	**	**	12**	9**	3**	2**	2**	**
NET: Benefits	13	-	-	12	1	-	-	10	3	-	-	3	-	-	11	9	2	2	2	-
	87%	-	-	100%	32%	-	-	89%	80%	-	-	80%	-	-	89%	93%	79%	75%	75%	-
They help to lose/control weight/suppresses appetite	10	-	-	9	1	-	-	7	3	-	-	3	-	-	10	7	2	-	-	-
	69%	-	-	78%	32%	-	-	66%	80%	-	-	80%	-	-	80%	81%	79%	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	3	-	-	-	3	-	-	-	-	-	-	3	3	-	-	-	-
	19%	-	-	23%	-	-	-	25%	-	-	-	-	-	-	23%	30%	-	-	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	-	2	-	-	-	2	-	-	-	-	-	-	-	-	-	2	2	-
	11%	-	-	13%	-	-	-	14%	-	-	-	-	-	-	-	-	-	75%	75%	-
I have good digestion	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	8%	-	-	10%	-	-	-	11%	-	-	-	-	-	-	10%	-	38%	-	-	-
Other benefits	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	8%	-	-	9%	-	-	-	10%	-	-	-	-	-	-	9%	12%	-	-	-	-
NET: Adverse effects	4	-	-	4	-	-	-	4	-	-	-	-	-	-	4	4	-	-	-	-
	26%	-	-	31%	-	-	-	33%	-	-	-	-	-	-	30%	41%	-	-	-	-
Insomnia	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	15%	-	-	18%	-	-	-	19%	-	-	-	-	-	-	18%	24%	-	-	-	-
Other adverse effects	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	15%	-	-	18%	-	-	-	19%	-	-	-	-	-	-	18%	24%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 138

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	14*	-**	-**	12**	2**	-**	-**	11**	3**	-**	-**	3**	-**	-**	12**	9**	3**	2**	2**	-**
It has effected my bowel movements/ colour, hardness etc	2 11%	-	-	2 13%	-	-	-	2 14%	-	-	-	-	-	-	2 13%	2 17%	-	-	-	-
Nothing/ I have not noticed anything	2 13%	-	-	-	1 68%	-	-	1 11%	1 20%	-	-	1 20%	-	-	1 11%	1 7%	1 21%	1 25%	1 25%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 139

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	13	11	7	4	2	-	-	-	-	2	5	8	7	8	3	3	4	2
Weighted base	14*	13**	11**	2**	2**	..*	..*	..*	..*	2**	6**	9**	7**	9**	2**	3**	4**	2**
NET: Benefits	13	11	10	1	1	-	-	-	-	1	5	7	6	7	1	2	4	2
	87%	90%	94%	69%	68%	-	-	-	-	68%	91%	85%	81%	85%	70%	76%	85%	70%
They help to lose/control weight/suppresses appetite	10	10	8	1	-	-	-	-	-	-	4	6	5	6	1	1	4	2
	69%	77%	79%	69%	-	-	-	-	-	-	64%	72%	66%	72%	70%	35%	85%	70%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	3	2	1	-	-	-	-	-	-	2	1	1	1	-	-	1	-
	19%	22%	21%	27%	-	-	-	-	-	-	38%	7%	8%	7%	-	-	14%	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	11%	12%	15%	-	-	-	-	-	-	-	27%	-	-	-	-	-	-	-
I have good digestion	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	8%	9%	11%	-	-	-	-	-	-	-	20%	-	-	-	-	-	-	-
Other benefits	1	-	-	-	1	-	-	-	-	1	-	1	1	1	-	1	-	-
	8%	-	-	-	68%	-	-	-	-	68%	-	13%	16%	13%	-	41%	-	-
NET: Adverse effects	4	4	4	-	-	-	-	-	-	-	2	2	-	2	-	-	-	2
	26%	29%	35%	-	-	-	-	-	-	-	38%	18%	-	18%	-	-	-	70%
Insomnia	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	15%	17%	21%	-	-	-	-	-	-	-	38%	-	-	-	-	-	-	-
Other adverse effects	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	15%	17%	21%	-	-	-	-	-	-	-	38%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 139

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired pri-vate pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	14*	13**	11**	2**	2**	-.**	-.**	-.**	-.**	2**	6**	9**	7**	9**	2**	3**	4**	2**
It has effected my bowel movements/ colour, hardness etc	2 11%	2 12%	2 15%	-	-	-	-	-	-	-	-	2 18%	-	2 18%	-	-	-	2 70%
Nothing/ I have not noticed anything	2 13%	1 10%	1 6%	1 31%	1 32%	-	-	-	-	1 32%	1 9%	1 15%	1 19%	1 15%	1 30%	1 24%	1 15%	1 30%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 140

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	13	5	6	5	1	-	2	-	-	2	-	2	3	1	4	-	-	-	1	4	2	3	-	-	9
Weighted base	14*	5**	7**	5**	3**	-**	2**	-**	-**	2**	-**	1**	3**	1**	5**	-**	-**	-**	2**	3**	2**	2**	-**	-**	11**
NET: Benefits	13	5	6	4	3	-	2	-	-	2	-	*	3	1	3	-	-	-	2	3	2	2	-	-	10
	87%	100%	82%	73%	100%	-	75%	-	-	75%	-	41%	100%	100%	73%	-	-	-	100%	85%	100%	77%	-	-	88%
They help to lose/control weight/suppresses appetite	10	5	3	1	3	-	2	-	-	2	-	*	2	1	3	-	-	-	2	2	1	1	-	-	8
	69%	100%	47%	19%	100%	-	75%	-	-	75%	-	41%	61%	100%	73%	-	-	-	52%	52%	27%	27%	-	-	74%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	3	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	1	-	-	2
	19%	57%	-	-	-	-	-	-	-	-	-	-	20%	-	-	-	-	-	17%	-	-	27%	-	-	20%
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	2
	11%	-	21%	32%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	14%
I have good digestion	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	1	1	-	-	-	-
	8%	24%	-	-	-	-	-	-	-	-	-	-	41%	-	-	-	-	-	35%	52%	50%	-	-	-	-
Other benefits	1	-	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	1	1	-	-	-	-
	8%	-	15%	22%	-	-	-	-	-	-	-	-	39%	-	-	-	-	-	33%	48%	50%	-	-	-	-
NET: Adverse effects	4	2	-	-	-	-	2	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4
	26%	45%	-	-	-	-	75%	-	-	75%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	34%
Insomnia	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	15%	45%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	20%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 140

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	14*	5**	7**	5**	3**	-**	2**	-**	-**	2**	-**	1**	3**	1**	5**	-**	-**	-**	2**	3**	2**	2**	-**	-**	11**
Other adverse effects	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	15%	45%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	20%
It has effected my bowel movements/colour, hardness etc	2	-	-	-	-	-	2	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	11%	-	-	-	-	-	75%	-	-	75%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14%
Nothing/ I have not noticed anything	2	-	1	1	-	-	1	-	-	1	-	1	-	-	1	-	-	-	-	1	-	1	-	-	1
	13%	-	18%	27%	-	-	25%	-	-	25%	-	59%	-	-	27%	-	-	-	-	15%	-	23%	-	-	12%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 141

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	13	-	-	-	-	11	5	3	4	4	3	2	-
Weighted base	14*	-.**	-.**	-.**	-.**	12**	8**	3**	8**	3**	2**	2**	-.**
NET: Benefits	13	-	-	-	-	10	8	2	8	3	2	2	-
	87%	-	-	-	-	85%	92%	80%	100%	100%	77%	100%	-
They help to lose/ control weight/ suppresses appetite	10	-	-	-	-	8	6	1	6	2	1	1	-
	69%	-	-	-	-	63%	74%	37%	80%	65%	27%	52%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	-	-	3	2	-	2	1	1	-	-
	19%	-	-	-	-	23%	26%	-	28%	18%	27%	-	-
I believe I would feel worse without them/ believe they do good without noticeable effects	2	-	-	-	-	2	2	-	2	-	-	-	-
	11%	-	-	-	-	13%	18%	-	20%	-	-	-	-
I have good digestion	1	-	-	-	-	-	-	-	-	-	-	1	-
	8%	-	-	-	-	-	-	-	-	-	-	52%	-
Other benefits	1	-	-	-	-	1	-	1	-	1	1	1	-
	8%	-	-	-	-	9%	-	43%	-	35%	50%	48%	-
NET: Adverse effects	4	-	-	-	-	4	4	-	4	-	-	-	-
	26%	-	-	-	-	30%	44%	-	48%	-	-	-	-
Insomnia	2	-	-	-	-	2	2	-	2	-	-	-	-
	15%	-	-	-	-	18%	26%	-	28%	-	-	-	-
Other adverse effects	2	-	-	-	-	2	2	-	2	-	-	-	-
	15%	-	-	-	-	18%	26%	-	28%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 141

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Weight loss supplement

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	14*	-**	-**	-**	-**	12**	8**	3**	8**	3**	2**	2**	-**
It has effected my bowel movements/ colour, hardness etc	2 11%	-	-	-	-	2 13%	2 18%	-	2 20%	-	-	-	-
Nothing/ I have not noticed anything	2 13%	-	-	-	-	2 15%	1 8%	1 20%	-	-	1 23%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 142

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Gender		Age						Social Grade					Region									Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	9	8	1	2	4	-	1	2	3	2	2	2	2	1	-	-	1	1	-	2	2	-	2	5
Weighted base	10*	9**	1**	2**	4**	-.**	2**	3**	3**	2**	2**	3**	2**	1**	-.**	-.**	2**	2**	-.**	2**	2**	-.**	2**	7**
NET: Benefits	9	8	1	1	4	-	2	3	3	1	2	3	2	1	-	-	2	2	-	1	2	-	2	7
	87%	86%	100%	39%	100%	-	100%	100%	100%	43%	100%	100%	100%	100%	-	-	100%	100%	-	40%	100%	-	100%	100%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	6	1	1	3	-	2	1	3	1	2	1	2	-	-	2	2	-	1	1	-	1	5	
	65%	62%	100%	39%	84%	-	100%	35%	80%	43%	100%	35%	100%	-	-	100%	100%	-	40%	33%	-	59%	75%	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	3	-	-	2	-	-	2	1	1	-	2	1	1	-	-	-	-	-	-	2	-	1	3
	32%	35%	-	-	40%	-	-	65%	20%	43%	-	65%	51%	100%	-	-	-	-	-	-	67%	-	41%	40%
They help to lose/ control weight/ suppresses appetite	1	1	-	-	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	9%	10%	-	-	24%	-	-	-	-	43%	-	-	51%	-	-	-	-	-	-	-	-	-	-	15%
Other benefits	1	1	-	-	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	9%	10%	-	-	24%	-	-	-	-	43%	-	-	51%	-	-	-	-	-	-	-	-	-	-	15%
It keeps me supple/ lessens stiffness/ helps with mobility	1	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	9%	-	-	-	-	-	35%	-	-	-	35%	-	-	-	-	-	-	-	40%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	1	-	-	1	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-
	6%	7%	-	-	16%	-	-	-	20%	-	-	-	-	100%	-	-	-	-	-	-	-	-	41%	-
NET: Adverse effects	1	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	9%	-	-	-	-	-	35%	-	-	-	35%	-	-	-	-	-	-	-	40%	-	-	-	-
Other adverse effects	1	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	9%	-	-	-	-	-	35%	-	-	-	35%	-	-	-	-	-	-	-	40%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 142

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Gender		Age					Social Grade				Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Weighted base	10*	9**	1**	2**	4**	-**	2**	3**	3**	2**	2**	3**	2**	1**	-**	-**	2**	2**	-**	2**	2**	-**	2**	7**
Nothing/ I have not noticed anything	1	1	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-
	13%	14%	-	61%	-	-	-	-	-	57%	-	-	-	-	-	-	-	-	-	60%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 143

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	9	-	-	5	3	1	-	8	1	-	-	-	-	1	9	5	4	-	-	-
Weighted base	10*	6**	3**	1**	..	9**	1**	1**	10**	6**	5**
NET: Benefits	9	-	-	5	3	1	-	9	-	-	-	-	-	-	9	4	5	-	-	-
	87%	-	-	80%	100%	100%	-	100%	-	-	-	-	-	-	87%	77%	100%	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	-	-	3	2	1	-	7	-	-	-	-	-	-	7	3	4	-	-	-
	65%	-	-	54%	78%	100%	-	75%	-	-	-	-	-	-	65%	49%	86%	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	3	1	-	-	3	-	-	-	-	-	-	3	3	1	-	-	-
	32%	-	-	41%	22%	-	-	36%	-	-	-	-	-	-	32%	46%	14%	-	-	-
They help to lose/ control weight/ suppresses appetite	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	9%	-	-	15%	-	-	-	11%	-	-	-	-	-	-	9%	17%	-	-	-	-
Other benefits	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	9%	-	-	15%	-	-	-	11%	-	-	-	-	-	-	9%	17%	-	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	8%	-	-	-	29%	-	-	10%	-	-	-	-	-	-	8%	15%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	6%	-	-	-	22%	-	-	7%	-	-	-	-	-	-	6%	-	14%	-	-	-
NET: Adverse effects	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	8%	-	-	-	29%	-	-	10%	-	-	-	-	-	-	8%	15%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 143

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	10*	-**	-**	6**	3**	1**	-**	9**	1**	-**	-**	-**	-**	1**	10**	6**	5**	-**	-**	-**
Other adverse effects	1	-	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	8%	-	-	-	29%	-	-	10%	-	-	-	-	-	8%	15%	-	-	-	-	-
Nothing/ I have not noticed anything	1	-	-	1	-	-	-	-	1	-	-	-	1	1	1	-	-	-	-	-
	13%	-	-	20%	-	-	-	-	100%	-	-	-	100%	13%	23%	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 144

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	9	7	5	2	2	1	1	-	-	-	9	-	-	-	-	-	-	-
Weighted base	10*	8**	6**	2**	2**	1**	1**	.**	.**	.**	10**	.**	.**	.**	.**	.**	.**	.**
NET: Benefits	9	8	6	2	1	-	1	-	-	-	9	-	-	-	-	-	-	-
	87%	100%	100%	100%	40%	-	100%	-	-	-	87%	-	-	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	6	4	2	1	-	1	-	-	-	7	-	-	-	-	-	-	-
	65%	72%	64%	100%	40%	-	100%	-	-	-	65%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	3	3	-	-	-	-	-	-	-	3	-	-	-	-	-	-	-
	32%	40%	51%	-	-	-	-	-	-	-	32%	-	-	-	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	9%	12%	15%	-	-	-	-	-	-	-	9%	-	-	-	-	-	-	-
Other benefits	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	9%	12%	15%	-	-	-	-	-	-	-	9%	-	-	-	-	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	1	-	-	-	1	-	1	-	-	-	1	-	-	-	-	-	-	-
	8%	-	-	-	40%	-	100%	-	-	-	8%	-	-	-	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	6%	8%	10%	-	-	-	-	-	-	-	6%	-	-	-	-	-	-	-
NET: Adverse effects	1	-	-	-	1	-	1	-	-	-	1	-	-	-	-	-	-	-
	8%	-	-	-	40%	-	100%	-	-	-	8%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 144

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	10*	8**	6**	2**	2**	1**	1**	-**	-**	-**	10**	-**	-**	-**	-**	-**	-**	-**
Other adverse effects	1 8%	-	-	-	1 40%	-	1 100%	-	-	-	1 8%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	1 13%	-	-	-	1 60%	1 100%	-	-	-	-	1 13%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 145

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	9	5	4	3	-	1	-	-	-	-	1	1	1	2	-	-	-	2	2	1	-	1	-	-	8
Weighted base	10*	5**	6**	5**	..	1**	1**	2**	1**	2**	3**	2**	1**	..	1**	9**
NET: Benefits	9	3	6	5	-	1	-	-	-	-	1	2	-	2	-	-	-	3	2	1	-	1	-	-	8
	87%	72%	100%	100%	-	100%	-	-	-	-	100%	100%	-	100%	-	-	-	100%	100%	100%	-	100%	-	-	86%
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	3	4	3	-	1	-	-	-	-	1	2	-	-	-	-	-	3	2	1	-	1	-	-	6
	65%	57%	72%	66%	-	100%	-	-	-	-	100%	100%	-	-	-	-	-	100%	100%	100%	-	100%	-	-	62%
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	1	3	2	-	1	-	-	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	3
	32%	14%	45%	34%	-	100%	-	-	-	-	-	-	100%	-	-	-	-	37%	-	-	-	-	-	-	35%
They help to lose/ control weight/ suppresses appetite	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	9%	-	17%	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	37%	-	-	-	-	-	-	10%
Other benefits	1	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	9%	-	17%	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	37%	-	-	-	-	-	-	10%
It keeps me supple/ lessens stiffness/ helps with mobility	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	8%	19%	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	9%
I have improved memory/ cognitive function/ aids concentration	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
	6%	14%	-	-	-	-	-	-	-	-	-	-	29%	-	-	-	-	-	-	-	-	-	-	-	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 145

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)
Weighted base	10*	5**	6**	5**	-**	1**	-**	-**	-**	1**	2**	1**	2**	-**	-**	-**	3**	2**	1**	-**	1**	-**	-**	9**
NET: Adverse effects	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	8%	19%	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	9%
Other adverse effects	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
	8%	19%	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	9%
Nothing/ I have not noticed anything	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
	13%	28%	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	14%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 146

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	9	1	-	-	-	3	8	-	9	-	1	-	-
Weighted base	10*	2**	-**	-**	-**	3**	10**	-**	10**	-**	1**	-**	-**
NET: Benefits	9	2	-	-	-	3	8	-	9	-	1	-	-
	87%	100%	-	-	-	100%	86%	-	87%	-	100%	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	7	2	-	-	-	1	6	-	7	-	1	-	-
	65%	100%	-	-	-	30%	62%	-	65%	-	100%	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	-	-	3	3	-	3	-	-	-	-
	32%	-	-	-	-	100%	34%	-	32%	-	-	-	-
They help to lose/ control weight/ suppresses appetite	1	-	-	-	-	1	1	-	1	-	-	-	-
	9%	-	-	-	-	30%	10%	-	9%	-	-	-	-
Other benefits	1	-	-	-	-	1	1	-	1	-	-	-	-
	9%	-	-	-	-	30%	10%	-	9%	-	-	-	-
It keeps me supple/ lessens stiffness/ helps with mobility	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	-	-	-	-	-	-	-	8%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1	-	-	-	-	1	1	-	1	-	-	-	-
	6%	-	-	-	-	20%	7%	-	6%	-	-	-	-
NET: Adverse effects	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	-	-	-	-	-	-	-	8%	-	-	-	-
Other adverse effects	1	-	-	-	-	-	-	-	1	-	-	-	-
	8%	-	-	-	-	-	-	-	8%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 146

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Sports performance enhancer

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	10*	2**	-.**	-.**	-.**	3**	10**	-.**	10**	-.**	1**	-.**	-.**
Nothing/ I have not noticed anything	1 13%	-	-	-	-	-	1 14%	-	1 13%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 147

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	35	10	25	4	3	2	3	8	15	14	14	2	5	2	-	3	5	2	3	4	4	2	3	4	3	4	10
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
NET: Benefits	30	8	22	2	4	2	3	6	12	11	13	1	5	1	-	2	2	2	2	3	3	3	3	5	4	3	11
	85%	76%	89%	77%	100%	100%	100%	78%	82%	87%	89%	42%	87%	52%	-	74%	62%	100%	100%	74%	74%	100%	100%	100%	100%	100%	100%
Other benefits	5	-	5	-	-	-	-	3	1	1	2	-	1	1	-	-	-	-	-	-	-	-	-	1	2	-	1
	13%	-	19%	-	-	-	-	43%	8%	7%	16%	-	25%	52%	-	-	-	-	-	-	-	-	-	26%	60%	-	9%
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	4	3	1	1	-	2	*	1	-	1	2	-	1	-	-	2	1	*	-	-	-	1	-	-	2	2	
	12%	28%	5%	23%	-	100%	14%	11%	-	10%	12%	-	20%	-	-	42%	48%	22%	-	-	-	38%	-	-	63%	18%	
My skin is in good condition/ good complexion/ repairs damaged skin	4	2	2	-	2	-	-	1	1	3	1	-	-	-	-	-	-	-	1	1	-	-	2	-	-	3	
	12%	21%	8%	-	55%	-	-	16%	5%	22%	8%	-	-	-	-	-	-	-	33%	19%	-	-	45%	-	-	30%	
Less aches and pains	4	-	4	-	-	-	2	1	2	1	3	-	-	-	-	2	-	-	-	-	-	-	-	2	-	2	
	11%	-	16%	-	-	-	48%	11%	10%	7%	21%	-	-	-	52%	-	-	-	-	-	-	-	-	62%	-	14%	
They give me all the vitamins I need/ ensure a balanced diet	4	1	3	1	-	-	-	3	2	2	-	1	-	-	-	-	-	1	1	-	-	1	1	-	-	1	
	11%	8%	12%	30%	-	-	-	20%	12%	11%	-	11%	-	-	-	-	-	41%	20%	-	-	31%	29%	-	-	7%	
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	3	-	-	-	*	1	1	*	1	-	1	-	-	-	-	*	-	1	-	-	-	1	*	-	
	9%	-	13%	-	-	-	14%	19%	9%	4%	9%	-	25%	-	-	-	-	22%	-	34%	-	-	-	38%	13%	-	
I have good digestion	2	-	2	-	1	-	-	2	-	1	1	1	-	-	-	1	1	-	-	-	-	-	1	-	-	1	
	7%	-	10%	-	22%	-	-	19%	-	7%	6%	42%	-	-	-	23%	23%	-	-	-	-	-	31%	-	-	7%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 147

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
Healthier bones/ I have stronger bones	2 5%	-	2 7%	-	-	-	-	-	2 12%	-	-	-	2 31%	-	-	-	-	-	-	-	-	2 66%	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	2 5%	-	2 7%	1 25%	1 23%	-	-	-	-	2 13%	-	-	-	-	-	-	1 20%	-	-	-	-	1 34%	-	-	-	-	2 15%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 5%	-	2 7%	-	-	-	-	1 11%	1 5%	2 13%	-	-	-	-	-	-	1 23%	-	-	1 21%	-	-	-	-	-	-	2 14%
Improved bowel movements	2 4%	-	2 6%	-	1 22%	-	-	1 9%	-	-	1 6%	1 42%	-	-	-	1 23%	-	-	-	-	-	-	1 31%	-	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 4%	-	1 6%	-	-	-	-	1 19%	-	-	-	-	1 25%	-	-	-	-	-	-	-	-	-	-	-	1 38%	-	
Increased libido/ improved sexual performance	1 4%	1 12%	-	-	-	-	1 38%	-	-	1 10%	-	-	-	-	-	-	1 52%	-	-	-	-	-	-	-	-	1 37%	-
I feel well/ healthy/ better/ a sense of well being	1 2%	1 8%	-	-	-	-	-	1 6%	1 7%	-	-	-	-	-	-	-	-	-	-	1 22%	-	-	-	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	1 4%	-	-	-	-	1 6%	1 7%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 31%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 147

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 2%	-	1 3%	-	-	-	-	-	1 5%	-	1 5%	-	-	-	-	-	-	-	1 37%	-	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	5 15%	2 24%	3 11%	1 23%	-	-	-	2 22%	3 18%	2 13%	2 11%	1 58%	1 13%	1 48%	-	1 26%	1 38%	-	-	1 26%	1 26%	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 148

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	35	-	-	17	11	4	2	33	2	-	2	-	-	-	24	13	11	11	11	-
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
NET: Benefits	30	-	-	13	11	4	1	28	2	-	2	-	-	-	21	12	9	9	9	-
	85%	-	-	77%	94%	100%	52%	84%	100%	-	100%	-	-	-	86%	82%	92%	85%	85%	-
Other benefits	5	-	-	1	1	2	-	5	-	-	-	-	-	-	2	-	2	3	3	-
	13%	-	-	6%	11%	59%	-	14%	-	-	-	-	-	-	8%	-	20%	25%	25%	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	4	-	-	2	2	1	-	3	1	-	1	-	-	-	4	3	1	*	*	-
	12%	-	-	10%	15%	21%	-	9%	48%	-	48%	-	-	-	16%	18%	12%	4%	4%	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	-	-	1	3	-	-	4	-	-	-	-	-	-	4	2	2	-	-	-
	12%	-	-	7%	25%	-	-	13%	-	-	-	-	-	-	17%	15%	20%	-	-	-
Less aches and pains	4	-	-	2	2	1	-	4	-	-	-	-	-	-	1	-	1	3	3	-
	11%	-	-	9%	14%	22%	-	12%	-	-	-	-	-	-	4%	-	9%	28%	28%	-
They give me all the vitamins I need/ ensure a balanced diet	4	-	-	1	2	1	-	4	-	-	-	-	-	-	3	1	2	1	1	-
	11%	-	-	9%	15%	19%	-	12%	-	-	-	-	-	-	13%	6%	24%	7%	7%	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	2	-	1	-	3	-	-	-	-	-	-	1	1	-	2	2	-
	9%	-	-	11%	-	38%	-	10%	-	-	-	-	-	-	5%	9%	-	18%	18%	-
I have good digestion	2	-	-	-	2	1	-	2	-	-	-	-	-	-	2	1	2	-	-	-
	7%	-	-	-	14%	21%	-	7%	-	-	-	-	-	-	10%	6%	16%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 148

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
Healthier bones/ I have stronger bones	2 5%	-	-	-	-	-	-	2 6%	-	-	-	-	-	-	2 8%	2 13%	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	2 5%	-	-	1 6%	-	-	1 52%	2 5%	-	-	-	-	-	-	1 4%	1 6%	-	1 7%	1 7%	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 5%	-	-	1 5%	-	1 21%	-	2 5%	-	-	-	-	-	-	1 3%	1 6%	-	1 7%	1 7%	-
Improved bowel movements	2 4%	-	-	-	2 14%	-	-	2 5%	-	-	-	-	-	-	2 6%	-	2 16%	-	-	-
I have improved memory/ cognitive function/ aids concentration	1 4%	-	-	-	-	1 38%	-	1 5%	-	-	-	-	-	-	-	-	-	1 13%	1 13%	-
Increased libido/ improved sexual performance	1 4%	-	-	1 8%	-	-	-	-	1 52%	-	1 52%	-	-	-	1 5%	1 9%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1 2%	-	-	1 5%	-	-	-	1 3%	-	-	-	-	-	-	1 4%	1 6%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	1 8%	-	-	1 3%	-	-	-	-	-	-	1 4%	-	1 9%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 148

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 2%	-	-	1 5%	-	-	-	1 2%	-	-	-	-	-	-	-	-	-	1 7%	1 7%	-
Nothing/ I have not noticed anything	5 15%	-	-	4 23%	1 6%	-	1 48%	5 16%	-	-	-	-	-	3 14%	3 18%	1 8%	2 15%	2 15%	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 149

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	35	14	8	6	21	2	3	3	11	2	26	9	8	8	3	4	4	2
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
NET: Benefits	30	15	10	5	15	2	1	4	7	1	21	10	10	8	4	4	4	2
	85%	100%	100%	100%	75%	100%	37%	100%	73%	42%	83%	92%	100%	91%	100%	100%	100%	67%
Other benefits	5	1	1	-	4	1	-	-	2	-	5	-	-	-	-	-	-	-
	13%	7%	11%	-	18%	63%	-	-	21%	-	19%	-	-	-	-	-	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	4	4	4	*	-	-	-	-	-	-	3	2	2	2	-	*	2	-
	12%	29%	38%	9%	-	-	-	-	-	-	11%	15%	16%	17%	-	10%	35%	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	3	2	1	1	-	-	-	1	-	1	3	3	2	3	2	-	-
	12%	23%	22%	25%	4%	-	-	-	7%	-	3%	33%	36%	24%	79%	49%	-	-
Less aches and pains	4	2	2	-	2	-	-	2	1	-	2	2	2	2	-	-	2	2
	11%	11%	16%	-	12%	-	-	38%	8%	-	10%	15%	16%	17%	-	-	36%	67%
They give me all the vitamins I need/ ensure a balanced diet	4	1	-	1	3	-	1	1	2	-	4	-	-	-	-	-	-	-
	11%	5%	-	15%	15%	-	37%	17%	16%	-	16%	-	-	-	-	-	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	*	-	*	3	1	-	-	1	-	3	*	*	*	-	*	*	-
	9%	3%	-	9%	14%	63%	-	-	13%	-	11%	4%	5%	5%	-	10%	10%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 149

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
I have good digestion	2 7%	1 6%	1 9%	-	2 8%	1 37%	-	-	-	1 42%	2 6%	1 8%	1 9%	1 10%	-	1 20%	-	-
Healthier bones/ I have stronger bones	2 5%	-	-	-	2 9%	-	-	2 45%	-	-	2 7%	-	-	-	-	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	2 5%	2 11%	-	2 34%	-	-	-	-	-	-	1 3%	1 9%	1 10%	1 10%	1 21%	1 21%	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 5%	2 11%	1 9%	1 16%	-	-	-	-	-	-	2 7%	-	-	-	-	-	-	-
Improved bowel movements	2 4%	-	-	-	2 8%	1 37%	-	-	-	1 42%	1 3%	1 8%	1 9%	1 10%	-	1 20%	-	-
I have improved memory/ cognitive function/ aids concentration	1 4%	-	-	-	1 7%	1 63%	-	-	-	-	1 6%	-	-	-	-	-	-	-
Increased libido/ improved sexual performance	1 4%	1 9%	1 13%	-	-	-	-	-	-	-	-	1 12%	1 13%	1 14%	-	-	1 29%	-
I feel well/ healthy/ better/ a sense of well being	1 2%	-	-	-	1 4%	-	-	-	1 9%	-	1 3%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 149

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	1 4%	-	-	-	1 9%	-	1 3%	-	-	-	-	-	-	-
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 2%	-	-	-	1 4%	-	-	-	1 8%	-	1 3%	-	-	-	-	-	-	-
Nothing/ I have not noticed anything	5 15%	-	-	-	5 25%	-	1 63%	-	3 27%	1 58%	4 17%	1 8%	-	1 9%	-	-	-	1 33%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 150

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	35	10	18	16	-	2	7	1	-	6	-	6	9	6	5	4	1	2	1	11	3	6	6	2	23
Weighted base	35*	10**	19**	16**	-**	3**	6**	1**	-**	5**	-**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
NET: Benefits	30	8	17	14	-	3	5	1	-	3	-	5	7	5	3	1	2	*	9	2	5	6	-	20	
	85%	83%	91%	89%	-	100%	74%	100%	-	67%	-	77%	80%	100%	84%	77%	100%	100%	77%	72%	73%	88%	-	89%	
Other benefits	5	1	1	1	-	-	2	1	-	1	-	1	2	-	1	-	-	-	1	-	-	1	-	3	
	13%	15%	6%	7%	-	-	33%	100%	-	17%	-	23%	27%	-	20%	-	-	-	12%	-	-	23%	-	14%	
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	4	1	2	2	-	1	1	-	-	1	-	-	1	2	-	1	-	*	-	-	-	-	-	3	
	12%	9%	12%	10%	-	23%	19%	-	-	23%	-	-	10%	43%	-	100%	-	100%	-	-	-	-	-	15%	
My skin is in good condition/ good complexion/ repairs damaged skin	4	1	3	1	-	2	-	-	-	-	-	-	1	2	-	-	1	-	-	-	-	-	-	4	
	12%	7%	18%	8%	-	77%	-	-	-	-	-	-	14%	37%	-	-	59%	-	-	-	-	-	-	19%	
Less aches and pains	4	-	3	3	-	-	1	-	-	1	-	-	-	-	2	-	-	-	2	-	-	2	-	2	
	11%	-	17%	19%	-	-	13%	-	-	17%	-	-	-	-	56%	-	-	-	13%	-	-	25%	-	11%	
They give me all the vitamins I need/ ensure a balanced diet	4	1	2	2	-	-	1	-	-	1	-	1	1	2	-	-	1	-	2	-	1	2	-	2	
	11%	9%	9%	10%	-	-	22%	-	-	28%	-	11%	9%	30%	-	-	41%	-	13%	-	13%	26%	-	10%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 150

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	35*	10**	19**	16**	-**	3**	6**	1**	-**	5**	-**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3 9%	1 15%	2 9%	2 11%	-	-	-	-	-	-	-	1 23%	1 15%	-	-	-	-	-	* 100%	3 23%	1 47%	1 20%	1 23%	-	* 2%
I have good digestion	2 7%	2 17%	1 4%	1 4%	-	-	-	-	-	-	-	-	2 20%	1 13%	-	-	-	-	-	2 13%	1 25%	1 13%	1 14%	-	-
Healthier bones/ I have stronger bones	2 5%	2 19%	-	-	-	-	-	-	-	-	-	2 29%	-	-	-	-	-	-	-	2 15%	-	2 28%	-	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	2 5%	1 7%	1 5%	1 6%	-	-	-	-	-	-	-	-	-	1 12%	1 21%	-	-	-	-	-	-	-	-	-	2 7%
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 5%	1 9%	1 4%	1 5%	-	-	-	-	-	-	-	-	2 19%	-	-	-	-	-	-	-	-	-	-	-	1 3%
Improved bowel movements	2 4%	1 9%	1 4%	1 4%	-	-	-	-	-	-	-	-	1 10%	1 13%	-	-	-	-	-	2 13%	1 25%	1 13%	1 14%	-	-
I have improved memory/ cognitive function/ aids concentration	1 4%	1 15%	-	-	-	-	-	-	-	-	-	1 23%	-	-	-	-	-	-	-	1 12%	-	-	1 23%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 150

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Other(s)**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	35*	10**	19**	16**	-**	3**	6**	1**	-**	5**	-**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
Increased libido/ improved sexual performance	1 4%	-	1 7%	1 8%	-	-	-	-	-	-	-	-	-	-	1 21%	-	-	-	-	-	-	-	-	-	1 6%
I feel well/ healthy/ better/ a sense of well being	1 2%	1 9%	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	-	-	-	-	-	-	-	1 4%
My vision is good/ has improved/ other benefits to eyes	1 2%	-	1 5%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	1 41%	-	1 7%	-	1 13%	1 14%	-	-	
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 2%	-	1 4%	1 5%	-	-	-	-	-	-	-	-	-	1 13%	-	-	-	-	-	-	-	-	-	-	1 4%
Nothing/ I have not noticed anything	5 15%	2 17%	2 9%	2 11%	-	-	2 26%	-	-	2 33%	-	1 23%	2 20%	-	1 16%	1 23%	-	-	-	3 23%	1 28%	2 27%	1 12%	2 100%	2 11%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 151

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	35	-	4	-	-	9	18	7	23	4	14	5	1
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
NET: Benefits	30	-	2	-	-	6	16	7	21	4	12	2	-
	85%	-	48%	-	-	70%	91%	90%	93%	83%	82%	39%	-
Other benefits	5	-	-	-	-	1	1	-	3	1	4	-	-
	13%	-	-	-	-	15%	5%	-	14%	32%	24%	-	-
I have a better/ healthy immune system/ not prone to illness/ colds/ aids recovery from illness	4	-	-	-	-	*	3	1	3	1	1	1	-
	12%	-	-	-	-	6%	20%	11%	15%	18%	6%	21%	-
My skin is in good condition/ good complexion/ repairs damaged skin	4	-	-	-	-	1	1	2	3	-	1	-	-
	12%	-	-	-	-	9%	7%	28%	15%	-	5%	-	-
Less aches and pains	4	-	-	-	-	2	2	2	2	2	2	-	-
	11%	-	-	-	-	19%	14%	20%	11%	33%	16%	-	-
They give me all the vitamins I need/ ensure a balanced diet	4	-	2	-	-	-	2	2	2	-	2	-	-
	11%	-	48%	-	-	-	13%	21%	10%	-	11%	-	-
I have good energy levels/ decreased fatigue/ feel more awake/ alert	3	-	-	-	-	*	*	-	2	1	3	-	-
	9%	-	-	-	-	6%	3%	-	8%	32%	18%	-	-
I have good digestion	2	-	-	-	-	1	-	2	1	1	2	2	-
	7%	-	-	-	-	11%	-	20%	4%	18%	11%	39%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 151

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?**Base: All respondents answering for ...****Other(s)**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
Healthier bones/ I have stronger bones	2 5%	-	-	-	-	-	2 11%	-	-	-	2 12%	-	-
My hair is in good condition/ shiny/ less hair loss/ good growth	2 5%	-	-	-	-	-	1 4%	-	2 7%	-	-	-	-
Healthier joints/ easing of arthritic symptoms/ bone pain/ stiffness	2 5%	-	-	-	-	-	1 4%	1 11%	1 3%	1 18%	1 6%	1 21%	-
Improved bowel movements	2 4%	-	-	-	-	1 11%	-	1 9%	1 4%	-	1 6%	1 17%	-
I have improved memory/ cognitive function/ aids concentration	1 4%	-	-	-	-	-	-	-	-	1 32%	1 10%	-	-
Increased libido/ improved sexual performance	1 4%	-	-	-	-	-	1 7%	-	1 6%	-	-	-	-
I feel well/ healthy/ better/ a sense of well being	1 2%	-	-	-	-	1 11%	1 5%	-	1 4%	-	-	-	-
My vision is good/ has improved/ other benefits to eyes	1 2%	-	-	-	-	-	-	1 11%	-	-	1 6%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 151

Q8a. You said you currently take ... What, if any, effects (either benefits or adverse effects) have you noticed from taking these?

Base: All respondents answering for ...

Other(s)

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
Increases my muscle capacity/ bigger/ stronger muscles/ gain muscle faster	1 2%	-	-	-	-	-	1 5%	-	1 3%	-	-	-	-
Nothing/ I have not noticed anything	5 15%	-	2 52%	-	-	2 30%	2 9%	1 10%	2 7%	1 17%	3 18%	2 61%	1 100%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 152

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Summary table**

	Total Supple- ments	Multivi- tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa- mine	Garlic	Ginseng	Protein	Caffein- e	Folic acid	Pepperm- int oil	Gingko Biloba	Magnesi- um	Eye health supple- ments	Weight loss supple- ment	Sports perform- ance enhance- r	Other(s)
Unweighted base	1586	247	39	86	154	167	39	76	93	198	16	78	69	16	58	26	47	14	17	66	23	13	9	35
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
Less than 1 month	136 9%	19 8%	5 13%	10 13%	15 10%	20 12%	2 6%	- -	8 9%	6 3%	- -	2 3%	4 6%	- -	6 10%	2 8%	10 20%	4 32%	2 14%	8 12%	* 2%	6 43%	- -	4 11%
1-6 months	278 18%	28 11%	8 21%	16 19%	34 22%	57 34%	9 25%	12 17%	23 26%	17 8%	5 29%	5 6%	6 9%	2 13%	6 9%	2 9%	12 24%	1 6%	2 11%	18 27%	1 5%	4 31%	2 24%	7 20%
6-12 months	214 13%	33 13%	8 20%	15 19%	23 14%	26 16%	5 15%	11 14%	9 10%	19 9%	3 21%	4 6%	5 7%	5 32%	11 17%	2 10%	9 18%	- -	3 19%	15 23%	1 6%	2 11%	2 15%	2 7%
1-2 years	281 18%	38 15%	6 14%	13 16%	31 20%	26 15%	6 17%	14 19%	19 22%	38 19%	4 27%	15 19%	9 13%	5 29%	19 31%	2 8%	8 16%	3 24%	2 14%	9 13%	1 6%	- -	5 47%	7 20%
2-5 years	267 17%	51 21%	9 21%	11 14%	20 13%	24 14%	6 15%	19 26%	12 14%	34 17%	2 12%	14 19%	10 15%	1 7%	14 23%	5 19%	4 8%	4 25%	2 13%	8 12%	8 37%	1 7%	1 6%	7 19%
5-10 years	204 13%	40 16%	1 4%	6 8%	13 8%	9 5%	6 15%	9 13%	6 7%	41 20%	2 11%	20 27%	13 18%	1 6%	4 7%	6 22%	4 7%	2 12%	1 6%	6 10%	7 31%	1 8%	1 8%	4 13%
Over 10 years	206 13%	38 15%	3 7%	10 12%	21 14%	6 4%	3 7%	9 12%	10 12%	45 22%	- -	16 21%	21 31%	2 13%	1 2%	6 24%	4 7%	- -	4 23%	1 2%	3 11%	- -	- -	4 12%

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 153

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Multivitamins**

	Gender			Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	247	110	137	21	50	50	62	32	32	73	66	51	57	20	14	23	22	12	19	12	28	31	35	25	6	45	114	
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*	
Less than 1 month	(0.1)	19 8%	6 6%	13 9%	3 15%	3 6%	3 5%	4 8%	1 2%	5 15%	4 6%	2 2%	1 20% _{ijkl}	-	1 5%	1 2%	2 8%	-	2 11%	-	4 14%	5 18%	1 3%	1 6%	2 32%	6 13%	6 5%	
1-6 months	(0.25)	28 11%	14 13%	14 10%	8 43%	8 14%	5 10%	5 8%	1 4%	1 2%	8 11%	11 16% _m	7 15%	2 4%	1 5%	3 13%	1 4%	6 37%	2 11%	1 13%	-	2 6%	7 19%	4 16%	-	3 7%	15 13%	
6-12 months	(0.75)	33 13%	17 15%	16 11%	3 15%	15 25% _g	5 11%	3 5%	3 12%	10 11%	5 8%	7 14%	10 17%	-	6 36%	4 17%	6 30%	3 17%	1 5%	1 10%	3 12%	3 10%	5 13%	-	1 20%	10 19%	14 12%	
1-2 years	(1.5)	38 15%	14 13%	24 18%	3 14%	6 10%	7 14%	14 24%	6 19%	3 10%	11 15%	10 15%	9 19%	8 13%	-	1 6%	3 14%	1 7%	3 16%	2 20%	4 13%	2 6%	14 38%	4 17%	-	9 19%	16 14%	
2-5 years	(3.5)	51 21%	20 19%	31 23%	* 2%	10 18%	12 25%	14 25%	8 28%	6 18%	17 24%	14 21%	11 18%	5 30%	4 23%	6 24%	3 17%	2 13%	7 39%	1 11%	8 27%	5 16%	5 15%	2 9%	4 48%	8 16%	30 24%	
5-10 years	(7.5)	40 16%	21 20%	19 14%	1 7%	14 23%	8 16%	6 11%	2 8%	9 28%	12 17%	7 15%	9 16%	3 21%	1 8%	4 18%	3 17%	2 14%	3 16%	2 22%	3 11%	9 29%	2 5%	7 28%	-	10 20%	16 13%	
Over 10 years	(10)	38 15%	17 15%	21 15%	1 4%	4 6%	9 19%	12 20% _e	7 26%	5 16%	9 13%	14 20%	8 17%	7 12%	2 14%	4 23%	5 20%	2 9%	2 12%	1 3%	2 25%	6 23%	4 15%	3 8%	6 23%	-	3 6%	25 20%
Mean	3.84	3.98	3.73	1.44	3.30	4.26	4.11	4.59	4.56	3.77	4.34	3.87	3.33	4.48	4.02	4.45	3.25	3.07	3.15	4.93	4.38	4.40	2.42	5.09	1.86	3.13	4.18	
Standard deviation	3.56	3.62	3.52	2.63	3.26	3.64	3.62	3.72	3.69	3.41	3.73	3.64	3.48	3.29	3.96	3.77	3.38	3.67	2.74	4.09	3.78	3.77	2.83	3.94	1.73	3.21	3.68	
Standard error	0.23	0.35	0.30	0.57	0.46	0.51	0.46	0.66	0.65	0.40	0.46	0.51	0.46	0.74	1.06	0.79	0.72	1.06	0.63	1.18	0.71	0.68	0.48	0.79	0.71	0.48	0.34	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 154
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Multivitamins

	Total	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
		No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	247	1	1	140	68	27	7	229	16	3	10	3	-	-	202	112	90	45	40	5
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
Less than 1 month	(0.1)	19 8%	-	8 6%	4 6%	1 3%	2 29%	14 6%	2 15%	2 80%	-	-	-	-	15 8%	13 12%p	2 2%	3 8%	3 9%	-
1-6 months	(0.25)	28 11%	-	14 10%	8 11%	4 15%	1 27%	27 12%	1 8%	1 20%	-	1 27%	-	-	22 11%	13 12%	9 10%	6 14%	3 10%	2 33%
6-12 months	(0.75)	33 13%	1 100%	1 100%	11 8%	14 21%c	5 18%	1 17%	26 11%	7 41%	-	5 45%	2 73%	-	31 15%	21 19%qr	10 11%	2 4%	2 4%	-
1-2 years	(1.5)	38 15%	-	26 19%	10 14%	1 5%	1 17%	38 17%	-	-	-	-	-	-	29 14%	9 8%	20 21%o	9 21%o	6 18%	3 35%
2-5 years	(3.5)	51 21%	-	33 24%	12 18%	6 22%	-	47 21%	4 26%	-	4 39%	-	-	-	43 21%	16 14%	27 29%o	9 20%	9 25%	-
5-10 years	(7.5)	40 16%	-	24 17%	9 14%	7 25%	1 10%	37 17%	2 11%	-	2 16%	-	-	-	35 17%	21 19%	14 15%	5 12%	4 11%	1 14%
Over 10 years	(10)	38 15%	-	23 16%	11 16%	3 12%	-	38 17%	-	-	-	-	-	-	28 14%	17 15%	11 12%	9 21%	8 22%	1 18%
Mean	3.84	0.75	0.75	4.13	3.69	4.12	1.25	4.00	2.05	0.13	2.92	0.61	-	-	3.79	3.80	3.77	4.12	4.26	3.47
Standard deviation	3.56	-	-	3.53	3.65	3.57	2.41	3.60	2.35	0.07	2.48	0.28	-	-	3.52	3.74	3.25	3.78	3.75	4.12
Standard error	0.23	-	-	0.30	0.44	0.69	0.91	0.24	0.59	0.04	0.79	0.16	-	-	0.25	0.35	0.34	0.56	0.59	1.84

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

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Absolutes/col percents

Table 155

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Multivitamins

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	247	159	111	48	88	11	19	6	29	23	150	95	82	81	34	45	35	22	
Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**	
Less than 1 month	(0.1)	19 8%	12 7%	8 6%	4 12%	7 9%	1 9%	2 10%	4 62%	- -	1 3%	7 7%	7 8%	6 7%	2 5%	5 11%	2 4%	-	
1-6 months	(0.25)	28 11%	19 11%	15 11%	4 11%	9 12%	2 23%	4 24%	-	1 5%	2 12%	16 10%	12 13%	11 14%	10 12%	5 14%	7 16%	3 8%	3 15%
6-12 months	(0.75)	33 13%	24 14%	19 14%	5 14%	9 12%	2 18%	1 6%	1 10%	2 7%	4 20%	19 13%	13 14%	13 17%	6 17%	9 19%	9 24%	2 9%	
1-2 years	(1.5)	38 15%	26 15%	21 15%	5 15%	12 16%	1 15%	3 20%	-	5 17%	3 17%	26 17%	13 10%	8 12%	10 10%	3 8%	4 10%	3 10%	6 27%
2-5 years	(3.5)	51 21%	38 22%	32 23%	6 17%	14 18%	2 21%	-	1 15%	5 21%	5 28%	26 18%	25 26%	20 25%	23 28%	12 36%	12 26%	9 26%	5 22%
5-10 years	(7.5)	40 16%	25 15%	20 15%	6 16%	15 20%	1 6%	4 26%	-	10 37%	1 4%	27 18%	12 13%	11 14%	9 11%	4 13%	4 9%	6 16%	1 5%
Over 10 years	(10)	38 15%	28 16%	22 17%	5 15%	10 13%	1 6%	2 13%	1 13%	3 13%	3 17%	25 17%	12 13%	10 12%	11 13%	2 5%	5 11%	4 11%	5 23%
Mean		3.84	3.87	3.93	3.68	3.78	2.27	3.68	1.98	5.11	3.34	4.01	3.51	3.45	3.45	3.00	3.03	3.61	3.89
Standard deviation		3.56	3.57	3.56	3.65	3.56	2.94	3.97	3.63	3.31	3.46	3.66	3.37	3.41	3.36	2.78	3.31	3.36	3.76
Standard error		0.23	0.28	0.34	0.53	0.38	0.89	0.91	1.48	0.61	0.72	0.30	0.35	0.38	0.37	0.48	0.49	0.57	0.80

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

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Absolutes/col percents

Table 156

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Multivitamins**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?							
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)		
Unweighted base	247	65	148	102	2	44	32	10	6	16	9	29	43	33	38	27	15	15	27	60	28	41	21	3	183		
Weighted base	247	68*	150	103*	3**	44*	26**	7**	4**	15**	7**	26**	40*	28**	38*	32**	14**	18**	32**	49*	22**	33*	17**	3**	194		
Less than 1 month	(0.1)	19 8%	7 10%	7 5%	4 4%	-	3 7%	3 10%	-	-	3 16%	1 10%	6 22%	3 8%	-	1 3%	3 8%	-	1 5%	1 5%	4 9%	2 10%	2 6%	1 3%	2 52%	13 7%	
1-6 months	(0.25)	28 11%	10 15%	16 11%	10 10%	-	6 14%	1 4%	-	-	1 7%	2 21%	1 2%	4 10%	3 9%	4 11%	2 7%	3 20%	1 5%	5 17%	6 11%	3 15%	2 7%	2 13%	-	22 12%	
6-12 months	(0.75)	33 13%	13 20%	18 12%	14 14%	-	3 8%	2 6%	1 10%	1 22%	-	2 21%	5 19%	4 9%	4 14%	5 13%	5 16%	-	6 36%	2 7%	5 9%	3 14%	2 7%	1 5%	-	26 13%	
1-2 years	(1.5)	38 15%	9 14%	24 16%	15 14%	1 37%	8 18%	5 20%	1 8%	1 12%	4 27%	1 11%	4 14%	3 7%	7 26%	8 21%	5 15%	2 22%	2 37%	2 10%	4 14%	10 21%	4 17%	7 23%	4 23%	-	28 14%
2-5 years	(3.5)	51 21%	11 17%	34 23%	25 24%	-	9 21%	6 23%	3 40%	2 48%	1 10%	1 18%	8 30%	10 24%	5 17%	6 15%	7 22%	5 37%	4 20%	4 13%	8 16%	1 4%	5 15%	4 23%	-	43 22%	
5-10 years	(7.5)	40 16%	10 14%	26 17%	16 16%	2 63%	8 17%	5 21%	2 32%	-	3 21%	1 19%	2 8%	8 21%	5 19%	3 8%	8 25%	4 26%	1 6%	7 23%	9 19%	4 18%	8 26%	5 29%	1 48%	30 16%	
Over 10 years	(10)	38 15%	7 10%	26 17%	19 19%	-	7 16%	4 17%	1 11%	1 18%	3 19%	-	1 4%	8 20%	4 14%	11 30%	2 6%	1 6%	3 18%	7 22%	7 14%	5 22%	5 17%	1 4%	-	30 16%	
Mean		3.84	3.08	4.17	4.22	5.29	3.96	4.39	5.07	3.84	4.24	2.41	2.48	4.66	3.97	4.56	3.68	4.06	3.39	4.65	3.79	4.05	4.54	3.78	3.63	3.87	
Standard deviation		3.56	3.39	3.59	3.62	3.57	3.60	3.58	3.13	3.58	3.94	2.90	2.68	3.73	3.51	4.06	3.25	3.10	3.68	3.93	3.59	4.12	3.64	3.13	4.50	3.56	
Standard error		0.23	0.42	0.30	0.36	2.52	0.54	0.63	0.99	1.46	0.98	0.97	0.50	0.57	0.61	0.66	0.62	0.80	0.95	0.76	0.46	0.78	0.57	0.68	2.60	0.26	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 157
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	247	1	25	4	-	58	106	31	147	35	54	30	7
Weighted base	247	1**	22**	4**	-**	59*	113*	28**	156	30*	48*	26**	7**
Less than 1 month	(0.1) 8%	-	1 5%	-	-	5 8%	2 1%	5 17%	10 6%	4 14% ^f	3 7%	3 13%	-
1-6 months	(0.25) 11%	-	3 12%	-	-	5 9%	16 14%	2 6%	16 10%	4 14%	4 8%	2 7%	-
6-12 months	(0.75) 13%	1 100%	2 7%	-	-	12 20%	13 12%	3 11%	19 12%	5 18%	3 7%	2 7%	-
1-2 years	(1.5) 15%	-	-	1 26%	-	7 12%	19 17%	5 17%	27 18%	4 14%	9 19%	6 25%	1 13%
2-5 years	(3.5) 21%	-	6 27%	3 74%	-	9 16%	26 23%	3 12%	36 23%	4 14%	7 15%	2 8%	2 36%
5-10 years	(7.5) 16%	-	5 24%	-	-	6 10%	18 16%	7 23%	24 15%	4 13%	11 23%	4 15%	2 36%
Over 10 years	(10) 15%	-	5 24%	-	-	14 25%	19 16%	4 13%	25 16%	4 12%	10 22%	7 26%	1 16%
Mean	3.84	0.75	5.30	2.98	-	4.15	4.04	3.83	3.92	3.13	4.75	4.44	5.69
Standard deviation	3.56	-	3.72	1.01	-	3.96	3.54	3.71	3.53	3.55	3.80	4.11	3.08
Standard error	0.23	-	0.74	0.50	-	0.52	0.34	0.67	0.29	0.60	0.52	0.75	1.17

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 158

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin A**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)	
Unweighted base	39	21	18	6	13	4	5	5	6	17	5	8	9	3	2	4	3	3	-	2	5	8	7	2	5	21	
Weighted base	40*	22**	18**	6**	14**	5**	5**	4**	6**	17**	5**	8**	10**	3**	1**	5**	3**	4**	-**	3**	4**	9**	5**	2**	6**	23**	
Less than 1 month	(0.1)	5	1	4	-	1	-	2	-	2	1	1	2	1	-	-	-	-	-	-	2	2	1	-	1	2	
		13%	5%	24%	-	8%	-	35%	-	36%	11%	12%	15%	22%	-	-	-	-	-	-	36%	23%	17%	-	19%	8%	
1-6 months	(0.25)	8	5	4	1	2	1	2	1	1	2	4	2	1	-	1	2	-	-	-	1	2	1	-	-	5	
		21%	21%	20%	24%	13%	28%	25%	43%	12%	5%	53%	43%	15%	39%	-	23%	76%	-	-	18%	21%	15%	-	-	23%	
6-12 months	(0.75)	8	8	*	2	3	1	-	*	1	5	*	1	1	-	*	2	1	2	1	*	-	-	1	1	5	
		20%	35%	2%	35%	21%	25%	-	12%	21%	32%	9%	9%	13%	-	31%	52%	24%	54%	-	47%	7%	-	36%	18%	23%	
1-2 years	(1.5)	6	1	5	1	3	2	-	-	1	2	-	2	2	-	-	-	-	-	2	-	3	1	-	-	4	
		14%	2%	29%	13%	21%	29%	-	-	8%	11%	-	26%	17%	-	-	-	-	-	53%	-	31%	26%	-	-	20%	
2-5 years	(3.5)	9	7	2	2	4	1	1	-	5	1	1	2	-	1	1	-	2	-	-	1	2	2	-	2	5	
		21%	31%	10%	28%	27%	18%	24%	30%	-	29%	20%	10%	18%	-	69%	25%	-	46%	-	20%	26%	31%	-	40%	24%	
5-10 years	(7.5)	1	-	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	
		4%	-	8%	-	-	-	-	22%	-	-	-	14%	-	-	-	-	-	-	-	-	-	-	64%	-	-	
Over 10 years	(10)	3	1	1	-	1	-	1	-	2	-	-	1	1	-	-	-	-	-	-	1	-	1	-	1	1	
		7%	6%	8%	-	10%	-	16%	16%	-	11%	-	8%	39%	-	-	-	-	-	-	20%	-	12%	-	23%	3%	
Mean		2.14	2.04	2.26	1.50	2.43	1.33	2.55	2.79	2.02	2.60	0.92	0.92	2.89	4.05	2.63	1.33	0.37	2.01	-	1.15	2.78	1.43	2.67	5.08	3.82	1.63
Standard deviation		2.76	2.50	3.12	1.43	2.90	1.25	3.95	3.95	3.22	3.04	1.47	1.08	3.37	5.70	-	1.44	0.26	1.61	-	0.46	4.29	1.42	3.30	4.36	3.96	1.90
Standard error		0.44	0.55	0.73	0.59	0.80	0.63	1.77	1.77	1.31	0.74	0.66	0.38	1.12	3.29	-	0.72	0.15	0.93	-	0.33	1.92	0.50	1.25	3.08	1.77	0.42

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 159

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin A

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	39	-	-	18	10	10	1	36	3	-	2	1	-	-	39	22	17	-	-	-
Weighted base	40*	**	**	18**	10**	11**	1**	36*	4**	**	2**	2**	**	**	40*	23**	17**	**	**	**
Less than 1 month	(0.1)	5 13%	-	2 13%	2 18%	1 10%	-	5 15%	-	-	-	-	-	-	5 13%	4 19%	1 5%	-	-	-
1-6 months	(0.25)	8 21%	-	6 33%	2 18%	1 5%	-	7 19%	1 34%	-	1 57%	-	-	-	8 21%	3 12%	6 33%	-	-	-
6-12 months	(0.75)	8 20%	-	3 14%	4 40%	1 12%	-	7 19%	1 26%	-	1 43%	-	-	-	8 20%	4 19%	4 21%	-	-	-
1-2 years	(1.5)	6 14%	-	1 3%	2 15%	3 25%	1 100%	6 16%	-	-	-	-	-	-	6 14%	6 25%	-	-	-	-
2-5 years	(3.5)	9 21%	-	4 20%	1 9%	4 36%	-	7 19%	2 40%	-	-	2 100%	-	-	9 21%	4 18%	5 27%	-	-	-
5-10 years	(7.5)	1 4%	-	1 8%	-	-	-	1 4%	-	-	-	-	-	-	1 4%	-	1 8%	-	-	-
Over 10 years	(10)	3 7%	-	1 8%	-	1 12%	-	3 8%	-	-	-	-	-	-	3 7%	2 8%	1 5%	-	-	-
Mean	2.14	-	-	2.36	0.90	2.91	1.50	2.19	1.68	-	0.46	3.50	-	-	2.14	2.00	2.33	-	-	-
Standard deviation	2.76	-	-	3.19	0.97	3.00	-	2.87	1.72	-	0.32	-	-	-	2.76	2.72	2.89	-	-	-
Standard error	0.44	-	-	0.75	0.31	0.95	-	0.48	1.00	-	0.23	-	-	-	0.44	0.58	0.70	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 160

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin A

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	39	26	21	5	13	-	1	3	3	6	22	17	16	15	6	12	5	2	
Weighted base	40*	29**	25**	3**	12**	**	1**	4**	2**	4**	23**	17**	16**	15**	6**	12**	6**	2**	
Less than 1 month	(0.1)	5 13%	3 10%	2 9%	1 25%	2 20%	-	-	2 36%	1 36%	-	2 10%	3 18%	2 13%	3 20%	-	1 9%	2 36%	1 51%
1-6 months	(0.25)	8 21%	5 18%	5 21%	-	3 27%	-	-	-	1 37%	2 53%	7 28%	2 10%	2 11%	2 11%	1 16%	2 14%	-	-
6-12 months	(0.75)	8 20%	6 22%	5 20%	1 33%	2 16%	-	-	1 31%	-	* 10%	4 17%	4 24%	4 25%	4 26%	2 33%	4 33%	1 23%	-
1-2 years	(1.5)	6 14%	4 16%	4 18%	-	1 11%	-	1 100%	-	1 26%	-	5 20%	1 7%	1 7%	1 8%	-	1 9%	-	-
2-5 years	(3.5)	9 21%	8 27%	7 28%	1 24%	1 7%	-	-	-	-	1 17%	2 7%	7 41%	7 44%	5 35%	3 50%	4 34%	2 41%	1 49%
5-10 years	(7.5)	1 4%	-	-	-	1 12%	-	-	1 33%	-	-	1 6%	-	-	-	-	-	-	-
Over 10 years	(10)	3 7%	2 7%	1 5%	1 17%	1 7%	-	-	-	-	1 20%	3 12%	-	-	-	-	-	-	-
Mean	2.14	2.08	1.98	2.86	2.27	-	1.50	2.72	0.53	2.78	2.40	1.77	1.88	1.58	2.06	1.63	1.65	1.76	
Standard deviation	2.76	2.54	2.35	4.20	3.37	-	-	3.80	0.82	4.28	3.39	1.54	1.52	1.50	1.61	1.45	1.73	-	
Standard error	0.44	0.50	0.51	1.88	0.94	-	-	2.20	0.47	1.75	0.72	0.37	0.38	0.39	0.66	0.42	0.77	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 161

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin A**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	23	17	2	4	3	3	-	-	1	3	7	6	7	3	1	2	5	6	2	5	1	-	33
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	**	**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	**	35**
Less than 1 month	(0.1)	5 13%	1 6%	3 13%	2 12%	1 43%	-	2 36%	2 36%	-	1 100%	2 41%	-	-	-	1 27%	-	-	2 41%	-	-	-	-	-	5 15%
1-6 months	(0.25)	8 21%	4 29%	4 20%	3 20%	1 57%	-	-	-	-	-	4 56%	1 11%	2 25%	1 35%	-	-	-	1 14%	-	-	1 16%	-	-	8 22%
6-12 months	(0.75)	8 20%	2 14%	5 22%	2 13%	-	3 67%	1 31%	1 31%	-	-	-	2 24%	2 35%	1 17%	1 38%	1 100%	-	1 15%	-	-	-	-	-	8 23%
1-2 years	(1.5)	6 14%	3 19%	3 12%	3 17%	-	-	-	-	-	-	1 10%	-	3 46%	-	-	-	1 22%	1 13%	-	1 16%	-	-	-	5 14%
2-5 years	(3.5)	9 21%	3 24%	5 24%	5 34%	-	-	-	-	-	-	1 10%	2 43%	1 12%	-	-	2 55%	1 22%	3 48%	2 100%	2 39%	-	-	-	6 17%
5-10 years	(7.5)	1 4%	-	-	-	-	1 33%	1 33%	-	-	-	1 37%	-	-	-	-	-	-	1 25%	-	1 29%	1 100%	-	-	-
Over 10 years	(10)	3 7%	1 7%	2 9%	1 4%	-	1 33%	-	-	-	-	1 22%	-	1 11%	-	-	1 45%	-	-	-	-	-	-	-	3 8%
Mean	2.14	1.98	2.14	1.99	0.19	3.83	2.72	2.72	-	-	0.10	5.04	0.82	2.91	1.30	0.40	0.75	6.42	1.26	3.80	3.50	3.84	7.50	-	1.87
Standard deviation	2.76	2.58	2.81	2.18	0.10	5.03	3.80	3.80	-	-	-	4.88	1.05	3.20	1.04	0.35	-	3.97	1.46	2.69	-	2.95	-	-	2.71
Standard error	0.44	0.74	0.59	0.53	0.07	2.52	2.20	2.20	-	-	-	2.82	0.40	1.30	0.39	0.20	-	2.81	0.65	1.10	-	1.32	-	-	0.47

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 162

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin A

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	2	4	1	-	5	17	4	22	4	8	2	2
Weighted base	40*	3**	5**	1**	-**	4**	17**	5**	24**	4**	7**	2**	2**
Less than 1 month	(0.1) 5 13%	-	-	-	-	-	3 21%	-	3 14%	1 24%	-	-	-
1-6 months	(0.25) 8 21%	-	-	1 100%	-	1 34%	3 18%	-	6 24%	-	2 22%	-	-
6-12 months	(0.75) 8 20%	-	-	-	-	1 26%	6 37%	-	4 18%	-	* 6%	-	* 17%
1-2 years	(1.5) 6 14%	-	-	-	-	-	1 8%	-	3 13%	1 32%	2 27%	-	2 83%
2-5 years	(3.5) 9 21%	3 100%	1 27%	-	-	2 40%	2 13%	3 69%	5 23%	2 44%	1 11%	2 100%	-
5-10 years	(7.5) 1 4%	-	1 31%	-	-	-	-	1 31%	-	-	1 21%	-	-
Over 10 years	(10) 3 7%	-	2 42%	-	-	-	1 4%	-	2 8%	-	1 12%	-	-
Mean	2.14	3.50	7.45	0.25	-	1.69	1.26	4.73	2.02	2.04	3.68	3.50	1.37
Standard deviation	2.76	0.00	2.98	-	-	1.73	2.03	2.09	2.76	1.64	3.81	-	-
Standard error	0.44	0.00	1.49	-	-	0.77	0.49	1.04	0.59	0.82	1.35	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 163

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin B**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	86	35	51	10	15	16	12	18	15	28	16	14	28	11	3	13	3	7	3	6	10	14	6	8	2	11	39
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
Less than 1 month	(0.1)	10	4	7	3	3	1	1	3	3	3	3	2	3	-	2	1	-	-	-	2	-	-	2	-	-	6
		13%	11%	14%	24%	18%	6%	6%	17%	13%	18%	18%	7%	29%	-	16%	21%	-	-	-	32%	-	-	26%	-	-	18%
1-6 months	(0.25)	16	5	11	3	5	3	1	2	1	6	2	4	3	1	2	1	1	*	1	4	-	2	-	3	7	
		19%	14%	23%	29%	30%	23%	12%	12%	7%	25%	15%	30%	10%	14%	57%	16%	47%	16%	39%	10%	17%	26%	-	22%	19%	
6-12 months	(0.75)	15	9	6	4	2	5	1	2	1	8	1	2	4	-	*	3	-	2	1	-	5	*	1	3	9	
		19%	27%	13%	40%	13%	36%	15%	12%	4%	32%	7%	14%	16%	-	21%	23%	-	36%	27%	-	34%	8%	9%	100%	25%	
1-2 years	(1.5)	13	7	6	1	3	3	-	4	2	2	2	6	2	-	2	1	2	1	1	2	1	2	1	-	2	6
		16%	22%	12%	6%	18%	18%	34%	-	23%	10%	15%	14%	23%	17%	-	16%	31%	30%	34%	13%	22%	4%	28%	14%	-	13%
2-5 years	(3.5)	11	2	9	-	2	3	1	3	2	3	2	4	2	*	1	-	-	-	2	1	2	2	-	-	1	
		14%	7%	19%	-	9%	18%	6%	24%	20%	6%	20%	18%	15%	17%	22%	8%	-	-	50%	17%	15%	34%	-	-	3%	
5-10 years	(7.5)	6	1	5	-	1	-	2	1	3	1	2	1	3	-	1	-	-	-	1	1	2	-	1	-	3	
		8%	4%	10%	-	4%	-	17%	10%	17%	3%	14%	6%	10%	-	7%	-	-	-	27%	9%	14%	-	17%	-	9%	
Over 10 years	(10)	10	5	4	-	1	-	1	5	2	3	2	5	3	-	2	-	1	-	*	1	2	1	-	1	3	
		12%	15%	9%	-	8%	-	10%	36%	13%	11%	11%	-	19%	23%	-	18%	-	-	4%	7%	30%	11%	-	11%	8%	
Mean	2.69	2.66	2.71	0.50	1.90	1.21	3.14	5.29	3.64	1.98	3.15	1.49	3.70	3.24	1.07	2.71	0.61	2.57	0.81	4.02	2.06	2.66	4.67	2.80	0.75	2.32	2.08
Standard deviation	3.35	3.51	3.27	0.40	3.00	1.19	3.57	4.20	3.57	3.17	3.51	2.03	3.76	4.09	1.82	3.67	0.76	3.87	0.71	2.69	2.89	3.26	4.00	3.95	0.00	3.05	3.11
Standard error	0.36	0.59	0.46	0.13	0.77	0.30	1.03	0.99	0.92	0.60	0.88	0.54	0.71	1.23	1.05	1.02	0.44	1.46	0.41	1.10	0.91	0.87	1.63	1.40	0.00	0.92	0.50

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 164

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin B**

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	86	1	1	54	21	7	1	79	7	3	3	1	-	-	74	36	38	12	12	-
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
Less than 1 month	(0.1)	10 13%	-	-	6 12%	4 22%	-	10 13%	1 7%	-	1 18%	-	-	-	9 12%	5 14%	4 11%	2 17%	2 17%	-
1-6 months	(0.25)	16 19%	-	-	7 14%	5 24%	1 20%	16 21%	-	-	-	-	-	-	11 16%	6 17%	5 14%	4 41%	4 41%	-
6-12 months	(0.75)	15 19%	-	-	9 17%	6 29%	1 15%	12 17%	3 39%	-	1 30%	2 100%	-	-	15 21%	8 22%	6 19%	1 6%	1 6%	-
1-2 years	(1.5)	13 16%	2 100%	-	8 16%	2 9%	1 24%	11 14%	2 30%	1 30%	2 52%	-	-	-	11 15%	5 13%	6 18%	2 21%	2 21%	-
2-5 years	(3.5)	11 14%	-	1 100%	10 20%	-	6%	10 14%	1 17%	1 49%	-	-	-	-	11 16%	5 13%	6 19%	-	-	-
5-10 years	(7.5)	6 8%	-	-	4 8%	3 13%	-	6 9%	-	-	-	-	-	-	6 8%	3 9%	2 7%	1 7%	1 7%	-
Over 10 years	(10)	10 12%	-	-	7 14%	1 3%	2 34%	9 12%	1 7%	1 21%	-	-	-	-	9 12%	4 11%	5 13%	1 9%	1 9%	-
Mean	2.69	1.50	3.50	3.06	1.67	4.17	0.25	2.76	2.06	4.28	1.02	0.75	-	-	2.81	2.69	2.94	1.83	1.83	-
Standard deviation	3.35	-	-	3.43	2.82	4.67	-	3.43	2.61	3.92	0.66	0.00	-	-	3.37	3.38	3.41	3.25	3.25	-
Standard error	0.36	-	-	0.47	0.62	1.77	-	0.39	0.99	2.26	0.38	0.00	-	-	0.39	0.56	0.55	0.94	0.94	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 165

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin B

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	86	50	31	19	36	5	8	8	7	8	61	24	23	20	8	12	11	5	
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**	
Less than 1 month	(0.1)	10 13%	6 13%	6 16%	1 5%	4 12%	-	2 28%	1 11%	1 9%	1 11%	8 13%	3 13%	3 11%	2 11%	1 16%	2 9%	1 -	
1-6 months	(0.25)	16 19%	9 20%	6 17%	3 28%	6 18%	2 36%	1 16%	2 22%	-	2 22%	11 19%	4 17%	3 17%	3 18%	3 44%	1 11%	1 5%	2 42%
6-12 months	(0.75)	15 19%	13 27% ^d	11 32%	1 12%	2 7%	1 13%	1 13%	1 7%	-	6 18%	5 23%	5 23%	5 26%	2 26%	3 27%	4 42%	1 22%	
1-2 years	(1.5)	13 16%	8 16%	5 14%	3 21%	5 16%	-	1 24%	2 28%	1 9%	1 11%	6 10%	6 28%	6 29%	5 27%	1 13%	4 31%	3 29%	2 36%
2-5 years	(3.5)	11 14%	4 8%	2 6%	2 13%	8 22%	2 35%	-	-	5 55%	1 19%	10 16%	2 7%	2 7%	1 6%	* 7%	1 9%	-	-
5-10 years	(7.5)	6 8%	3 7%	2 4%	2 13%	3 10%	-	1 10%	1 17%	1 16%	-	4 7%	2 10%	2 11%	2 12%	-	1 6%	1 16%	-
Over 10 years	(10)	10 12%	4 9%	3 9%	1 8%	5 16%	1 15%	1 9%	1 14%	1 11%	2 30%	10 16%	-	-	-	-	-	-	-
Mean	2.69	2.14	1.96	2.68	3.45	2.95	2.23	3.22	4.38	3.98	3.07	1.67	1.71	1.76	0.74	1.45	1.93	0.81	
Standard deviation	3.35	3.07	3.02	3.29	3.62	3.75	3.60	3.96	3.00	4.47	3.64	2.20	2.22	2.31	0.92	1.81	2.57	0.62	
Standard error	0.36	0.43	0.54	0.75	0.60	1.68	1.27	1.40	1.13	1.58	0.47	0.45	0.46	0.52	0.32	0.52	0.77	0.28	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 166

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin B**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	86	24	45	31	1	13	16	4	2	10	5	19	10	13	9	4	6	3	8	29	16	23	8	1	53
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
Less than 1 month	(0.1)	10 13%	4 18%	6 14%	18%	-	1 5%	-	-	-	-	2 8%	-	3 23%	-	2 55%	3 56%	1 28%	-	2 7%	2 15%	1 5%	1 16%	-	9 17%
1-6 months	(0.25)	16 19%	8 33%	7 16%	17%	-	2 5%	1	-	-	1 11%	1 4%	-	4 35%	3 29%	-	1 17%	-	4 50%	2 6%	2 13%	1 5%	1 14%	-	12 24%
6-12 months	(0.75)	15 19%	5 20%	9 20%	25%	-	1 11%	2 13%	-	-	2 19%	1 19%	1 7%	1 8%	3 33%	1 25%	1 13%	-	3 44%	2 7%	2 15%	1 6%	1 11%	-	11 23%
1-2 years	(1.5)	13 16%	1 3%	8 19%	19%	1 100%	1 10%	4 29%	1 19%	-	3 43%	4 20%	4 39%	2 19%	2 18%	-	1 14%	-	5 5%	3 19%	3 23%	4 21%	2 34%	-	8 16%
2-5 years	(3.5)	11 14%	4 18%	5 11%	14%	-	4 16%	2 16%	2 100%	-	-	4 22%	4 43%	-	1 5%	1 20%	-	-	-	6 24%	1 10%	5 23%	1 16%	1 100%	3 5%
5-10 years	(7.5)	6 8%	-	4 8%	3%	-	3 23%	2 14%	1 35%	-	1 8%	2 17%	-	1 6%	1 14%	-	-	-	-	3 14%	1 6%	3 17%	-	-	3 6%
Over 10 years	(10)	10 12%	2 7%	5 11%	4%	-	4 32%	3 23%	2 46%	-	1 17%	2 53%	3 16%	1 11%	-	-	-	2 72%	-	6 22%	2 18%	5 24%	1 8%	-	4 8%
Mean	2.69	1.61	2.62	1.63	1.50	5.35	4.45	7.50	3.50	3.11	6.74	3.63	3.28	1.80	1.85	0.94	0.41	7.22	0.54	4.41	3.07	4.80	2.04	3.50	1.94
Standard deviation	3.35	2.61	3.34	2.32	-	4.33	3.82	3.60	0.00	3.81	4.80	3.57	2.78	3.24	2.57	1.52	0.56	5.32	0.36	3.73	3.81	3.74	2.88	-	3.01
Standard error	0.36	0.53	0.50	0.42	-	1.20	0.96	1.80	0.00	1.21	2.15	0.82	0.88	0.90	0.86	0.76	0.23	3.07	0.13	0.69	0.95	0.78	1.02	-	0.41

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 167

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin B

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	86	3	11	2	1	19	28	14	38	13	26	15	4
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
Less than 1 month	(0.1) 10 13%	2 55%	2 15%	-	-	3 14%	1 6%	1 8%	4 12%	2 17%	4 17%	3 22%	-
1-6 months	(0.25) 16 19%	-	2 20%	-	1 100%	4 19%	6 24%	3 21%	11 29%	2 21%	2 7%	2 15%	-
6-12 months	(0.75) 15 19%	-	2 15%	-	-	6 32%	6 24%	3 25%	5 13%	1 7%	2 8%	2 15%	-
1-2 years	(1.5) 13 16%	1 45%	* 3%	1 44%	-	4 19%	4 16%	-	7 18%	1 8%	6 26%	1 5%	1 19%
2-5 years	(3.5) 11 14%	-	3 29%	-	-	1 3%	4 14%	2 17%	3 9%	2 15%	3 12%	1 11%	2 59%
5-10 years	(7.5) 6 8%	-	-	1 56%	-	-	1 3%	3 19%	3 8%	2 19%	3 12%	1 6%	1 21%
Over 10 years	(10) 10 12%	-	2 17%	-	-	2 12%	3 13%	1 11%	4 10%	1 12%	4 18%	3 26%	-
Mean	2.69	0.73	2.94	4.85	0.25	1.95	2.51	3.32	2.38	3.41	3.64	3.67	3.97
Standard deviation	3.35	0.83	3.62	-	-	3.20	3.33	3.67	3.27	3.82	3.83	4.36	2.29
Standard error	0.36	0.48	1.09	-	-	0.73	0.63	0.98	0.53	1.06	0.75	1.13	1.15

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 168

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin C**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	154	67	87	25	16	42	27	21	23	48	35	36	35	12	6	19	17	13	8	7	22	26	12	11	1	23	83
Weighted base	157	76*	81*	25**	20**	44*	26**	18**	25**	47*	38**	35*	38**	11**	7**	22**	19**	13**	6**	6**	20**	27**	13**	12**	1**	24**	88*
Less than 1 month	(0.1)	15 10%	7 9%	8 10%	1 2%	3 16%	5 12%	2 9%	1 5%	3 11%	2 6%	7 21%	3 7%	-	-	-	3 16%	*	1 11%	1 15%	2 10%	3 11%	1 8%	4 35%	-	2 9%	9 10%
1-6 months	(0.25)	34 22%	15 20%	19 24%	11 45%	4 22%	6 13%	9 35%	3 15%	1 6%	12 26%	8 21%	8 22%	6 17%	2 17%	7 33%	5 25%	2 14%	-	3 43%	4 17%	5 20%	2 12%	2 19%	1 100%	6 26%	24 27%
6-12 months	(0.75)	23 14%	11 14%	12 14%	4 17%	3 13%	9 21%	3 11%	*	3 13%	8 16%	3 8%	3 10%	9 23%	1 12%	2 35%	3 15%	4 22%	-	1 15%	2 11%	2 8%	4 29%	1 9%	-	3 10%	12 14%
1-2 years	(1.5)	31 20%	16 21%	16 19%	5 21%	6 30%	10 22%	3 13%	3 17%	4 17%	9 18%	10 25%	6 17%	7 19%	2 30%	2 13%	3 31%	6 25%	3 54%	1 14%	4 22%	3 12%	2 19%	1 7%	-	7 31%	14 16%
2-5 years	(3.5)	20 13%	7 10%	13 16%	2 8%	2 11%	7 15%	4 15%	2 10%	4 16%	7 14%	5 14%	3 9%	5 14%	1 8%	2 8%	-	4 33%	-	*	1 7%	5 6%	2 19%	1 15%	-	2 9%	13 14%
5-10 years	(7.5)	13 8%	7 9%	6 7%	2 8%	2 9%	4 9%	1 3%	2 11%	3 10%	5 12%	2 4%	4 11%	1 6%	-	4 16%	1 7%	2 14%	-	*	1 6%	4 14%	-	-	-	3 11%	6 7%
Over 10 years	(10)	21 14%	13 17%	8 10%	-	-	4 8%	4 14%	7 39%	7 28%	7 14%	5 14%	6 17%	4 10%	1 9%	-	3 15%	-	1 15%	-	6 27%	4 16%	2 16%	3 25%	-	1 5%	10 12%
Mean	2.88	3.24	2.55	1.40	1.64	2.53	2.49	5.44	4.50	2.80	3.24	2.71	2.79	3.03	1.05	3.37	1.22	3.72	2.45	1.16	3.88	3.60	2.67	2.94	0.25	2.20	2.59
Standard deviation	3.46	3.74	3.17	2.02	2.13	3.05	3.45	4.33	4.09	3.47	3.53	3.71	3.27	2.94	0.93	3.82	1.83	3.23	3.48	2.02	4.25	3.73	3.48	4.35	-	2.87	3.32
Standard error	0.28	0.46	0.34	0.40	0.53	0.47	0.66	0.94	0.85	0.50	0.60	0.62	0.55	0.85	0.38	0.88	0.44	0.90	1.23	0.76	0.91	0.73	1.01	1.31	-	0.60	0.36

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 169

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin C

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	154	1	-	83	49	17	3	142	12	1	7	1	2	1	125	76	49	29	24	5
Weighted base	157	1**	-**	85*	49*	19**	2**	144	13**	1**	8**	1**	2**	1**	128	79*	48*	30**	25**	4**
Less than 1 month	(0.1)	15 10%	-	10 11%	2 3%	3 16%	-	11 8%	4 30%	1 100%	2 26%	1 100%	-	-	11 8%	4 5%	6 13%	5 15%	5 18%	-
1-6 months	(0.25)	34 22%	-	15 17%	11 23%	6 34%	1 68%	31 22%	3 19%	-	3 31%	-	-	-	29 22%	19 24%	9 19%	5 18%	5 22%	-
6-12 months	(0.75)	23 14%	1 100%	12 14%	8 15%	2 9%	1 32%	21 15%	2 11%	-	2 18%	-	-	-	22 17%	12 16%	9 19%	1 4%	1 4%	-
1-2 years	(1.5)	31 20%	-	24 28%	7 14%	-	-	30 21%	2 13%	-	-	-	1 38%	1 100%	25 20%	16 21%	9 18%	6 21%	6 23%	* 11%
2-5 years	(3.5)	20 13%	-	7 8%	11 21% ^c	3 15%	-	17 12%	4 27%	-	2 25%	-	1 62%	-	18 14%	11 14%	8 16%	2 6%	-	2 40%
5-10 years	(7.5)	13 8%	-	6 7%	5 10%	1 8%	-	13 9%	-	-	-	-	-	-	10 8%	9 11%	1 2%	3 11%	3 13%	-
Over 10 years	(10)	21 14%	-	12 14%	6 13%	3 18%	-	21 15%	-	-	-	-	-	-	14 11%	8 10%	6 13%	7 25%	5 21%	2 49%
Mean	2.88	0.75	-	2.79	3.17	3.10	0.41	3.03	1.29	0.10	1.12	0.10	2.74	1.50	2.64	2.74	2.49	3.91	3.45	6.49
Standard deviation	3.46	-	-	3.45	3.41	3.96	0.32	3.56	1.46	-	1.49	-	1.28	-	3.25	3.25	3.28	4.18	4.13	3.98
Standard error	0.28	-	-	0.38	0.49	0.96	0.18	0.30	0.42	-	0.56	-	0.90	-	0.29	0.37	0.47	0.78	0.84	1.78

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 170

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin C

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: 18-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	154	106	69	37	48	3	9	8	14	14	94	60	53	53	18	32	20	15
Weighted base	157	113*	87*	26*	45*	3**	8**	7**	15**	12**	96*	61*	55*	56*	18**	33**	23**	12**
Less than 1 month (0.1)	15 10%	11 10%	8 9%	3 13%	4 8%	-	-	-	1 8%	2 20%	7 7%	8 13%	8 14%	7 13%	6 35%	6 17%	1 4%	2 16%
1-6 months (0.25)	34 22%	30 27% ^d	21 24%	9 34% ^d	4 9%	-	2 23%	-	2 15%	-	24 25%	10 16%	7 12%	8 14%	4 21%	3 10%	2 9%	3 27%
6-12 months (0.75)	23 14%	15 13%	12 14%	2 9%	8 17%	*	2 29%	1 11%	1 8%	3 26%	12 12%	11 18%	11 20%	11 20%	1 7%	10 29%	3 14%	3 24%
1-2 years (1.5)	31 20%	22 19%	18 21%	3 12%	10 22%	1 52%	1 16%	2 24%	2 16%	3 24%	15 16%	16 26%	14 26%	14 25%	4 22%	8 23%	5 23%	3 28%
2-5 years (3.5)	20 13%	15 13%	10 12%	5 17%	6 12%	-	1 11%	2 25%	2 14%	1 6%	15 16%	5 9%	5 10%	5 9%	1 6%	3 9%	4 16%	-
5-10 years (7.5)	13 8%	9 8%	6 7%	3 11%	4 9%	1 31%	1 10%	1 18%	1 8%	-	8 8%	5 8%	4 8%	5 8%	*	2 6%	4 18%	1 5%
Over 10 years (10)	21 14%	11 10%	11 12%	1 3%	10 22% ^c	-	1 9%	2 22%	5 31%	3 24%	16 16%	6 9%	6 10%	6 10%	1 6%	2 6%	4 16%	-
Mean	2.88	2.50	2.62	2.13	3.84 ^{ac}	3.24	2.62	4.86	4.57	3.19	3.18	2.43	2.55	2.55	1.46	1.95	3.98	1.09
Standard deviation	3.46	3.22	3.34	2.81	3.89	3.65	3.41	3.74	4.27	4.09	3.64	3.15	3.22	3.23	2.65	2.75	3.65	1.70
Standard error	0.28	0.31	0.40	0.46	0.56	2.11	1.14	1.32	1.14	1.09	0.37	0.41	0.44	0.44	0.62	0.49	0.82	0.44

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 171

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin C**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)	
Unweighted base	154	41	95	66	2	27	17	4	3	10	9	16	20	27	16	20	9	15	10	31	14	22	9	-	120	
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	-**	125	
Less than 1 month	(0.1)	15 10%	1 2%	12 12%	6 9%	-	5 19%	3 16%	-	3 27%	2 28%	-	-	2 8%	4 26%	-	3 30%	-	3 22%	-	-	-	-	-	15 12%	
1-6 months	(0.25)	34 22%	19 47%bc	11 11%	8 12%	-	3 10%	4 20%	1 28%	1 58%	1 8%	2 32%	5 20%	4 23%	7 13%	2 22%	5 17%	2 36%	6 17%	3 10%	1 8%	2 9%	1 11%	-	30 24%	
6-12 months	(0.75)	23 14%	7 17%	15 15%	9 13%	1 49%	5 19%	1 3%	-	1 24%	-	1 10%	-	6 29%	5 17%	3 20%	4 17%	* 5%	-	1 10%	5 17%	3 26%	4 19%	3 27%	-	17 14%
1-2 years	(1.5)	31 20%	4 10%	23 24%	16 23%	1 51%	6 23%	4 23%	2 30%	* 17%	2 21%	1 11%	3 18%	7 32%	5 16%	-	5 24%	3 34%	2 12%	3 21%	5 16%	2 16%	3 15%	1 7%	-	27 21%
2-5 years	(3.5)	20 13%	4 9%	14 15%	10 15%	-	4 15%	1 6%	-	-	1 10%	* 7%	2 12%	1 6%	4 14%	1 7%	4 17%	1 24%	1 10%	3 9%	2 14%	2 10%	1 11%	-	17 13%	
5-10 years	(7.5)	13 8%	2 6%	8 9%	7 11%	-	1 3%	2 12%	1 25%	-	1 8%	-	2 11%	2 8%	4 13%	-	1 6%	-	2 14%	2 15%	5 17%	3 25%	2 8%	1 12%	-	8 6%
Over 10 years	(10)	21 14%	4 9%	14 15%	12 17%	-	3 10%	4 20%	1 17%	-	3 26%	1 5%	4 9%	1 3%	5 34%	3 13%	-	2 15%	3 21%	9 31%	1 12%	8 39%	3 31%	-	11 9%	
Mean	2.88	2.01	3.12	3.48	1.13	2.31	3.57	4.08	0.59	3.92	1.80	4.23	2.09	2.85	3.86	2.96	1.10	3.61	4.00	5.05	3.94	5.25	4.74	-	2.34	
Standard deviation	3.46	3.07	3.49	3.64	-	3.06	4.07	4.31	0.65	4.35	3.44	4.21	2.75	3.36	4.65	3.38	1.19	3.67	4.07	4.11	3.63	4.30	4.33	-	3.07	
Standard error	0.28	0.48	0.36	0.45	-	0.59	0.99	2.16	0.37	1.37	1.15	1.05	0.61	0.65	1.16	0.76	0.40	0.95	1.29	0.74	0.97	0.92	1.44	-	0.28	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 172
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Vitamin C

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	154	4	12	-	-	29	70	13	90	13	30	15	6
Weighted base	157	6**	11**	-.**	-.**	32**	74*	14**	86*	12**	30**	13**	7**
Less than 1 month	(0.1) 15 10%	1 14%	1 5%	-	-	6 18%	9 13%	2 17%	7 8%	* 4%	2 5%	-	-
1-6 months	(0.25) 34 22%	3 54%	-	-	-	10 31%	18 25%	2 12%	17 19%	3 29%	3 9%	3 22%	-
6-12 months	(0.75) 23 14%	-	1 6%	-	-	5 15%	15 20%	2 16%	14 17%	1 9%	3 11%	2 17%	1 16%
1-2 years	(1.5) 31 20%	2 32%	4 33%	-	-	5 14%	9 12%	5 33%	17 20%	2 16%	5 16%	2 16%	3 39%
2-5 years	(3.5) 20 13%	-	1 14%	-	-	2 7%	11 15%	1 6%	12 14%	1 10%	4 13%	2 15%	1 21%
5-10 years	(7.5) 13 8%	-	* 4%	-	-	2 7%	5 6%	1 9%	9 10%	1 7%	3 11%	1 10%	-
Over 10 years	(10) 21 14%	-	4 38%	-	-	2 7%	7 9%	1 6%	9 11%	3 24%	11 35%	2 19%	2 24%
Mean	2.88	0.63	5.06	-	-	1.96	2.31	2.18	2.87	3.68	5.16	3.67	3.86
Standard deviation	3.46	0.66	4.26	-	-	3.03	3.11	2.98	3.33	4.20	4.18	3.92	3.88
Standard error	0.28	0.33	1.23	-	-	0.56	0.37	0.83	0.35	1.17	0.76	1.01	1.58

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 173

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin D**

	Gender		Age							Social Grade				Region											Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	167	63	104	11	23	27	27	26	53	52	41	35	39	12	5	19	6	12	16	5	14	26	27	21	4	22	64	
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*	
Less than 1 month	(0.1)	20 12%	7 11%	13 12%	4 39%	4 14%	2 7%	2 6%	5 9%	9 18%k	1 2%	5 15%	6 13%	1 8%	-	1 6%	4 61%	2 15%	2 13%	-	3 25%	1 5%	3 11%	1 7%	1 17%	3 13%	8 12%	
1-6 months	(0.25)	57 34%	24 38%	34 32%	2 19%	10 36%	8 30%	11 42%	6 22%	20 40%	17 35%	18 40%	8 24%	15 35%	3 31%	1 25%	11 55%	-	3 19%	9 60%	3 47%	5 41%	11 35%	6 23%	3 17%	3 60%	11 41%	20 31%
6-12 months	(0.75)	26 16%	10 17%	16 15%	2 17%	9 33%	4 14%	3 10%	3 11%	6 11%	5 10%	4 10%	10 30%	8 18%	-	-	1 10%	2 13%	1 4%	1 19%	3 22%	6 21%	7 26%	5 26%	1 22%	4 15%	15 22%	
1-2 years	(1.5)	26 15%	7 11%	19 18%	1 7%	3 10%	7 29%	3 11%	5 19%	7 14%	10 20%	7 15%	4 11%	6 14%	1 13%	1 37%	2 10%	-	4 29%	3 18%	-	1 4%	8 26%	4 15%	2 10%	-	3 10%	10 15%
2-5 years	(3.5)	24 14%	7 11%	17 16%	-	2 7%	5 19%	3 12%	6 21%	9 17%	5 10%	9 20%	4 11%	7 16%	4 47%	1 39%	3 14%	2 29%	2 12%	-	1 19%	-	4 16%	5 26%	-	5 17%	5 7%	
5-10 years	(7.5)	9 5%	5 8%	4 3%	2 18%	-	-	3 10%	2 8%	2 4%	3 5%	2 4%	3 9%	1 3%	-	-	1 6%	-	2 13%	1 5%	1 15%	-	3 10%	1 3%	-	1 4%	3 5%	
Over 10 years	(10)	6 4%	2 4%	4 4%	-	-	-	2 9%	3 10%	1 3%	2 3%	4 9%	-	1 2%	-	-	2 9%	-	-	-	*	2 8%	-	2 10%	-	-	5 8%	
Mean	1.71	1.78	1.67	1.64	0.75	1.30	2.41	2.78	1.55	1.55	2.34	1.52	1.37	1.94	1.97	2.12	1.15	1.96	0.84	2.04	1.05	1.61	1.78	2.52	0.34	1.30	1.87	
Standard deviation	2.45	2.66	2.33	2.86	0.88	1.21	3.32	3.23	2.22	2.39	3.03	2.15	1.95	1.63	1.55	3.19	1.65	2.42	1.67	2.86	2.33	2.61	2.23	3.03	0.26	1.83	2.91	
Standard error	0.19	0.34	0.23	0.86	0.18	0.23	0.64	0.63	0.31	0.33	0.47	0.36	0.31	0.47	0.69	0.73	0.67	0.70	0.42	1.28	0.62	0.51	0.43	0.66	0.13	0.39	0.36	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 174

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin D

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)	
Unweighted base	167	1	1	94	53	13	4	151	16	3	6	5	1	1	126	59	67	41	32	9	
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**	
Less than 1 month	(0.1)	20 12%	-	-	9 10%	7 12%	2 16%	2 51%	18 12%	2 10%	-	1 10%	1 22%	-	16 12%	9 14%	6 10%	4 10%	4 13%	-	
1-6 months	(0.25)	57 34%	-	-	29 33%	19 33%	5 37%	1 49%	52 35%	6 29%	2 47%	2 26%	1 17%	-	1 100%	44 34%	18 27%	26 40%	14 35%	12 41%	1 16%
6-12 months	(0.75)	26 16%	-	-	14 15%	12 21%	-	-	22 15%	4 22%	2 36%	-	1 22%	2 100%	24 19%	13 20%	11 17%	2 6%	2 7%	-	
1-2 years	(1.5)	26 15%	-	-	16 18%	4 8%	5 38%	-	20 14%	6 29%	-	4 48%	2 39%	-	23 17%	16 24%	7 11%	3 9%	3 9%	1 7%	
2-5 years	(3.5)	24 14%	* 100%	-	14 15%	9 15%	1 9%	-	23 15%	1 6%	-	1 16%	-	-	14 11%	7 10%	8 12%	10 26%	5 18%	5 53%	
5-10 years	(7.5)	9 5%	-	1 100%	5 6%	3 4%	-	-	8 5%	1 4%	1 17%	-	-	-	5 4%	3 5%	2 3%	3 9%	3 9%	1 9%	
Over 10 years	(10)	6 4%	-	-	3 3%	4 6%	-	-	6 4%	-	-	-	-	-	4 3%	-	4 7%	2 6%	1 3%	1 15%	
Mean	1.71	3.50	7.50	1.76	1.85	1.00	0.17	1.78	1.16	1.66	1.37	0.81	0.75	0.25	1.50	1.30	1.70	2.40o	1.90	4.13	
Standard deviation	2.45	-	-	2.39	2.77	1.05	0.09	2.54	1.51	3.04	1.19	0.65	-	-	2.26	1.72	2.71	2.91	2.67	3.22	
Standard error	0.19	-	-	0.25	0.38	0.29	0.05	0.21	0.38	1.76	0.49	0.29	-	-	0.20	0.22	0.33	0.45	0.47	1.07	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 175

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin D

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	167	86	50	36	81	7	12	16	36	10	126	41	38	34	15	21	19	10	
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**	
Less than 1 month	(0.1)	20 12%	12 12%	5 8%	6 23%	8 11%	-	2 16%	2 9%	4 7%	16 13%	4 9%	4 9%	3 9%	2 11%	3 12%	1 3%	1 7%	
1-6 months	(0.25)	57 34%	32 34%	23 35%	9 32%	26 34%	3 40%	2 21%	7 41%	12 38%	1 17%	45 28%	13 26%	11 25%	10 31%	5 29%	7 28%	7 52%	
6-12 months	(0.75)	26 16%	19 20%	16 24%	3 11%	7 10%	-	2 19%	2 14%	2 7%	1 11%	18 15%	8 19%	8 18%	7 18%	2 14%	5 20%	4 16%	1 10%
1-2 years	(1.5)	26 15%	13 14%	7 11%	5 20%	13 18%	3 42%	2 24%	2 13%	5 15%	1 8%	17 14%	9 19%	9 21%	8 21%	4 24%	2 9%	7 27%	2 19%
2-5 years	(3.5)	24 14%	9 10%	8 11%	2 6%	15 20%	-	2 20%	2 14%	6 20%	4 48%	16 13%	7 17%	7 17%	3 19%	5 21%	2 9%	1 12%	
5-10 years	(7.5)	9 5%	4 5%	3 5%	1 5%	4 6%	1 17%	-	1 7%	1 2%	1 10%	7 5%	2 4%	2 4%	2 5%	-	2 8%	2 7%	-
Over 10 years	(10)	6 4%	5 5%	4 6%	1 3%	1 2%	-	-	-	1 4%	-	4 3%	2 5%	2 6%	2 6%	-	-	2 9%	-
Mean	1.71	1.70	1.81	1.42	1.72	2.02	1.27	1.48	1.65	2.68	1.62	1.94	1.96	2.08	1.22	1.74	2.42	0.92	
Standard deviation	2.45	2.64	2.74	2.40	2.20	2.74	1.29	2.11	2.35	2.27	2.41	2.57	2.62	2.71	1.25	2.19	3.16	1.13	
Standard error	0.19	0.28	0.39	0.40	0.24	1.04	0.37	0.53	0.39	0.72	0.21	0.40	0.43	0.46	0.32	0.48	0.72	0.36	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 176

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin D**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)	
Unweighted base	167	41	98	81	-	17	28	5	4	19	5	26	26	23	21	17	10	5	18	55	29	39	18	3	109	
Weighted base	169	41*	99*	82*	**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*	
Less than 1 month	(0.1)	20 12%	9 22% ^{bc}	7 7%	6 8%	-	1 3%	4 13%	2 24%	-	2 13%	1 4%	1 7%	-	2 10%	3 21%	2 21%	1 10%	3 14%	3 5%	2 8%	1 4%	1 4%	1 32%	17 15%	
1-6 months	(0.25)	57 34%	15 35%	35 35%	31 38%	-	4 23%	8 28%	2 28%	1 30%	2 33%	7 27%	8 38%	5 20%	7 37%	8 50%	3 39%	1 14%	8 32%	12 24%	6 22%	5 15%	3 15%	-	45 40% ^u	
6-12 months	(0.75)	26 16%	6 16%	12 12%	7 9%	-	5 30%	8 27%	2 24%	2 40%	4 25%	1 7%	3 14%	6 25%	1 6%	1 9%	-	1 7%	5 21%	10 19%	6 23%	8 22%	5 24%	2 68%	16 14%	
1-2 years	(1.5)	26 15%	4 10%	17 17%	12 15%	-	4 24%	5 19%	2 24%	* 9%	3 19%	2 37%	3 13%	1 7%	6 24%	4 20%	3 21%	1 14%	3 38%	2 9%	3 17%	7 12%	2 11%	-	17 15%	
2-5 years	(3.5)	24 14%	4 9%	18 18%	15 19%	-	3 15%	2 8%	-	1 28%	1 7%	-	2 8%	7 33%	6 25%	4 21%	-	1 12%	-	3 13%	10 20%	5 20%	9 24%	7 34%	-	12 10%
5-10 years	(7.5)	9 5%	3 8%	4 4%	4 5%	-	-	1 4%	-	-	1 7%	-	2 7%	-	1 7%	3 3%	-	1 14%	-	3 11%	5 10%	4 14%	3 7%	-	3 2%	
Over 10 years	(10)	6 4%	-	6 6%	5 7%	-	1 5%	-	-	-	-	-	* 1%	-	1 3%	-	-	2 32%	-	3 5%	* 1%	3 7%	2 12%	-	4 3%	
Mean	1.71	1.28	2.04	2.11	-	1.71	1.18	0.63	1.47	1.32	0.78	1.33	1.60	1.97	1.74	0.52	1.80	3.82	1.66	2.41x	2.30	2.63x	2.78	0.54	1.32	
Standard deviation	2.45	2.06	2.73	2.82	-	2.32	1.66	0.59	1.52	1.94	0.65	2.00	1.81	1.97	2.32	0.54	2.69	4.54	2.34	2.82	2.65	2.87	3.05	0.41	2.16	
Standard error	0.19	0.32	0.28	0.31	-	0.56	0.31	0.26	0.76	0.45	0.29	0.39	0.35	0.41	0.51	0.13	0.85	2.03	0.55	0.38	0.49	0.46	0.72	0.24	0.21	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 177

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin D

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	167	3	9	2	1	29	61	32	86	26	61	22	2
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
Less than 1 month	(0.1) 20 12%	-	-	-	-	2 8%	7 10%	3 11%	13 14%	4 18%	4 6%	2 11%	-
1-6 months	(0.25) 57 34%	3 100%	2 29%	1 38%	2 100%	8 25%	27 41%	4 16%	30 33%	4 17%	16 27%	4 21%	* 23%
6-12 months	(0.75) 26 16%	-	1 19%	2 62%	-	7 23%	14 21%	5 20%	15 17%	4 16%	9 15%	4 24%	-
1-2 years	(1.5) 26 15%	-	* 5%	-	-	7 23%	8 12%	7 24%	14 16%	5 22%	12 21%	3 17%	-
2-5 years	(3.5) 24 14%	-	3 36%	-	-	3 10%	10 14%	7 25%	11 12%	5 22%	14 24%	5 24%	-
5-10 years	(7.5) 9 5%	-	1 11%	-	-	4 12%	1 1%	1 3%	3 4%	1 5%	2 4%	1 3%	1 77%
Over 10 years	(10) 6 4%	-	-	-	-	-	1 1%	* 1%	4 4%	-	2 4%	-	-
Mean	1.71	0.25	2.39	0.56	0.25	1.80	1.13	1.75	1.58	1.66	2.00f	1.57	5.80
Standard deviation	2.45	0.00	2.46	0.29	-	2.31	1.60	1.83	2.40	1.91	2.37	1.69	-
Standard error	0.19	0.00	0.82	0.21	-	0.43	0.20	0.32	0.26	0.37	0.30	0.36	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 178

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin E**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	39	18	21	4	8	7	7	5	8	16	9	5	9	2	1	1	2	5	2	4	2	6	10	3	1	3	26
Weighted base	36*	19**	17**	3**	9**	6**	6**	4**	9**	14**	8**	5**	9**	2**	1**	1**	2**	5**	1**	4**	1**	7**	8**	3**	2**	2**	26**
Less than 1 month	(0.1)	2 6%	- -	2 12%	- -	- -	2 36%	- -	- -	- -	1 16%	1 15%	- -	- -	- -	- -	- -	- -	- -	* 12%	- -	- -	2 21%	- -	- -	- -	2 8%
1-6 months	(0.25)	9 25%	6 32%	3 18%	3 100%	2 28%	2 39%	1 15%	1 14%	5 35%	2 22%	- -	2 27%	- -	- -	- -	- -	1 61%	2 58%	1 100%	1 22%	1 9%	1 26%	1 100%	2 34%	1 31%	8
6-12 months	(0.75)	5 15%	2 10%	4 21%	- -	- -	1 20%	- -	4 49%	2 12%	2 23%	- -	2 20%	- -	1 100%	- -	- -	2 36%	- -	- -	- -	1 20%	2 22%	- -	- -	- -	2 6%
1-2 years	(1.5)	6 17%	3 14%	3 20%	- -	2 28%	1 15%	- -	1 30%	2 12%	1 11%	2 35%	2 20%	2 100%	- -	- -	- -	- -	- -	1 31%	- -	2 27%	1 19%	- -	- -	- -	5 18%
2-5 years	(3.5)	6 15%	3 13%	3 18%	- -	3 31%	1 17%	- -	2 42%	2 12%	1 17%	1 16%	2 18%	- -	- -	- -	1 11%	39%	1 39%	- -	- -	2 31%	2 21%	1 27%	- -	4 25%	14
5-10 years	(7.5)	6 15%	4 21%	1 8%	- -	1 14%	2 29%	- -	3 34%	2 17%	- -	2 34%	1 16%	- -	- -	1 100%	2 62%	2 33%	- -	- -	- -	- -	- -	1 47%	- -	1 41%	3 13%
Over 10 years	(10)	3 7%	2 10%	1 3%	- -	1 12%	1 15%	- -	1 14%	2 12%	1 11%	- -	- -	- -	- -	- -	1 38%	1 20%	- -	- -	- -	- -	1 8%	- -	- -	3 10%	
Mean	2.81	3.44	2.10	0.25	2.78	3.45	2.41	3.37	3.20	3.23	2.14	3.63	2.32	1.50	0.75	7.50	8.45	5.18	1.53	0.61	0.25	1.71	2.00	4.52	0.25	4.03	2.84
Standard deviation	3.22	3.61	2.62	0.00	3.11	3.97	3.60	3.40	3.33	3.69	3.26	3.26	2.65	-	-	-	1.57	4.15	-	0.68	-	1.40	2.81	3.69	-	4.32	3.41
Standard error	0.51	0.85	0.57	0.00	1.10	1.50	1.36	1.52	1.18	0.92	1.09	1.46	0.88	-	-	-	1.11	1.86	-	0.34	-	0.57	0.89	2.13	-	2.50	0.67

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 179

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin E

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	39	1	1	24	4	8	-	36	3	-	2	1	-	-	36	21	15	3	3	-
Weighted base	36*	1**	2**	22**	3**	8**	-**	33*	3**	-**	2**	1**	-**	-**	34*	21**	13**	3**	3**	-**
Less than 1 month	(0.1)	2 6%	-	1 6%	-	1 10%	-	2 6%	-	-	-	-	-	-	2 6%	-	2 16%	-	-	-
1-6 months	(0.25)	9 25%	2 100%	5 25%	-	1 12%	-	9 26%	1 22%	-	-	1 100%	-	-	9 27%	7 32%	3 20%	-	-	-
6-12 months	(0.75)	5 15%	-	4 19%	-	1 15%	-	4 12%	1 43%	-	1 55%	-	-	-	5 14%	1 6%	3 27%	1 23%	1 23%	-
1-2 years	(1.5)	6 17%	1 100%	3 12%	1 26%	2 23%	-	6 18%	-	-	-	-	-	-	6 18%	4 21%	2 14%	-	-	-
2-5 years	(3.5)	6 15%	-	3 15%	1 40%	1 15%	-	6 17%	-	-	-	-	-	-	5 15%	3 17%	2 12%	1 21%	1 21%	-
5-10 years	(7.5)	6 15%	-	5 21%	-	1 11%	-	6 17%	-	-	-	-	-	-	4 12%	3 12%	1 11%	2 57%	2 57%	-
Over 10 years	(10)	3 7%	-	1 3%	1 34%	1 13%	-	2 5%	1 35%	-	1 45%	-	-	-	3 8%	3 12%	-	-	-	-
Mean	2.81	1.50	0.25	2.74	5.22	3.21	-	2.71	3.88	-	4.88	0.25	-	-	2.62	3.18	1.73	5.15	5.15	-
Standard deviation	3.22	-	-	3.09	4.45	3.69	-	3.05	5.53	-	6.11	-	-	-	3.17	3.52	2.37	3.57	3.57	-
Standard error	0.51	-	-	0.63	2.22	1.30	-	0.51	3.20	-	4.32	-	-	-	0.53	0.77	0.61	2.06	2.06	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 180

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Vitamin E

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	29	19	10	10	1	1	4	1	3	27	12	12	9	4	5	6	-
Weighted base	36*	28**	21**	7**	8**	1**	1**	4**	1**	3**	25**	11**	11**	7**	4**	4**	5**	**
Less than 1 month	(0.1)	2 6%	2 7%	1 4%	1 19%	-	-	-	-	-	1 5%	1 8%	1 8%	1 12%	-	-	1 17%	-
1-6 months	(0.25)	9 25%	9 31%	7 36%	1 16%	-	-	-	-	1 24%	6 23%	3 30%	3 30%	1 9%	3 80%	1 14%	-	-
6-12 months	(0.75)	5 15%	2 6%	-	2 24%	4 44%	1 100%	-	2 45%	-	1 46%	5 19%	* 4%	* 4%	* 6%	-	-	* 9%
1-2 years	(1.5)	6 17%	5 17%	5 22%	-	1 17%	-	-	1 21%	1 100%	-	5 20%	1 8%	1 8%	1 12%	-	1 21%	-
2-5 years	(3.5)	6 15%	4 15%	2 10%	2 32%	1 16%	-	1 100%	-	-	1 30%	2 9%	3 31%	3 31%	3 34%	1 20%	2 44%	2 35%
5-10 years	(7.5)	6 15%	4 15%	4 19%	-	1 17%	-	-	1 34%	-	-	6 22%	-	-	-	-	-	-
Over 10 years	(10)	3 7%	3 9%	2 9%	1 9%	-	-	-	-	-	-	1 2%	2 18%	2 18%	2 27%	-	1 21%	2 39%
Mean	2.81	2.93	3.17	2.21	2.41	0.75	3.50	3.20	1.50	1.46	2.67	3.14	3.14	4.15	0.89	4.01	5.22	-
Standard deviation	3.22	3.40	3.56	3.00	2.66	-	-	3.55	-	1.74	3.06	3.69	3.69	4.05	1.49	3.79	4.51	-
Standard error	0.51	0.63	0.82	0.95	0.84	-	-	1.77	-	1.01	0.59	1.07	1.07	1.35	0.74	1.69	1.84	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 181

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin E**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)	
Unweighted base	39	12	19	14	-	5	7	3	-	4	3	3	5	7	3	4	1	4	4	8	4	6	3	-	30	
Weighted base	36*	12**	16**	13**	**	4**	7**	4**	**	4**	2**	3**	5**	6**	4**	3**	1**	3**	4**	7**	3**	5**	4**	**	28**	
Less than 1 month	(0.1)	2 6%	1 11%	1 5%	1 6%	-	-	-	-	-	1 36%	* 15%	-	-	-	1 26%	-	-	-	-	-	-	-	-	-	2 7%
1-6 months	(0.25)	9 25%	4 34%	5 31%	5 38%	-	* 8%	-	-	-	-	-	2 35%	1 10%	2 55%	1 22%	-	2 49%	2 42%	2 23%	-	-	2 44%	-	7 24%	
6-12 months	(0.75)	5 15%	1 5%	3 18%	2 14%	-	1 29%	2 24%	1 36%	-	1 28%	1 40%	1 13%	2 28%	2 -	-	-	-	-	1 16%	1 42%	1 24%	1 18%	-	4 15%	
1-2 years	(1.5)	6 17%	2 15%	3 17%	1 7%	-	2 49%	1 12%	1 25%	-	-	-	1 19%	-	2 45%	1 32%	1 100%	1 22%	-	-	-	-	-	-	6 21%	
2-5 years	(3.5)	6 15%	2 20%	2 14%	2 14%	-	1 14%	1 11%	-	1 23%	1 36%	-	2 34%	1 9%	-	1 20%	-	1 31%	3 41%	2 58%	2 46%	-	-	3 9%		
5-10 years	(7.5)	6 15%	2 14%	-	-	-	-	4 53%	1 40%	-	2 65%	-	1 45%	-	3 43%	-	-	-	-	1 20%	-	1 30%	1 38%	-	4 14%	
Over 10 years	(10)	3 7%	-	3 16%	3 20%	-	-	-	-	-	-	-	-	1 10%	-	-	-	1 29%	1 27%	-	-	-	-	-	3 9%	
Mean	2.81	2.12	2.51	2.85	-	1.45	4.70	3.62	-	5.74	1.52	3.69	1.64	4.77	0.81	1.25	1.50	3.38	3.88	3.11	2.35	4.06	3.10	-	2.80	
Standard deviation	3.22	2.61	3.49	3.94	-	1.06	3.27	3.73	-	2.93	2.00	4.17	1.57	3.90	0.72	1.56	-	5.15	4.61	2.78	1.71	2.84	4.04	-	3.37	
Standard error	0.51	0.75	0.80	1.05	-	0.47	1.24	2.15	-	1.47	1.15	2.41	0.70	1.47	0.42	0.78	-	2.58	2.30	0.98	0.86	1.16	2.33	-	0.62	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 182

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Vitamin E**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	1	3	-	1	9	19	6	20	5	8	6	4
Weighted base	36*	1**	3**	-.**	1**	8**	18**	5**	20**	4**	7**	4**	3**
Less than 1 month	(0.1) 6%	-	-	-	-	*	3%	-	6%	1	1	-	-
1-6 months	(0.25) 25%	-	-	-	100%	5	28%	-	12%	2	1	-	*
6-12 months	(0.75) 15%	-	-	-	-	-	10%	26%	12%	-	1	1	1
1-2 years	(1.5) 17%	-	26%	-	-	1	24%	-	31%	-	1	-	-
2-5 years	(3.5) 15%	100%	-	-	-	1	8%	44%	10%	2	2	3	1
5-10 years	(7.5) 15%	-	52%	-	-	1	18%	30%	21%	-	2	-	-
Over 10 years	(10) 7%	-	22%	-	-	-	9%	-	8%	-	-	-	1
Mean	2.81	3.50	6.47	-	0.25	1.52	3.03	3.96	3.28	1.97	4.03	2.68	4.22
Standard deviation	3.22	-	3.91	-	-	2.46	3.48	2.87	3.36	1.92	2.88	1.46	4.76
Standard error	0.51	-	2.26	-	-	0.82	0.80	1.17	0.75	0.86	1.02	0.60	2.38

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 183

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Calcium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	76	20	56	2	11	14	11	15	23	25	21	16	14	10	1	14	8	3	5	4	3	7	7	13	1	8	32
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	12 17%	7 31%	6 11%	1 54%	1 10%	7 49%	2 18%	-	1 6%	6 28%	1 3%	2 13%	4 27%	1 10%	-	4 32%	-	1 11%	1 34%	-	2 24%	2 30%	1 9%	-	-	9 29%
6-12 months	(0.75)	11 14%	7 32%	4 7%	-	4 34%	2 11%	3 31%	-	2 8%	-	3 12%	5 31%	3 22%	1 9%	-	3 35%	-	5 77%	-	1 32%	-	-	2 13%	-	2 28%	5 14%
1-2 years	(1.5)	14 19%	2 8%	12 23%	1 46%	4 30%	2 15%	1 7%	4 30%	3 11%	2 10%	5 22%	5 29%	2 15%	1 16%	-	1 5%	1 14%	-	1 31%	-	4 56%	3 40%	1 9%	1 100%	2 28%	9 29%
2-5 years	(3.5)	19 26%	4 21%	15 28%	-	3 26%	2 11%	3 25%	3 38%	9 24%	5 40%	2 14%	3 19%	2 26%	4 100%	3 30%	4 41%	1 47%	-	1 22%	1 20%	1 13%	5 42%	-	2 23%	5 17%	
5-10 years	(7.5)	9 13%	2 8%	8 15%	-	-	2 20%	2 11%	1 11%	4 17%	3 13%	3 12%	2 13%	2 29%	-	2 14%	1 11%	-	1 12%	1 16%	-	-	1 17%	2 12%	-	2 22%	2 5%
Over 10 years	(10)	9 12%	-	9 16%	-	-	-	-	5 35%	4 19%	5 25%	3 12%	-	1 5%	1 10%	-	3 19%	-	1 53%	-	1 19%	1 46%	-	2 15%	-	-	2 7%
Mean	3.46	1.76	4.13	0.82	1.64	1.82	2.74	5.59	4.78	4.55	3.87	2.18	2.53	4.40	3.50	4.13	2.71	6.93	1.53	3.62	5.62	1.60	2.39	4.15	1.50	3.05	2.29
Standard deviation	3.28	2.12	3.42	0.85	1.23	2.54	2.80	3.78	3.36	3.96	3.03	2.35	2.95	3.43	-	3.81	2.23	4.20	2.45	4.52	5.11	1.17	2.69	3.34	-	2.75	2.81
Standard error	0.38	0.47	0.46	0.60	0.37	0.68	0.85	0.98	0.70	0.79	0.66	0.59	0.79	1.09	-	1.02	0.79	2.43	1.10	2.26	2.95	0.44	1.02	0.93	-	0.97	0.50

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 184

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Calcium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	76	1	-	37	28	10	-	69	7	2	5	-	-	-	60	31	29	16	15	1
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	12	-	9	4	-	-	11	2	-	2	-	-	-	10	7	3	2	2	-
		17%	-	23%	14%	-	-	16%	21%	-	28%	-	-	-	18%	22%	12%	14%	15%	-
6-12 months	(0.75)	11	1	3	6	1	-	7	3	-	3	-	-	-	9	4	5	2	2	-
		14%	100%	7%	26%	8%	-	11%	39%	-	51%	-	-	-	15%	13%	18%	11%	12%	-
1-2 years	(1.5)	14	-	8	3	3	-	11	2	1	1	-	-	-	13	9	3	1	1	-
		19%	-	21%	10%	31%	-	17%	29%	53%	20%	-	-	-	21%	28%	13%	7%	8%	-
2-5 years	(3.5)	19	-	8	6	5	-	19	-	-	-	-	-	-	15	9	6	4	4	-
		26%	-	21%	24%	53%	-	29%	-	-	-	-	-	-	26%	29%	22%	27%	29%	-
5-10 years	(7.5)	9	-	5	3	1	-	8	1	1	-	-	-	-	9	1	8	1	1	-
		13%	-	14%	12%	9%	-	13%	12%	47%	-	-	-	-	15%	3%	29%	5%	5%	-
Over 10 years	(10)	9	-	5	3	-	-	9	-	-	-	-	-	-	3	2	2	5	4	1
		12%	-	14%	14%	-	-	13%	-	-	-	-	-	-	6%	5%	7%	36%	30%	100%
Mean	3.46	0.75	-	3.60	3.51	3.02	-	3.69	1.64	4.30	0.76	-	-	-	3.04	2.27	3.96	5.11	4.66	10.00
Standard deviation	3.28	-	-	3.50	3.47	1.82	-	3.32	2.31	4.15	0.47	-	-	-	2.92	2.37	3.28	4.14	4.03	-
Standard error	0.38	-	-	0.58	0.66	0.58	-	0.40	0.87	2.93	0.21	-	-	-	0.38	0.43	0.61	1.03	1.04	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 185

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Calcium

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	76	40	27	13	36	-	3	5	21	7	53	23	22	19	7	14	8	2
Weighted base	74*	39*	30**	9**	35*	**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	12 17%	9 24%	7 24%	2 21%	3 9%	-	2 74%	1 22%	-	6 12%	6 27%	6 28%	5 30%	1 15%	5 37%	2 27%	-
6-12 months	(0.75)	11 14%	6 16%	5 16%	1 17%	4 12%	-	1 26%	-	2 9%	2 27%	5 22%	5 23%	4 22%	1 17%	3 17%	1 25%	2 74%
1-2 years	(1.5)	14 19%	11 28% ^d	8 26%	3 35%	3 7%	-	-	3 41%	-	8 16%	5 23%	5 24%	2 13%	4 54%	2 13%	1 10%	-
2-5 years	(3.5)	19 26%	7 18%	5 17%	2 20%	12 35%	-	-	2 37%	7 37%	3 40%	5 28%	5 21%	5 25%	1 14%	4 27%	1 21%	-
5-10 years	(7.5)	9 13%	3 8%	3 10%	-	6 18%	-	-	-	5 25%	2 23%	8 15%	1 4%	2 9%	-	1 7%	1 17%	1 26%
Over 10 years	(10)	9 12%	2 6%	2 6%	1 7%	6 18%	-	-	-	6 29%	1 10%	9 17%	-	-	-	-	-	-
Mean	3.46	2.42	2.52	2.10	4.64 ^a	-	0.38	1.97	6.12	4.39	4.18	1.82	1.66	2.00	1.46	1.84	2.44	2.52
Standard deviation	3.28	2.78	2.87	2.58	3.43	-	0.29	1.39	3.26	3.31	3.48	2.00	1.76	2.21	1.02	2.07	2.87	3.85
Standard error	0.38	0.44	0.55	0.71	0.57	-	0.17	0.62	0.71	1.25	0.48	0.42	0.37	0.51	0.38	0.55	1.02	2.72

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 186

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Calcium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?							
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)	
Unweighted base	76	10	49	41	2	6	17	7	-	10	1	9	13	14	12	7	5	4	3	21	9	16	7	3	54	
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*	
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
1-6 months	(0.25)	12	3	8	8	-	1	1	-	-	-	-	2	4	1	3	-	1	-	3	2	1	1	1	10	
		17%	35%	16%	18%	-	11%	9%	22%	-	-	-	13%	31%	10%	38%	-	45%	-	15%	23%	11%	26%	47%	18%	
6-12 months	(0.75)	11	2	9	7	1	2	-	-	-	-	2	4	1	3	-	1	-	4	4	1	4	1	-	6	
		14%	19%	18%	15%	33%	31%	-	-	-	-	27%	33%	6%	25%	-	23%	-	24%	8%	31%	16%	-	-	12%	
1-2 years	(1.5)	14	2	7	5	-	2	5	1	-	4	1	3	1	3	2	1	-	2	2	1	2	-	-	12	
		19%	19%	14%	13%	-	30%	33%	20%	-	41%	100%	37%	11%	-	28%	19%	26%	-	54%	9%	16%	12%	-	22%	
2-5 years	(3.5)	19	1	12	9	1	6	1	-	5	-	2	4	2	3	2	1	1	5	2	3	-	1	13		
		26%	17%	23%	22%	67%	17%	39%	22%	-	50%	-	27%	31%	18%	24%	25%	51%	32%	28%	30%	22%	22%	-	25%	
5-10 years	(7.5)	9	1	6	6	-	2	1	-	1	-	1	1	2	-	2	1	-	1	2	2	2	2	1	7	
		13%	10%	13%	15%	-	14%	22%	-	9%	-	9%	5%	18%	-	18%	23%	-	18%	14%	22%	19%	31%	28%	12%	
Over 10 years	(10)	9	-	8	7	-	1	1	-	-	-	-	1	3	1	-	-	-	1	1	1	1	1	-	7	
		12%	-	16%	17%	-	11%	5%	14%	-	-	-	7%	27%	13%	-	-	-	8%	9%	6%	27%	-	-	13%	
Mean		3.46	1.84	3.72	3.96	2.59	2.40	3.48	4.15	-	3.04	1.50	2.37	2.65	4.83	2.73	2.60	3.92	1.39	3.14	3.28	3.71	3.16	5.22	3.11	3.51
Standard deviation		3.28	2.32	3.54	3.65	1.75	3.14	2.70	3.78	-	1.80	-	2.03	2.85	4.20	3.12	2.77	2.41	1.73	2.63	3.17	3.55	3.16	4.62	3.94	3.36
Standard error		0.38	0.73	0.51	0.57	1.24	1.28	0.65	1.43	-	0.57	-	0.68	0.79	1.12	0.90	1.05	1.08	0.87	1.52	0.69	1.18	0.79	1.75	2.27	0.46

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 187

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Calcium

	Q13. Which of the following apply to you?													
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)	
Unweighted base	76	1	4	2	-	15	36	11	46	8	23	9	2	
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**	
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	
1-6 months	(0.25)	12 17%	1 100%	-	1 47%	-	2 15%	10 27%	-	6 13%	2 20%	1 8%	2 24%	-
6-12 months	(0.75)	11 14%	-	3 59%	-	6 35%	3 8%	5 53%	4 8%	3 41%	2 13%	1 8%	-	
1-2 years	(1.5)	14 19%	-	-	-	2 15%	6 18%	1 9%	10 21%	1 18%	1 6%	-	3 100%	
2-5 years	(3.5)	19 26%	-	2 41%	1 53%	5 30%	11 31%	2 23%	13 27%	1 11%	8 41%	3 35%	-	
5-10 years	(7.5)	9 13%	-	-	-	1 5%	3 8%	1 7%	8 17%	1 10%	3 18%	2 23%	-	
Over 10 years	(10)	9 12%	-	-	-	-	3 8%	1 7%	7 14%	-	3 15%	1 10%	-	
Mean	3.46	0.25	1.89	1.97	-	1.96	2.90	2.61	4.06	1.75	4.46	4.05	1.50	
Standard deviation	3.28	-	1.53	-	-	1.87	2.96	2.96	3.38	2.26	3.29	3.51	0.00	
Standard error	0.38	-	0.77	-	-	0.48	0.49	0.89	0.50	0.80	0.68	1.17	0.00	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 188

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Iron

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	93	24	69	13	14	26	21	10	9	28	26	24	15	8	3	10	9	7	8	5	10	14	5	12	2	18	40
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*
Less than 1 month	(0.1)	8 9%	2 9%	6 9%	1 8%	2 14%	- 2%	- -	5 50%	2 11%	- -	5 19%	1 5%	1 10%	- -	- -	1 15%	- -	2 30%	- -	2 24%	- -	- -	2 19%	- -	* 3%	5 13%
1-6 months	(0.25)	23 26%	6 28%	17 25%	3 35%	5 34%	6 27%	4 20%	3 31%	1 9%	6 27%	5 18%	9 35%	3 22%	2 29%	- 20%	1 14%	4 55%	1 14%	1 31%	1 14%	5 31%	1 31%	3 29%	2 38%	6 37%	6 16%
6-12 months	(0.75)	9 10%	3 12%	6 10%	* 5%	1 9%	3 13%	3 15%	1 11%	- -	2 11%	- -	4 16%	3 18%	* -	- -	1 17%	1 15%	3 42%	1 17%	2 21%	- -	- -	1 9%	- -	4 21%	4 9%
1-2 years	(1.5)	19 22%	5 24%	14 21%	4 46%	- -	5 21%	6 29%	2 27%	1 12%	5 25%	9 37%	3 11%	2 10%	3 43%	- -	3 30%	2 19%	- -	1 25%	2 24%	3 19%	- -	3 28%	3 62%	4 23%	10 24%
2-5 years	(3.5)	12 14%	1 2%	12 18%	- -	4 24%	3 13%	5 22%	1 6%	2 5%	6 11%	3 22%	1 13%	1 12%	* 16%	- -	3 36%	1 8%	1 8%	- -	1 17%	4 24%	2 45%	- -	- -	2 10%	8 20%
5-10 years	(7.5)	6 7%	2 10%	4 6%	1 6%	1 6%	3 13%	- -	1 6%	1 13%	2 7%	4 15%	- -	1 6%	- -	2 21%	- -	2 23%	- -	- -	- -	1 8%	- -	2 16%	- -	- -	2 5%
Over 10 years	(10)	10 12%	3 13%	7 11%	- -	2 13%	3 12%	3 12%	2 19%	1 10%	2 8%	2 7%	2 6%	5 33%	2 84%	3 30%	- -	- -	* 6%	1 28%	- -	3 19%	1 25%	- -	- -	1 6%	5 13%
Mean	2.67	2.70	2.67	1.27	2.74	3.20	2.57	3.14	2.43	2.27	3.24	1.46	4.35	1.19	8.93	5.05	1.70	2.22	1.27	3.37	1.16	3.63	4.10	1.79	1.03	1.51	2.90
Standard deviation	3.31	3.62	3.24	1.77	3.55	3.57	3.05	3.96	3.72	3.07	3.02	2.48	4.51	1.11	3.03	4.35	1.50	3.23	2.58	4.84	1.25	3.74	4.17	2.70	0.69	2.36	3.34
Standard error	0.34	0.74	0.39	0.49	0.95	0.70	0.66	1.25	1.24	0.58	0.59	0.51	1.16	0.39	1.75	1.38	0.50	1.22	0.91	2.16	0.39	1.00	1.87	0.78	0.49	0.56	0.53

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 189

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Iron

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	93	1	-	48	29	12	3	83	10	4	4	2	-	-	70	45	25	23	20	3
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
Less than 1 month	(0.1)	8 9%	-	3 7%	4 15%	1 6%	-	8 10%	-	-	-	-	-	-	3 4%	-	3 12%	6 23%	6 28%	-
1-6 months	(0.25)	23 26%	2 100%	-	12 25%	6 21%	3 31%	1 36%	20 26%	2 24%	1 14%	2 52%	-	-	18 28%	13 31%	5 22%	5 21%	5 23%	1 15%
6-12 months	(0.75)	9 10%	-	-	6 14%	1 5%	1 7%	1 32%	8 10%	1 14%	1 18%	-	1 29%	-	5 9%	4 10%	1 5%	4 15%	4 18%	-
1-2 years	(1.5)	19 22%	-	-	11 25%	5 18%	2 24%	-	17 21%	2 23%	-	1 22%	2 71%	-	13 21%	7 17%	6 27%	6 24%	2 11%	4 85%
2-5 years	(3.5)	12 14%	-	-	4 9%	8 26%	1 8%	-	12 16%	-	-	-	-	-	10 16%	7 18%	2 11%	2 10%	2 12%	-
5-10 years	(7.5)	6 7%	-	-	3 6%	2 7%	1 12%	1 31%	5 6%	2 19%	1 23%	1 26%	-	-	5 8%	3 7%	2 10%	1 5%	1 7%	-
Over 10 years	(10)	10 12%	-	-	7 14%	2 8%	1 13%	-	8 11%	2 20%	2 45%	-	-	-	10 15%	7 17%	3 13%	*	*	-
Mean	2.67	0.25	-	2.72	2.63	2.93	2.68	2.52	3.89	6.43	2.41	1.28	-	-	3.14	3.24	2.93	1.47	1.50	1.31
Standard deviation	3.31	-	-	3.49	3.03	3.71	-	3.19	4.18	4.73	3.62	0.46	-	-	3.57	3.63	3.53	2.13	2.37	0.51
Standard error	0.34	-	-	0.50	0.56	1.07	-	0.35	1.32	2.36	1.81	0.33	-	-	0.43	0.54	0.71	0.45	0.53	0.29

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 190

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Iron

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	93	58	33	25	35	5	12	1	6	11	56	37	33	31	14	17	16	7	
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**	
Less than 1 month	(0.1)	8 9%	6 10%	3 8%	3 14%	3 8%	-	-	-	1 14%	6 12%	2 5%	2 6%	1 3%	1 12%	1 6%	*	-	
1-6 months	(0.25)	23 26%	12 22%	9 23%	4 20%	10 33%	2 26%	3 36%	1 100%	1 21%	3 38%	14 25%	9 28%	7 24%	8 27%	2 21%	3 18%	3 19%	2 31%
6-12 months	(0.75)	9 10%	7 13%	4 11%	3 16%	2 6%	1 21%	1 6%	-	-	-	7 12%	2 7%	2 8%	2 5%	1 13%	1 8%	*	-
1-2 years	(1.5)	19 22%	14 24%	13 34%	1 3%	5 18%	-	3 36%	-	1 17%	1 12%	11 19%	8 25%	8 29%	8 27%	2 20%	4 26%	5 30%	3 43%
2-5 years	(3.5)	12 14%	10 17%	4 10%	6 31%	3 9%	-	1 16%	-	1 8%	1 13%	7 15%	4 14%	5 15%	3 31%	3 19%	3 16%	2 14%	1
5-10 years	(7.5)	6 7%	2 4%	2 6%	-	4 14%	-	1 6%	-	1 20%	2 27%	4 7%	3 8%	3 10%	3 9%	-	3 18%	2 12%	-
Over 10 years	(10)	10 12%	6 11%	3 8%	3 17%	4 13%	3 52%	-	-	1 14%	-	7 12%	4 11%	3 10%	4 13%	*	1 5%	3 18%	1 12%
Mean	2.67	2.50	2.27	2.98	2.99	5.47	1.68	0.25	3.49	2.64	2.61	2.78	2.73	3.01	1.91	3.01	3.77	2.43	
Standard deviation	3.31	3.13	2.94	3.53	3.65	5.24	1.93	-	4.12	3.32	3.34	3.31	3.22	3.42	2.19	3.11	3.75	3.21	
Standard error	0.34	0.41	0.51	0.71	0.62	2.34	0.56	-	1.68	1.00	0.45	0.54	0.56	0.61	0.59	0.76	0.94	1.21	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 191

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Iron

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	93	27	56	36	2	18	9	2	1	6	5	16	8	15	9	11	4	3	12	25	12	19	6	3	66
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
Less than 1 month	(0.1)	8 9%	1 3%	6 12%	6 17%	-	2 17%	-	-	2 29%	-	1 5%	1 9%	1 10%	2 15%	1 6%	-	1 43%	2 17%	1 3%	1 7%	-	-	-	7 12%
1-6 months	(0.25)	23 26%	10 35%	12 24%	5 16%	1 67%	6 39%	* 5%	-	* 8%	1 11%	5 34%	4 59%	3 21%	3 35%	1 6%	* 14%	2 57%	* 4%	6 23%	3 27%	4 18%	2 34%	1 26%	17 28%
6-12 months	(0.75)	9 10%	2 6%	6 12%	4 11%	* 33%	2 14%	1 11%	-	1 19%	2 30%	2 12%	-	1 9%	-	1 6%	-	-	3 27%	2 10%	1 7%	2 13%	1 11%	-	6 10%
1-2 years	(1.5)	19 22%	8 27%	8 16%	7 19%	-	1 9%	3 38%	2 62%	2 35%	2 26%	2 14%	1 12%	3 19%	1 9%	5 46%	1 32%	-	3 21%	10 40%	4 35%	8 39%	2 24%	1 39%	9 15%
2-5 years	(3.5)	12 14%	3 11%	8 15%	4 12%	-	4 25%	2 18%	-	1 100%	1 10%	-	2 12%	1 12%	2 4%	3 25%	1 30%	-	2 16%	1 4%	-	1 6%	-	-	10 17%
5-10 years	(7.5)	6 7%	2 6%	5 9%	5 13%	-	-	-	-	-	-	1 8%	3 25%	-	1 6%	-	-	1 8%	2 9%	2 14%	2 11%	1 15%	-	-	4 7%
Over 10 years	(10)	10 12%	3 11%	6 12%	4 12%	-	2 13%	1 11%	1 38%	-	2 33%	3 23%	-	2 13%	2 16%	-	1 23%	-	1 8%	2 10%	1 10%	2 13%	1 16%	1 35%	8 12%
Mean	2.67	2.51	2.85	3.07	0.42	2.53	2.37	4.71	3.50	1.06	3.96	3.06	1.39	3.66	2.68	2.25	3.93	0.19	2.44	2.57	2.68	3.05	3.27	4.16	2.72
Standard deviation	3.31	3.26	3.45	3.57	-	3.31	3.01	5.33	-	1.10	4.69	4.02	2.34	3.89	3.63	1.82	4.16	0.09	3.07	3.23	3.53	3.48	4.15	5.28	3.40
Standard error	0.34	0.63	0.46	0.60	-	0.78	1.00	3.77	-	0.45	2.10	1.00	0.83	1.00	1.21	0.55	2.08	0.05	0.89	0.65	1.02	0.80	1.69	3.05	0.42

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 192

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Iron

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	93	2	17	2	2	23	43	15	46	20	29	18	2
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
Less than 1 month	(0.1) 8 9%	-	-	2 53%	-	3 14%	6 13%	-	6 12%	1 7%	3 12%	1 5%	-
1-6 months	(0.25) 23 26%	-	5 35%	-	1 43%	5 27%	8 19%	5 36%	9 20%	9 44%	3 12%	6 34%	1 51%
6-12 months	(0.75) 9 10%	-	* 3%	-	1 57%	1 7%	5 12%	2 15%	4 9%	3 13%	3 10%	* 3%	-
1-2 years	(1.5) 19 22%	-	2 15%	1 47%	-	1 6%	10 25%	2 17%	9 21%	4 18%	9 30%	4 23%	1 49%
2-5 years	(3.5) 12 14%	1 22%	4 24%	-	-	4 18%	7 17%	1 8%	8 18%	1 3%	3 12%	3 20%	-
5-10 years	(7.5) 6 7%	-	-	-	-	1 3%	2 5%	1 5%	5 11%	-	2 7%	2 9%	-
Over 10 years	(10) 10 12%	2 78%	4 23%	-	-	5 26%	3 8%	2 19%	4 9%	3 17%	5 17%	1 6%	-
Mean	2.67	8.59	3.53	0.75	0.54	3.66	2.32	2.99	2.80	2.23	3.23	2.48	0.86
Standard deviation	3.31	3.47	3.92	0.86	-	4.16	2.93	3.92	3.23	3.62	3.65	2.97	-
Standard error	0.34	2.45	0.95	0.61	-	0.87	0.45	1.01	0.48	0.81	0.68	0.70	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 193

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	198	111	87	15	19	20	33	43	68	54	58	48	38	10	10	27	19	12	15	12	24	26	24	17	2	22	71	
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*	
Less than 1 month	(0.1)	6	2	5	1	3	1	1	-	2	1	1	2	-	-	-	1	1	1	1	2	-	1	-	-	2	3	
		3%	1%	5%	4%	15%	5%	2%	2%	4%	1%	3%	6%	-	-	-	3%	7%	8%	5%	10%	-	3%	-	-	10%	4%	
1-6 months	(0.25)	17	8	9	3	4	1	2	3	4	4	3	6	-	5	1	1	2	1	-	1	3	2	2	-	1	6	
		8%	7%	10%	20%	17%	3%	7%	9%	5%	7%	6%	14%	-	55%	4%	3%	11%	5%	-	3%	11%	8%	10%	-	5%	8%	
6-12 months	(0.75)	19	11	8	4	5	2	2	4	7	6	5	2	1	1	1	2	1	1	1	3	3	4	3	-	4	11	
		9%	10%	9%	31%	21%	14%	7%	10% ⁱ	1%	14%	9%	4%	6%	8%	3%	10%	7%	4%	9%	12%	9%	14%	16%	-	17%	14%	
1-2 years	(1.5)	38	20	18	4	2	8	8	4	11	8	14	10	7	3	1	3	4	2	3	3	6	9	-	-	5	14	
		19%	18%	21%	33%	10%	43%	22%	10%	17%	16%	23%	20%	17%	39%	7%	12%	25%	18%	21%	24%	15%	19%	36%	-	20%	18%	
2-5 years	(3.5)	34	22	12	1	6	2	7	9	8	7	12	6	3	2	6	3	3	3	4	3	-	2	3	-	5	17	
		17%	19%	14%	6%	24%	13%	19%	22%	14%	16%	12%	23%	16%	38%	22%	19%	21%	25%	31%	13%	-	9%	17%	-	21%	22%	
5-10 years	(7.5)	41	22	18	-	1	3	9	4	24	11	9	9	-	-	7	2	2	2	3	7	6	2	7	2	5	12	
		20%	20%	21%	-	5%	17%	24%	10%	35% ^h	22%	19%	18%	24%	-	28%	9%	15%	16%	23%	31%	21%	7%	40%	100%	22%	16%	
Over 10 years	(10)	45	27	18	1	2	1	8	15	19	10	17	11	8	1	6	5	3	3	1	4	11	6	3	-	1	14	
		22%	24%	20%	4%	8%	5%	21%	37%	28%	20%	28%	21%	19%	16%	7%	28%	30%	22%	21%	8%	16%	39%	22%	17%	-	5%	18%
Mean	4.76	4.96	4.50	1.45	2.40	3.02	4.88	5.49	6.17	4.60	5.09	4.65	4.58	3.59	1.81	5.96	4.80	4.41	4.59	4.07	4.69	5.89	3.75	5.45	7.50	3.37	4.18	
Standard deviation	3.74	3.72	3.78	2.09	2.97	2.97	3.63	4.01	3.44	3.75	3.89	3.61	3.78	3.16	2.79	3.43	3.96	3.90	3.75	3.12	3.73	4.18	3.85	3.58	0.00	3.15	3.62	
Standard error	0.27	0.35	0.41	0.54	0.68	0.66	0.63	0.61	0.42	0.51	0.51	0.52	0.61	1.00	0.88	0.66	0.91	1.13	0.97	0.90	0.76	0.82	0.78	0.87	0.00	0.67	0.43	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 194

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Fish oils

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	198	1	2	130	41	15	5	185	11	1	7	2	1	-	160	82	78	38	35	3
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
Less than 1 month	(0.1)	6 3%	-	-	3 2%	1 1%	1 5%	-	4 2%	-	-	-	-	-	6 3%	4 5%	1 2%	1 2%	-	1 26%
1-6 months	(0.25)	17 8%	2 100%	-	10 8%	4 9%	1 6%	1 17%	16 9%	1 7%	1 12%	-	-	-	11 7%	8 10%	4 4%	5 14%	5 16%p	-
6-12 months	(0.75)	19 9%	-	1 42%	12 9%	4 10%	1 7%	1 14%	17 9%	2 23%	1 100%	1 16%	-	-	17 11%	9 11%	8 10%	2 4%	2 5%	-
1-2 years	(1.5)	38 19%	-	-	24 18%	8 19%	4 31%	1 36%	33 18%	6 55%	-	4 59%	2 100%	-	33 20%	16 20%	17 21%	6 15%	6 16%	-
2-5 years	(3.5)	34 17%	-	-	22 17%	9 22%	1 6%	1 33%	32 17%	2 15%	-	1 13%	-	1 100%	26 16%	8 10%	18 22%	7 19%	7 21%	-
5-10 years	(7.5)	41 20%	-	-	31 23%	5 11%	4 32%	-	40 21%	-	-	-	-	-	31 19%	15 19%	16 19%	10 28%	9 26%	1 47%
Over 10 years	(10)	45 22%	-	1 58%	31 23%	12 28%	2 13%	-	45 24%	-	-	-	-	-	38 24%	21 26%	18 22%	6 17%	6 17%	1 27%
Mean	4.76	0.25	6.13	5.03	4.80	4.44	1.84	4.97	1.54	0.75	1.48	1.50	3.50	-	4.75	4.73	4.77	4.79	4.67	6.27
Standard deviation	3.74	-	-	3.71	3.85	3.68	1.45	3.75	0.97	-	0.97	0.00	-	-	3.78	3.97	3.60	3.63	3.59	4.79
Standard error	0.27	-	-	0.33	0.60	0.95	0.65	0.28	0.29	-	0.37	0.00	-	-	0.30	0.44	0.41	0.59	0.61	2.77

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 195
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Fish oils

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	198	93	67	26	105	5	10	16	59	15	154	44	37	37	9	19	18	11
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
Less than 1 month (0.1)	6 3%	6 6%	5 6%	1 2%	1 1%	-	1 8%	-	-	-	3 2%	3 7%	3 9%	3 9%	-	3 17%	1 5%	-
1-6 months (0.25)	17 8%	7 7%	2 2%	5 22%	10 10%	2 30%	2 26%	2 11%	3 6%	1 6%	13 8%	4 8%	2 5%	3 8%	1 7%	-	1 7%	3 28%
6-12 months (0.75)	19 9%	15 15%dh	12 15%dh	3 13%	4 4%	-	2 19%	-	2 3%	1 5%	15 10%	4 9%	4 10%	2 6%	1 17%	2 10%	2 8%	-
1-2 years (1.5)	38 19%	19 19%	18 23%	1 5%	19 20%	3 59%	3 34%	3 18%	7 13%	3 27%	23 15%	16 34%j	13 33%j	15 39%j	1 9%	8 41%	8 41%	4 40%
2-5 years (3.5)	34 17%	22 21%h	16 21%	6 24%	12 12%	-	1 14%	2 14%	4 8%	4 31%	25 17%	8 18%	7 18%	5 12%	3 39%	3 17%	-	1 11%
5-10 years (7.5)	41 20%	17 17%	12 15%	6 24%	23 24%	-	-	6 33%	17 32%ab	1 5%	35 23%	6 13%	6 15%	5 13%	2 28%	1 6%	5 27%	1 10%
Over 10 years (10)	45 22%	16 15%	13 17%	2 10%	29 30%a	1 12%	-	4 25%	21 39%ab	3 27%	40 26%	5 11%	4 10%	5 13%	-	2 8%	2 12%	1 11%
Mean	4.76	3.99	4.04	3.81	5.56ab	2.11	1.21	5.70	6.74ab	4.60	5.19kl m	3.28	3.35	3.36	3.78	2.58	3.94	2.89
Standard deviation	3.74	3.52	3.55	3.47	3.82	3.24	1.13	3.66	3.53	3.76	3.77	3.26	3.25	3.44	2.76	2.89	3.68	3.37
Standard error	0.27	0.36	0.43	0.68	0.37	1.45	0.36	0.92	0.46	0.97	0.30	0.49	0.53	0.56	0.92	0.66	0.87	1.02

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 196

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Fish oils**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	198	40	132	103	1	28	25	6	1	18	4	21	39	30	32	20	11	10	15	45	11	31	12	1	151
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
Less than 1 month	(0.1)	6 3%	1 3%	3 2%	1 1%	-	1 5%	-	-	-	-	1 4%	-	-	-	3 13%	-	-	-	-	-	-	-	-	6 4%
1-6 months	(0.25)	17 8%	6 15%	7 5%	7 7%	-	4 17%	2 34%	1 100%	1 5%	2 39%	4 13%	4 12%	-	-	1 6%	1 11%	2 16%	1 5%	3 7%	2 26%	-	1 7%	-	14 9%
6-12 months	(0.75)	19 9%	7 17%	10 7%	7 6%	1 100%	2 8%	2 10%	1 13%	-	1 9%	2 12%	2 6%	2 5%	2 7%	1 5%	1 6%	1 12%	4 22%	2 4%	2 19%	1 4%	1 11%	-	17 11%
1-2 years	(1.5)	38 19%	6 15%	29 21%	24 23%	-	5 18%	3 16%	-	3 23%	1 20%	3 16%	6 18%	1 4%	9 27%	5 18%	2 18%	5 44%	3 17%	7 16%	3 38%	2 7%	2 22%	-	31 20%
2-5 years	(3.5)	34 17%	9 22%	23 17%	20 19%	-	3 9%	2 9%	1 12%	-	1 9%	2 13%	6 17%	8 25%	7 20%	3 13%	2 14%	2 17%	3 15%	10 25%	2 17%	10 32%	1 9%	-	23 15%
5-10 years	(7.5)	41 20%	4 9%	32 24%	23 22%	-	9 31%	5 23%	1 27%	-	3 23%	5 31%	4 12%	9 29%	8 24%	5 22%	2 19%	1 11%	5 26%	8 20%	-	7 23%	3 28%	1 100%	31 20%
Over 10 years	(10)	45 22%	8 19%	32 23%	23 22%	-	9 28%	5 25%	1 13%	-	5 31%	2 23%	12 11%	11 36%	7 37%	3 21%	4 32%	-	3 14%	11 27%	-	10 34%	2 23%	-	34 22%
Mean	4.76	3.78	5.10	4.92	0.75	5.86	4.89	3.98	0.25	5.59	2.83	4.24	5.41	6.80	5.14	4.12	5.49	2.20	4.35	5.36	1.38	6.36	5.15	7.50	4.59
Standard deviation	3.74	3.69	3.67	3.64	-	3.72	4.03	4.21	-	3.95	4.53	3.64	4.04	3.18	3.50	3.73	4.05	2.19	3.62	3.62	1.15	3.27	3.93	-	3.78
Standard error	0.27	0.58	0.32	0.36	-	0.70	0.81	1.72	-	0.93	2.26	0.79	0.65	0.58	0.62	0.83	1.22	0.69	0.94	0.54	0.35	0.59	1.13	-	0.31

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 197

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	198	1	4	1	1	27	101	26	130	12	46	11	5
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
Less than 1 month	(0.1) 6 3%	-	1 15%	-	-	1 4%	1 1%	-	6 5%	-	-	-	-
1-6 months	(0.25) 17 8%	-	-	-	-	4 14%	9 9%	1 6%	11 8%	1 5%	1 2%	1 10%	-
6-12 months	(0.75) 19 9%	-	-	1 100%	1 100%	3 11%	9 9%	2 8%	11 8%	2 17%	1 3%	2 18%	1 20%
1-2 years	(1.5) 38 19%	-	-	-	-	4 15%	19 19%	3 13%	26 19%	2 20%	6 14%	3 36%	2 36%
2-5 years	(3.5) 34 17%	-	1 22%	-	-	10 37%	17 17%	6 25%	19 14%	3 25%	11 24%	2 16%	-
5-10 years	(7.5) 41 20%	1 100%	1 31%	-	-	3 12%	21 21%	4 18%	29 21%	1 11%	10 22%	2 20%	1 24%
Over 10 years	(10) 45 22%	-	1 32%	-	-	2 7%	23 23%	7 29%	33 24%	3 23%	16 35%	-	1 20%
Mean	4.76	7.50	6.34	0.75	0.75	3.21	4.88	5.48	4.90	4.39	6.26fh	2.74	4.44
Standard deviation	3.74	-	4.04	-	-	2.89	3.74	3.72	3.82	3.80	3.46	2.68	4.25
Standard error	0.27	-	2.02	-	-	0.56	0.37	0.73	0.34	1.10	0.51	0.81	1.90

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 198

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Amino acids

	Gender		Age					Social Grade				Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	16	12	4	4	7	-	4	1	6	4	4	2	1	2	2	-	3	2	2	1	3	-	2	11
Weighted base	16*	13**	4**	3**	8**	-**	4**	1**	7**	3**	5**	2**	1**	2**	2**	-**	4**	3**	2**	2**	2**	-**	2**	12**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	5	2	2	2	3	-	-	2	1	2	1	-	-	-	2	-	1	2	1	-	2	2	
		29%	20%	59%	46%	39%	-	-	26%	19%	30%	53%	-	-	-	41%	-	45%	100%	32%	-	72%	21%	
6-12 months	(0.75)	3	3	-	3	-	-	-	1	-	2	-	-	1	-	1	-	1	-	-	-	-	3	
		21%	27%	-	41%	-	-	-	14%	-	49%	-	-	58%	-	36%	-	55%	-	-	-	-	29%	
1-2 years	(1.5)	4	4	1	2	-	3	-	2	1	1	-	-	1	-	-	3	-	-	1	-	-	3	
		27%	30%	19%	54%	-	67%	-	37%	34%	21%	-	-	55%	-	-	100%	-	-	42%	-	-	23%	
2-5 years	(3.5)	2	1	1	1	-	1	-	1	*	-	-	-	1	-	-	-	-	-	*	-	1	1	
		12%	9%	21%	8%	-	33%	-	23%	16%	-	-	-	42%	45%	-	-	-	-	27%	-	28%	11%	
5-10 years	(7.5)	2	2	-	1	-	-	1	-	1	-	1	1	-	-	1	-	-	-	-	-	-	2	
		11%	14%	-	12%	-	-	100%	-	32%	-	47%	100%	-	-	22%	-	-	-	-	-	-	15%	
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mean	1.88	2.10	1.19	0.93	1.57	-	2.15	7.50	1.52	3.49	0.76	3.66	7.50	1.89	2.39	-	2.06	1.50	0.52	0.25	1.64	-	1.15	2.17
Standard deviation	2.27	2.48	1.50	0.75	2.48	-	1.08	-	1.29	3.53	0.49	-	-	-	-	3.44	0.00	0.35	-	-	-	1.91	2.57	
Standard error	0.57	0.71	0.75	0.37	0.94	-	0.54	-	0.53	1.77	0.25	-	-	-	-	1.99	0.00	0.24	-	-	-	1.35	0.78	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 199
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Amino acids

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	16	-	-	6	3	4	2	15	1	1	-	-	-	-	16	6	10	-	-	-
Weighted base	16*	**	**	6**	3**	4**	1**	16**	1**	1**	**	**	**	**	16**	6**	11**	**	**	**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	5	-	-	2	2	1	5	-	-	-	-	-	-	5	2	3	-	-	-
		29%	-	-	47%	39%	43%	31%	-	-	-	-	-	-	29%	29%	29%	-	-	-
6-12 months	(0.75)	3	-	1	-	2	-	2	1	1	-	-	-	-	3	1	2	-	-	-
		21%	-	17%	-	51%	-	16%	100%	100%	-	-	-	-	21%	16%	23%	-	-	-
1-2 years	(1.5)	4	-	3	1	-	1	4	-	-	-	-	-	-	4	2	3	-	-	-
		27%	-	42%	32%	-	57%	29%	-	-	-	-	-	-	27%	30%	26%	-	-	-
2-5 years	(3.5)	2	-	1	1	*	-	2	-	-	-	-	-	-	2	*	1	-	-	-
		12%	-	13%	21%	11%	-	13%	-	-	-	-	-	-	12%	8%	14%	-	-	-
5-10 years	(7.5)	2	-	2	-	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
		11%	-	28%	-	-	-	12%	-	-	-	-	-	-	11%	17%	8%	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.88	-	-	3.30	1.32	0.85	0.96	1.95	0.75	0.75	-	-	-	-	1.88	2.17	1.72	-	-	-
Standard deviation	2.27	-	-	2.96	1.49	1.08	-	2.33	-	-	-	-	-	-	2.27	2.77	2.08	-	-	-
Standard error	0.57	-	-	1.21	0.86	0.54	-	0.60	-	-	-	-	-	-	0.57	1.13	0.66	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 200

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Amino acids

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	13	10	3	3	-	3	-	-	-	13	3	3	3	1	3	2	-
Weighted base	16*	14**	12**	2**	2**	**	2**	**	**	**	12**	4**	4**	4**	2**	4**	3**	**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	5	4	4	-	1	-	1	-	-	3	2	2	2	2	2	2	-
		29%	30%	35%	-	24%	-	24%	-	-	24%	43%	43%	43%	100%	43%	57%	-
6-12 months	(0.75)	3	3	3	-	-	-	-	-	-	1	2	2	2	-	2	1	-
		21%	24%	28%	-	-	-	-	-	-	9%	57%	57%	57%	-	57%	43%	-
1-2 years	(1.5)	4	3	3	-	2	-	2	-	-	4	-	-	-	-	-	-	-
		27%	19%	23%	-	76%	-	76%	-	-	36%	-	-	-	-	-	-	-
2-5 years	(3.5)	2	2	1	1	-	-	-	-	-	2	-	-	-	-	-	-	-
		12%	14%	6%	61%	-	-	-	-	-	16%	-	-	-	-	-	-	-
5-10 years	(7.5)	2	2	1	1	-	-	-	-	-	2	-	-	-	-	-	-	-
		11%	13%	8%	39%	-	-	-	-	-	14%	-	-	-	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.88	2.00	1.45	5.04	1.20	-	1.20	-	-	-	2.32	0.53	0.53	0.53	0.25	0.53	0.47	-
Standard deviation	2.27	2.44	2.06	2.67	0.71	-	0.71	-	-	-	2.47	0.29	0.29	0.29	-	0.29	0.30	-
Standard error	0.57	0.68	0.65	1.54	0.41	-	0.41	-	-	-	0.69	0.17	0.17	0.17	-	0.17	0.21	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 201

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Amino acids

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	7	9	6	-	3	-	-	-	-	2	1	1	4	-	-	1	2	3	3	1	2	2	-	13
Weighted base	16*	6**	11**	8**	-**	3**	-**	-**	-**	-**	1**	2**	1**	3**	-**	-**	1**	3**	4**	2**	1**	2**	2**	-**	14**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	5	1	4	3	-	1	-	-	-	-	2	-	1	-	-	-	-	2	-	-	-	-	-	5
		29%	16%	36%	41%	-	22%	-	-	-	-	100%	-	17%	-	-	-	-	43%	-	-	-	-	-	34%
6-12 months	(0.75)	3	1	2	2	-	-	-	-	-	-	-	-	1	-	-	-	-	2	-	-	-	-	-	3
		21%	19%	21%	28%	-	-	-	-	-	-	-	-	33%	-	-	-	-	57%	-	-	-	-	-	24%
1-2 years	(1.5)	4	2	3	2	-	1	-	-	-	-	-	1	1	-	-	-	2	-	2	1	2	1	-	3
		27%	31%	26%	21%	-	41%	-	-	-	-	-	100%	31%	-	-	-	63%	-	79%	100%	100%	69%	-	19%
2-5 years	(3.5)	2	1	1	1	-	-	-	-	-	*	-	-	1	-	-	1	-	-	*	-	-	*	-	1
		12%	20%	8%	10%	-	-	-	-	-	37%	-	-	19%	-	-	100%	-	-	21%	-	-	-	31%	-
5-10 years	(7.5)	2	1	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	2
		11%	14%	9%	-	-	37%	-	-	-	63%	-	-	-	-	-	-	37%	-	-	-	-	-	-	13%
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean		1.88	2.40	1.60	0.99	-	3.47	-	-	-	6.02	0.25	1.50	1.43	-	-	3.50	3.73	0.53	1.92	1.50	1.50	2.13	-	1.88
Standard deviation		2.27	2.56	2.18	1.04	-	4.01	-	-	-	-	-	-	1.31	-	-	-	3.69	0.29	1.09	-	-	-	-	2.44
Standard error		0.57	0.97	0.73	0.42	-	2.32	-	-	-	-	-	-	0.66	-	-	-	2.61	0.17	0.63	-	-	-	-	0.68

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 202

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Amino acids

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	1	-	-	-	5	11	-	10	1	2	-	1
Weighted base	16*	2**	-**	-**	-**	4**	11**	-**	10**	1**	1**	-**	2**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	5 29%	2 100%	-	-	1 13%	2 14%	-	2 15%	1 100%	-	-	2 100%
6-12 months	(0.75)	3 21%	-	-	-	1 30%	2 19%	-	1 11%	-	-	-	-
1-2 years	(1.5)	4 27%	-	-	-	-	3 32%	-	4 43%	-	1 61%	-	-
2-5 years	(3.5)	2 12%	-	-	-	1 34%	2 18%	-	1 14%	-	* 39%	-	-
5-10 years	(7.5)	2 11%	-	-	-	1 22%	2 17%	-	2 17%	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.88	0.25	-	-	-	3.13	2.55	-	2.56	0.25	2.28	-	0.25
Standard deviation	2.27	-	-	-	-	3.04	2.56	-	2.57	-	-	-	-
Standard error	0.57	-	-	-	-	1.36	0.77	-	0.81	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 203

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Glucosamine

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	78	38	40	-	5	3	8	16	46	27	26	13	12	7	1	8	4	4	10	6	12	8	10	6	2	7	18
Weighted base	76*	38*	38*	-**	6**	3**	11**	14**	41*	25**	26**	13**	12**	5**	1**	8**	4**	4**	7**	5**	11**	8**	12**	6**	4**	7**	22**
Less than 1 month	(0.1)	2	1	2	-	-	-	1	1	-	1	1	-	1	-	-	-	-	-	1	1	-	-	-	-	-	1
		3%	2%	5%	-	-	-	9%	10%	-	6%	8%	-	11%	-	-	-	-	-	10%	10%	-	-	-	-	-	5%
1-6 months	(0.25)	5	3	2	-	1	1	1	1	2	-	1	1	-	-	1	-	-	-	1	-	-	2	-	-	3	-
		6%	7%	5%	-	18%	24%	6%	5%	7%	-	11%	10%	14%	-	-	18%	-	-	-	11%	-	15%	-	-	35%	-
6-12 months	(0.75)	4	3	1	-	-	1	1	1	-	1	2	1	-	-	1	-	-	-	1	2	-	-	-	-	1	1
		6%	9%	2%	-	-	42%	8%	7%	3%	-	4%	19%	7%	-	12%	-	-	-	22%	20%	-	-	-	-	18%	5%
1-2 years	(1.5)	15	10	4	-	4	-	4	2	5	5	1	3	-	-	1	1	-	1	-	-	2	5	1	3	2	7
		19%	27%	11%	-	66%	-	40%	16%	9%	22%	21%	7%	23%	-	9%	28%	-	19%	-	-	30%	44%	15%	65%	22%	34%
2-5 years	(3.5)	14	4	10	-	-	-	2	1	5	6	1	2	3	-	-	2	1	1	2	2	-	1	1	2	-	4
		19%	10%	27%	-	-	-	17%	5%	28%	22%	24%	5%	15%	-	-	55%	24%	19%	15%	21%	-	8%	23%	35%	-	16%
5-10 years	(7.5)	20	8	12	-	1	1	2	5	5	7	4	4	1	-	5	-	1	2	1	1	3	3	2	-	2	7
		27%	21%	33%	-	16%	34%	20%	35%	27%	21%	26%	30%	37%	14%	-	29%	33%	28%	9%	39%	25%	34%	-	25%	30%	
Over 10 years	(10)	16	9	7	-	-	-	-	3	13	7	5	2	1	1	1	-	2	2	2	3	2	1	2	-	2	2
		21%	24%	17%	-	-	-	-	22%	30%	29%	19%	19%	8%	11%	100%	15%	-	48%	29%	35%	29%	21%	7%	28%	-	11%
Mean	5.07	4.82	5.30	-	2.25	2.90	2.77	5.31	6.19	5.51	5.08	4.67	4.54	3.96	10.00	6.52	2.37	7.73	6.28	6.28	4.52	5.49	3.59	6.41	2.20	2.42	4.43
Standard deviation	3.59	3.85	3.35	-	2.57	3.98	2.70	3.94	3.32	3.68	3.48	4.09	3.44	3.37	-	3.14	1.51	3.05	3.47	4.03	4.28	3.93	3.37	3.37	1.09	3.18	3.35
Standard error	0.41	0.63	0.53	-	1.15	2.30	0.95	0.99	0.49	0.71	0.68	1.13	0.99	1.27	-	1.11	0.76	1.53	1.10	1.65	1.23	1.39	1.07	1.37	0.77	1.20	0.79

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 204

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Total	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
		No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	78	-	-	52	22	4	-	77	1	1	-	-	-	-	50	27	23	28	25	3
Weighted base	76*	**	**	51*	21**	4**	**	75*	1**	1**	**	**	**	**	49*	25**	25**	27**	22**	4**
Less than 1 month	(0.1)	2 3%	-	2 4%	1 3%	-	-	2 3%	-	-	-	-	-	-	2 4%	1 3%	1 4%	1 2%	1 3%	-
1-6 months	(0.25)	5 6%	-	3 7%	1 5%	-	-	5 6%	-	-	-	-	-	-	3 5%	2 8%	1 3%	2 7%	2 9%	-
6-12 months	(0.75)	4 6%	-	2 4%	1 5%	1 34%	-	4 6%	-	-	-	-	-	-	3 6%	1 5%	2 8%	1 4%	1 5%	-
1-2 years	(1.5)	15 19%	-	11 21%	3 15%	1 19%	-	15 19%	-	-	-	-	-	-	9 18%	3 13%	6 23%	6 21%	3 13%	3 63%
2-5 years	(3.5)	14 19%	-	8 16%	6 27%	-	-	13 18%	1 100%	1 100%	-	-	-	-	7 14%	4 16%	3 13%	7 26%	7 31%	-
5-10 years	(7.5)	20 27%	-	13 26%	5 24%	2 47%	-	20 27%	-	-	-	-	-	-	16 32%	10 40%	6 24%	5 17%	5 20%	-
Over 10 years	(10)	16 21%	-	11 22%	5 21%	-	-	16 21%	-	-	-	-	-	-	10 20%	4 15%	6 25%	6 22%	4 19%	2 37%
Mean	5.07	-	-	5.12	5.11	4.07	-	5.08	3.50	3.50	-	-	-	-	5.24	5.28	5.19	4.75	4.77	4.64
Standard deviation	3.59	-	-	3.67	3.53	3.76	-	3.61	-	-	-	-	-	-	3.61	3.47	3.81	3.62	3.51	4.66
Standard error	0.41	-	-	0.51	0.75	1.88	-	0.41	-	-	-	-	-	-	0.51	0.67	0.79	0.68	0.70	2.69

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 205

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	78	25	16	9	53	3	-	7	38	5	73	5	4	3	4	2	-	1
Weighted base	76*	29**	22**	7**	47*	2**	**	6**	34*	4**	69*	7**	5**	4**	5**	2**	**	2**
Less than 1 month	(0.1)	2 3%	1 4%	1 5%	- 3%	1 -	- -	- -	1 4%	- -	2 4%	- -	- -	- -	- -	- -	- -	- -
1-6 months	(0.25)	5 6%	3 9%	3 12%	- 4%	1 34%	- -	- -	1 4%	- -	4 5%	1 11%	1 14%	1 20%	1 14%	1 36%	- -	- -
6-12 months	(0.75)	4 6%	2 8%	2 11%	- 4%	2 -	- -	- -	1 3%	1 20%	3 4%	1 19%	1 25%	1 36%	1 25%	1 64%	- -	- -
1-2 years	(1.5)	15 19%	9 31%	9 41%	- 12%	6 33%	1 -	- 19%	2 5%	2 46%	10 14%	5 70%	3 61%	2 44%	3 61%	- -	- 100%	2 -
2-5 years	(3.5)	14 19%	4 12%	- 49%	4 23%	11 33%	1 -	- -	9 27%	1 17%	14 20%	- -	- -	- -	- -	- -	- -	- -
5-10 years	(7.5)	20 27%	8 29%	6 27%	2 34%	12 25%	- -	- 34%	2 26%	9 17%	20 29%	- -	- -	- -	- -	- -	- -	- -
Over 10 years	(10)	16 21%	2 8%	1 5%	1 17%	13 29%	- -	- 47%	3 10%	10 30%	16 23%	- -	- -	- -	- -	- -	- -	- -
Mean	5.07	3.92	3.25	5.98	5.77	1.74	-	7.55	6.08	2.69	5.45	1.22	1.13	0.98	1.13	0.57	-	1.50
Standard deviation	3.59	3.37	3.33	2.76	3.58	1.84	-	3.40	3.48	2.66	3.54	0.48	0.53	0.58	0.53	0.33	-	-
Standard error	0.41	0.67	0.83	0.92	0.49	1.06	-	1.28	0.56	1.19	0.41	0.22	0.27	0.34	0.27	0.24	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 206

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	78	10	52	40	-	12	16	4	1	11	3	11	15	6	19	6	6	1	5	17	1	14	4	1	60
Weighted base	76*	8**	54*	40*	**	14**	14**	3**	1**	10**	3**	10**	14**	5**	17**	8**	5**	1**	6**	15**	1**	13**	3**	1**	61*
Less than 1 month	(0.1)	2 3%	- 3%	2 1%	1 1%	- 8%	1 6%	-	-	1 9%	-	-	1 6%	-	2 10%	-	-	-	-	1 4%	-	1 5%	-	-	2 3%
1-6 months	(0.25)	5 6%	1 8%	2 3%	-	-	2 15%	2 100%	1 13%	1 41%	1	-	-	1 14%	1 4%	-	1 14%	-	1 20%	1 10%	-	1 6%	1 25%	-	3 5%
6-12 months	(0.75)	4 6%	1 12%	3 6%	2 5%	-	1 9%	-	-	-	-	-	1 6%	-	2 14%	-	-	-	-	-	-	-	-	-	4 7%
1-2 years	(1.5)	15 19%	1 12%	11 20%	11 26%	-	3 22%	1 25%	-	2 22%	-	2 15%	5 35%	-	-	5 59%	-	-	2 28%	4 25%	-	4 30%	-	-	11 18%
2-5 years	(3.5)	14 19%	2 19%	12 21%	9 23%	-	2 15%	1 7%	-	1 10%	1 37%	3 28%	1 6%	-	3 16%	-	3 55%	-	2 39%	1 10%	-	1 12%	-	-	12 20%
5-10 years	(7.5)	20 27%	2 25%	15 27%	10 26%	-	4 30%	4 26%	2 53%	2 20%	1 23%	3 31%	4 28%	2 47%	6 38%	2 26%	1 19%	-	1 14%	3 20%	1 100%	2 18%	2 50%	-	17 29%
Over 10 years	(10)	16 21%	2 23%	11 19%	7 18%	-	3 24%	3 24%	1 22%	-	3 26%	3 25%	2 19%	3 39%	1 18%	1 15%	1 13%	1 100%	-	5 31%	-	4 31%	1 25%	1 100%	11 18%
Mean	5.07	5.15	5.07	4.98	-	5.36	4.98	6.55	0.25	4.87	3.09	6.10	4.77	7.49	5.39	4.33	4.64	10.00	2.85	5.36	7.50	5.29	6.32	10.00	5.01
Standard deviation	3.59	3.90	3.50	3.37	-	3.97	4.06	3.78	-	4.18	3.39	3.26	3.80	3.47	3.71	3.73	3.24	-	2.45	4.06	-	4.04	4.46	-	3.52
Standard error	0.41	1.23	0.49	0.53	-	1.15	1.02	1.89	-	1.26	1.96	0.98	0.98	1.42	0.85	1.52	1.32	-	1.09	0.99	-	1.08	2.23	-	0.45

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 207

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	78	1	3	-	-	17	43	9	52	3	30	3	3
Weighted base	76*	1**	3**	-.**	-.**	18**	44*	7**	52*	3**	28**	3**	2**
Less than 1 month	(0.1) 2 3%	-	1 29%	-	-	1 3%	2 6%	-	2 5%	-	1 5%	-	-
1-6 months	(0.25) 5 6%	-	-	-	-	-	3 7%	1 11%	3 5%	1 28%	1 3%	-	-
6-12 months	(0.75) 4 6%	-	-	-	-	1 7%	3 8%	-	4 8%	-	-	-	-
1-2 years	(1.5) 15 19%	-	-	-	-	2 10%	10 23%	1 10%	8 16%	-	8 29%	-	* 16%
2-5 years	(3.5) 14 19%	-	-	-	-	4 24%	7 15%	1 10%	10 19%	2 72%	6 23%	-	-
5-10 years	(7.5) 20 27%	1 100%	2 71%	-	-	5 26%	12 28%	3 37%	15 29%	-	5 18%	3 100%	1 32%
Over 10 years	(10) 16 21%	-	-	-	-	5 30%	6 15%	2 32%	9 17%	-	6 22%	-	1 52%
Mean	5.07	7.50	5.35	-	-	5.99	4.49	6.49	4.92	2.59	4.85	7.50	7.84
Standard deviation	3.59	-	4.14	-	-	3.55	3.57	3.73	3.54	1.87	3.60	0.00	3.87
Standard error	0.41	-	2.39	-	-	0.86	0.55	1.24	0.49	1.08	0.66	0.00	2.23

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 208

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Garlic**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	69	52	17	1	4	2	8	19	35	16	15	18	20	6	2	5	7	11	9	6	2	8	9	2	2	5	19
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
Less than 1 month	(0.1)	4 6%	4 8%	-	-	-	-	1 4%	4 11%	1 4%	-	1 8%	2 11%	-	1 50%	1 15%	-	1 14%	-	-	-	2 17%	-	-	-	-	1 7%
1-6 months	(0.25)	6 9%	3 5%	3 20%	-	3 55%	-	-	1 5%	3 8%	2 7%	3 15%	1 4%	2 36%	-	-	1 11%	1 10%	-	-	-	2 18%	1 9%	-	-	1 18%	-
6-12 months	(0.75)	5 7%	2 3%	3 19%	-	-	-	2 18%	1 7%	2 6%	1 4%	1 9%	2 10%	1 6%	1 11%	-	-	-	2 20%	-	-	-	1 14%	-	1 48%	-	3 14%
1-2 years	(1.5)	9 13%	7 14%	2 12%	-	1 24%	1 45%	1 13%	4 22%	2 7%	3 18%	-	4 21%	3 15%	-	-	2 28%	3 25%	-	1 12%	-	2 25%	2 15%	-	-	-	5 26%
2-5 years	(3.5)	10 15%	9 18%	1 7%	-	-	1 55%	3 26%	2 13%	5 13%	-	2 10%	3 18%	6 26%	1 16%	-	-	1 11%	4 47%	1 18%	-	1 8%	2 21%	-	-	15%	5 24%
5-10 years	(7.5)	13 18%	10 20%	3 15%	-	1 21%	-	2 18%	3 18%	3 20%	5 34%	2 14%	2 9%	2 38%	-	1 25%	1 17%	3 26%	2 18%	2 39%	-	2 20%	-	-	3 48%	-	
Over 10 years	(10)	21 31%	17 32%	5 28%	1 100%	-	-	3 25%	5 31%	13 36%	7 46%	6 36%	3 15%	6 30%	1 50%	2 60%	3 44%	1 14%	1 15%	2 32%	2 100%	3 32%	2 22%	2 100%	1 52%	1 20%	6 30%
Mean	5.27	5.52	4.51	10.00	2.05	2.59	5.11	5.30	5.75	6.47	6.57	3.63	4.87	3.55	5.02	7.90	6.14	4.12	4.65	6.87	10.00	3.91	4.73	10.00	5.56	6.14	4.32
Standard deviation	3.98	3.89	4.26	-	3.17	-	3.77	4.01	4.08	4.16	3.71	3.68	3.96	3.65	-	4.10	4.38	3.83	3.25	3.21	-	4.49	3.85	0.00	5.89	3.63	3.95
Standard error	0.48	0.54	1.03	-	1.59	-	1.33	0.92	0.69	1.04	0.96	0.87	0.88	1.49	-	1.84	1.66	1.15	1.08	1.31	-	1.59	1.28	0.00	4.16	1.62	0.91

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 209

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Garlic

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	69	2	-	47	14	4	-	67	2	1	1	-	-	-	50	32	18	19	15	4
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
Less than 1 month	(0.1)	4 6%	-	3 6%	-	-	-	3 4%	2 60%	2 100%	-	-	-	-	3 7%	3 9%	1 3%	1 5%	1 6%	-
1-6 months	(0.25)	6 9%	1 49%	-	2 4%	2 13%	-	5 8%	1 40%	-	1 100%	-	-	-	6 12%	5 16%	1 5%	-	-	-
6-12 months	(0.75)	5 7%	-	-	2 5%	1 10%	1 25%	5 8%	-	-	-	-	-	-	4 8%	1 4%	2 13%	1 6%	-	1 32%
1-2 years	(1.5)	9 13%	-	-	9 21%	-	-	9 14%	-	-	-	-	-	-	7 15%	3 10%	4 23%	2 10%	2 13%	-
2-5 years	(3.5)	10 15%	-	-	8 17%	3 19%	-	10 16%	-	-	-	-	-	-	7 15%	5 14%	3 16%	3 16%	3 20%	-
5-10 years	(7.5)	13 18%	1 51%	-	8 17%	4 31%	-	13 19%	-	-	-	-	-	-	7 13%	4 13%	3 14%	6 31%	4 27%	2 47%
Over 10 years	(10)	21 31%	-	-	14 31%	4 27%	4 75%	21 32%	-	-	-	-	-	-	15 31%	11 34%	4 25%	6 31%	5 34%	1 20%
Mean	5.27	3.96	-	5.28	5.75	7.68	-	5.47	0.16	0.10	0.25	-	-	-	4.89	5.05	4.60	6.25	6.35	5.83
Standard deviation	3.98	-	-	3.89	3.79	4.48	-	3.92	0.09	-	-	-	-	-	4.09	4.23	3.93	3.57	3.55	4.21
Standard error	0.48	-	-	0.57	1.01	2.24	-	0.48	0.07	-	-	-	-	-	0.58	0.75	0.93	0.82	0.92	2.11

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 210
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Garlic

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	69	24	16	8	45	2	1	10	25	7	59	9	8	9	1	5	4	2
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
Less than 1 month	(0.1)	4 6%	1 5%	1 3%	1 12%	3 7%	-	-	2 21%	1 2%	-	4 7%	-	-	-	-	-	-
1-6 months	(0.25)	6 9%	1 4%	1 5%	-	5 12%	2 70%	-	1 7%	2 8%	1 12%	4 7%	2 19%	2 21%	2 19%	1 100%	2 33%	1 21%
6-12 months	(0.75)	5 7%	3 11%	3 14%	-	2 5%	-	-	-	1 2%	2 27%	2 31%	3 35%	3 31%	-	2 33%	1 32%	2 59%
1-2 years	(1.5)	9 13%	5 20%	4 21%	1 14%	4 10%	-	-	2 13%	1 3%	2 31%	7 12%	1 13%	-	1 13%	-	-	1 41%
2-5 years	(3.5)	10 15%	6 22%	4 19%	2 31%	5 11%	-	-	2 20%	2 7%	1 14%	8 14%	2 19%	2 22%	2 19%	-	2 34%	-
5-10 years	(7.5)	13 18%	3 11%	3 15%	-	10 23%	1 30%	1 100%	3 25%	6 25%	-	12 21%	1 6%	1 7%	1 6%	-	-	1 16%
Over 10 years	(10)	21 31%	7 28%	4 22%	3 43%	14 33%	-	-	2 14%	12 52%	1 17%	20 34%	1 12%	1 14%	1 12%	-	-	1 31%
Mean	5.27	4.75	4.46	5.65	5.57	2.41	7.50	4.17	7.42	2.86	5.74	2.82	3.02	2.82	0.25	1.53	4.60	1.06
Standard deviation	3.98	3.88	3.81	4.32	4.04	4.34	-	3.78	3.55	3.63	3.94	3.42	3.65	3.42	-	1.59	5.08	0.45
Standard error	0.48	0.79	0.95	1.53	0.60	3.07	-	1.20	0.71	1.37	0.51	1.14	1.29	1.14	-	0.71	2.54	0.32

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 211

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Garlic**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	69	14	39	31	-	8	15	5	-	10	1	15	16	8	6	10	4	1	4	25	4	19	6	2	42
Weighted base	69*	16**	39*	30**	-**	9**	13**	5**	-**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
Less than 1 month	(0.1)	4 6%	1 5%	2 6%	2 8%	-	1 8%	1 11%	-	1 7%	-	3 19%	1 5%	-	-	-	1 16%	-	-	2 8%	-	1 3%	-	2 69%	2 5%
1-6 months	(0.25)	6 9%	4 23%	1 2%	-	1 9%	2 13%	2 37%	-	-	-	4 23%	-	-	-	1 22%	-	-	-	-	-	-	-	-	4 11%
6-12 months	(0.75)	5 7%	1 3%	3 8%	1 4%	-	2 20%	1 11%	-	1 17%	-	2 15%	1 17%	-	-	-	-	1 24%	5 18%	-	5 25%	-	-	-	1 1%
1-2 years	(1.5)	9 13%	3 18%	5 13%	5 17%	-	2 12%	-	-	2 18%	-	2 16%	2 15%	-	4 40%	-	-	-	3 14%	1 21%	3 19%	2 33%	-	6 14%	
2-5 years	(3.5)	10 15%	3 17%	6 16%	5 17%	-	1 11%	3 3%	-	5 5%	-	5 33%	1 6%	1 11%	-	1 8%	-	2 32%	4 16%	2 49%	3 16%	1 15%	-	6 16%	
5-10 years	(7.5)	13 18%	2 2%	8 21%	7 22%	-	2 20%	2 14%	1 28%	1 7%	-	1 4%	4 26%	2 29%	3 51%	1 14%	1 28%	-	5 20%	-	3 17%	1 21%	1 31%	6 14%	
Over 10 years	(10)	21 31%	3 19%	13 34%	10 32%	-	4 41%	5 38%	1 24%	4 46%	1 100%	4 27%	2 10%	4 43%	3 49%	4 38%	1 33%	1 100%	2 44%	6 23%	1 29%	4 20%	2 31%	-	16 38%
Mean	5.27	3.96	5.83	5.74	-	6.12	5.31	4.62	-	5.69	10.00	4.45	3.56	6.96	8.74	5.75	5.52	10.00	5.72	4.76	4.99	4.33	5.67	2.36	5.69
Standard deviation	3.98	3.88	3.85	3.80	-	4.23	4.51	4.87	-	4.57	-	3.89	3.73	3.71	1.36	4.09	5.08	-	4.38	3.88	3.85	3.78	3.93	4.52	4.05
Standard error	0.48	1.04	0.62	0.68	-	1.49	1.16	2.18	-	1.44	-	1.01	0.93	1.31	0.56	1.29	2.54	-	2.19	0.78	1.92	0.87	1.61	3.20	0.63

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 212

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Garlic**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	69	-	6	-	-	14	34	9	43	4	23	3	1
Weighted base	69*	-**	7**	-**	-**	14**	34*	7**	46*	4**	21**	3**	1**
Less than 1 month	(0.1) 4 6%	-	-	-	-	2 16%	-	1 10%	-	-	2 10%	-	1 100%
1-6 months	(0.25) 6 9%	-	2 23%	-	-	1 8%	4 13%	-	4 10%	-	-	-	-
6-12 months	(0.75) 5 7%	-	2 25%	-	-	2 17%	1 2%	-	1 3%	1 34%	1 3%	-	-
1-2 years	(1.5) 9 13%	-	-	-	-	2 11%	4 13%	1 20%	6 13%	1 21%	5 22%	-	-
2-5 years	(3.5) 10 15%	-	1 12%	-	-	2 15%	6 19%	1 13%	8 18%	1 25%	2 9%	2 63%	-
5-10 years	(7.5) 13 18%	-	-	-	-	1 8%	6 17%	2 33%	9 19%	1 20%	4 18%	-	-
Over 10 years	(10) 21 31%	-	3 40%	-	-	3 25%	12 37%	2 24%	17 37%	-	8 38%	1 37%	-
Mean	5.27	-	4.65	-	-	3.96	5.84	5.60	6.00	2.92	5.83	5.94	0.10
Standard deviation	3.98	-	4.79	-	-	4.17	3.91	3.88	3.81	2.93	4.06	3.82	-
Standard error	0.48	-	1.96	-	-	1.12	0.67	1.29	0.58	1.46	0.85	2.20	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 213

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Ginseng**

	Gender			Age						Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	16	9	7	-	4	3	4	3	2	4	4	3	5	1	1	4	1	-	1	4	3	-	-	1	1	10
Weighted base	16*	8**	8**	-**	6**	3**	3**	2**	2**	3**	4**	2**	6**	***	1**	4**	1**	-**	1**	5**	2**	-**	-**	1**	1**	12**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	1	1	-	-	1	-	-	1	1	1	-	-	-	1	-	-	1	-	-	-	-	-	-	2
		13%	18%	7%	-	-	44%	-	-	37%	-	34%	24%	-	-	39%	-	-	100%	-	-	-	-	-	-	17%
6-12 months	(0.75)	5	1	4	-	3	-	2	-	1	1	-	3	-	-	1	-	-	-	3	-	-	-	1	-	5
		32%	7%	58%	-	52%	-	62%	-	18%	30%	-	52%	-	-	15%	-	-	-	65%	-	-	-	100%	-	43%
1-2 years	(1.5)	5	4	1	-	2	1	-	1	2	-	1	1	-	1	1	1	-	-	1	1	-	-	-	-	3
		29%	50%	7%	-	37%	27%	-	72%	62%	-	55%	21%	-	100%	21%	100%	-	-	10%	37%	-	-	-	-	27%
2-5 years	(3.5)	1	-	1	-	1	-	-	*	-	-	*	1	*	-	-	-	-	-	1	-	-	-	-	-	*
		7%	-	15%	-	11%	-	-	28%	-	-	21%	11%	100%	-	-	-	-	-	13%	-	-	-	-	-	4%
5-10 years	(7.5)	1	-	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-
		6%	-	13%	-	-	-	-	63%	-	-	-	16%	-	-	-	-	-	-	-	39%	-	-	-	-	-
Over 10 years	(10)	2	2	-	-	1	1	-	-	1	1	-	-	-	-	1	-	-	-	1	1	-	-	-	1	1
		13%	26%	-	-	29%	38%	-	-	20%	35%	-	-	-	-	25%	-	-	-	11%	24%	-	-	-	100%	8%
Mean	2.73	3.40	2.03	-	1.32	3.39	4.26	2.05	4.81	3.03	3.82	1.62	2.27	3.50	1.50	3.05	1.50	-	0.25	2.20	5.90	-	-	0.75	10.00	1.74
Standard deviation	3.41	4.17	2.47	-	0.91	5.06	5.52	-	-	4.23	5.21	1.43	2.64	-	-	4.75	-	-	-	3.22	4.52	-	-	-	-	2.66
Standard error	0.85	1.39	0.93	-	0.45	2.92	2.76	-	-	2.11	2.60	0.82	1.18	-	-	2.37	-	-	-	1.61	2.61	-	-	-	-	0.84

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 214
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Ginseng

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	16	-	-	6	6	4	-	13	3	-	1	1	1	-	14	6	8	2	2	-
Weighted base	16*	**	**	5**	5**	6**	**	13**	2**	**	1**	1**	1**	**	12**	5**	7**	4**	4**	**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	-	1	1	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
		13%	-	31%	11%	-	-	15%	-	-	-	-	-	-	17%	-	28%	-	-	-
6-12 months	(0.75)	5	-	1	1	3	-	5	-	-	-	-	-	-	2	1	1	3	3	-
		32%	-	12%	26%	52%	-	38%	-	-	-	-	-	-	15%	12%	17%	86%	86%	-
1-2 years	(1.5)	5	-	-	2	2	-	3	2	-	1	-	1	-	4	3	1	1	1	-
		29%	-	-	44%	38%	-	20%	76%	-	100%	-	100%	-	33%	57%	18%	14%	14%	-
2-5 years	(3.5)	1	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
		7%	-	25%	-	-	-	9%	-	-	-	-	-	-	10%	-	16%	-	-	-
5-10 years	(7.5)	1	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
		6%	-	21%	-	-	-	7%	-	-	-	-	-	-	8%	-	13%	-	-	-
Over 10 years	(10)	2	-	1	1	1	-	1	1	-	-	1	-	-	2	1	1	-	-	-
		13%	-	11%	19%	10%	-	11%	24%	-	-	100%	-	-	17%	31%	8%	-	-	-
Mean	2.73	-	-	3.73	2.77	1.93	-	2.58	3.54	-	1.50	10.00	1.50	-	3.31	4.09	2.81	0.85	0.85	-
Standard deviation	3.41	-	-	3.95	3.93	2.92	-	3.34	4.71	-	-	-	-	-	3.73	4.52	3.40	0.30	0.30	-
Standard error	0.85	-	-	1.61	1.60	1.46	-	0.93	2.72	-	-	-	-	-	1.00	1.85	1.20	0.21	0.21	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 215

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Ginseng**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	16	11	9	2	5	1	1	1	-	2	8	7	7	7	-	7	4	-	
Weighted base	16*	12**	11**	1**	3**	1**	1**	1**	**	1**	7**	9**	9**	9**	**	9**	4**	**	
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
1-6 months	(0.25)	2	2	1	1	-	-	-	-	-	2	-	-	-	-	-	-	-	
		13%	16%	13%	53%	-	-	-	-	-	31%	-	-	-	-	-	-	-	
6-12 months	(0.75)	5	5	5	-	-	-	-	-	-	2	3	3	3	-	3	-	-	
		32%	41%	45%	-	-	-	-	-	-	28%	37%	37%	37%	-	37%	-	-	
1-2 years	(1.5)	5	3	3	-	1	-	-	-	1	1	4	4	4	-	4	2	-	
		29%	26%	29%	-	38%	-	-	-	100%	8%	46%	46%	46%	-	46%	60%	-	
2-5 years	(3.5)	1	*	-	*	1	1	-	-	-	1	*	*	*	-	*	*	-	
		7%	4%	-	47%	19%	100%	-	-	-	10%	6%	6%	6%	-	6%	14%	-	
5-10 years	(7.5)	1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	
		6%	-	-	-	28%	-	-	100%	-	15%	-	-	-	-	-	-	-	
Over 10 years	(10)	2	2	2	-	1	-	1	-	-	1	1	1	1	-	1	1	-	
		13%	13%	14%	-	15%	-	100%	-	-	9%	11%	11%	11%	-	11%	27%	-	
Mean		2.73	2.13	2.17	1.77	4.86	3.50	10.00	7.50	-	1.50	2.75	2.27	2.27	2.27	-	2.27	4.03	-
Standard deviation		3.41	3.18	3.30	-	3.86	-	-	-	-	3.64	2.96	2.96	2.96	-	2.96	4.30	-	
Standard error		0.85	0.96	1.10	-	1.73	-	-	-	-	1.29	1.12	1.12	1.12	-	1.12	2.15	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 216

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Ginseng**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	6	8	6	-	2	2	1	-	1	1	2	1	2	2	-	1	3	2	3	1	3	1	-	12
Weighted base	16*	8**	7**	5**	**	1**	1**	1**	**	1**	1**	1**	1**	4**	**	1**	2**	2**	2**	1**	2**	1**	**	13**	
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
1-6 months	(0.25)	2	1	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	1	
		13%	19%	9%	11%	-	-	-	-	-	-	100%	-	-	-	-	-	-	33%	-	33%	-	-	11%	
6-12 months	(0.75)	5	5	-	-	-	-	-	-	-	-	-	1	4	-	-	-	-	-	-	-	-	-	5	
		32%	66%	-	-	-	-	-	-	-	-	-	51%	100%	-	-	-	-	-	-	-	-	-	37%	
1-2 years	(1.5)	5	-	4	3	-	1	-	1	-	1	-	-	-	-	1	1	2	1	-	1	-	-	4	
		29%	-	60%	61%	-	55%	34%	100%	-	34%	-	-	-	-	100%	38%	100%	29%	-	29%	-	-	30%	
2-5 years	(3.5)	1	-	1	*	-	1	-	-	1	-	-	-	-	-	-	*	-	1	1	1	1	-	*	
		7%	-	17%	10%	-	45%	-	-	100%	-	-	-	-	-	-	21%	-	38%	100%	38%	100%	-	4%	
5-10 years	(7.5)	1	-	-	-	-	1	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	
		6%	-	-	-	-	66%	100%	-	-	66%	-	-	-	-	-	-	-	-	-	-	-	-	7%	
Over 10 years	(10)	2	1	1	1	-	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	2	
		13%	15%	14%	18%	-	-	-	-	-	-	-	49%	-	-	-	40%	-	-	-	-	-	-	11%	
Mean	2.73	2.02	2.95	3.10	-	2.40	5.43	7.50	-	1.50	3.50	5.43	0.25	5.29	0.75	-	1.50	5.35	1.50	1.84	3.50	1.84	3.50	-	2.56
Standard deviation	3.41	3.57	3.25	3.71	-	-	-	-	-	-	-	-	-	0.00	-	-	5.13	0.00	-	-	-	-	-	3.32	
Standard error	0.85	1.46	1.15	1.51	-	-	-	-	-	-	-	-	-	0.00	-	-	2.96	0.00	-	-	-	-	-	0.96	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 217

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Ginseng**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	-	2	-	-	3	6	3	9	2	3	1	-
Weighted base	16*	-**	2**	-**	-**	2**	4**	2**	11**	1**	2**	1**	-**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2 13%	-	-	-	-	-	-	2 19%	-	1 35%	-	-
6-12 months	(0.75)	5 32%	-	1 71%	-	-	1 13%	-	4 42%	-	-	-	-
1-2 years	(1.5)	5 29%	-	-	-	2 74%	2 40%	1 30%	2 16%	-	1 32%	-	-
2-5 years	(3.5)	1 7%	-	-	-	1 26%	* 12%	1 39%	-	1 55%	-	1 100%	-
5-10 years	(7.5)	1 6%	-	-	-	-	-	-	1 9%	-	-	-	-
Over 10 years	(10)	2 13%	-	1 29%	-	-	2 36%	1 31%	2 14%	1 45%	1 33%	-	-
Mean	2.73	-	3.46	-	-	2.03	4.69	4.93	2.71	6.41	3.85	3.50	-
Standard deviation	3.41	-	-	-	-	1.14	4.61	-	3.73	-	-	-	-
Standard error	0.85	-	-	-	-	0.66	1.88	-	1.24	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 218

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Protein

	Gender		Age							Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	58	42	16	14	23	12	6	2	1	24	15	11	8	3	3	10	4	4	5	4	1	15	7	1	1	6	41	
Weighted base	62*	44*	18**	13**	25**	14**	6**	2**	1**	25**	16**	12**	8**	3**	4**	10**	3**	5**	4**	3**	1**	18**	7**	2**	1**	7**	46*	
Less than 1 month	(0.1)	6	3	3	1	2	1	1	-	4	1	1	-	-	-	1	-	1	-	-	-	3	1	-	-	1	4	
		10%	7%	18%	8%	8%	8%	17%	-	16%	7%	8%	-	-	-	8%	-	21%	-	-	-	17%	15%	-	-	17%	9%	
1-6 months	(0.25)	6	4	2	2	2	1	-	-	1	1	2	1	-	-	-	-	1	1	1	1	2	-	-	-	1	2	
		9%	8%	12%	17%	8%	10%	-	-	3%	8%	18%	20%	-	-	-	-	33%	17%	100%	8%	23%	-	-	-	23%	5%	
6-12 months	(0.75)	11	6	5	2	7	1	-	1	4	1	3	2	-	1	1	1	1	1	1	4	2	-	-	-	2	7	
		17%	13%	28%	12%	27%	8%	-	62%	17%	7%	26%	27%	-	29%	7%	28%	27%	16%	17%	27%	21%	25%	-	-	31%	16%	
1-2 years	(1.5)	19	15	4	2	7	6	4	-	10	3	5	2	-	1	4	2	1	1	2	-	5	-	2	1	2	17	
		31%	34%	25%	18%	27%	42%	68%	-	38%	17%	38%	30%	-	15%	36%	57%	28%	27%	65%	-	30%	-	100%	100%	29%	38%	
2-5 years	(3.5)	14	11	3	5	6	3	-	-	6	7	1	-	2	2	3	-	1	1	-	3	2	-	-	-	-	11	
		23%	25%	17%	38%	24%	21%	-	-	23%	45%	10%	-	73%	56%	26%	-	24%	24%	-	19%	24%	-	-	-	-	25%	
5-10 years	(7.5)	4	4	-	1	1	2	1	-	1	2	-	1	1	-	2	-	-	-	-	-	-	1	-	-	-	3	
		7%	9%	-	6%	4%	11%	15%	-	3%	15%	-	13%	27%	-	24%	-	-	-	-	-	-	13%	-	-	-	7%	
Over 10 years	(10)	1	1	-	-	*	-	-	1	-	*	-	1	-	-	*	-	-	-	-	-	1	-	-	-	-	*	
		2%	3%	-	-	2%	-	-	38%	-	-	-	12%	-	-	-	15%	-	-	-	-	5%	-	-	-	-	1%	
Mean		2.15	2.52	1.24	2.18	1.94	2.26	2.18	4.29	0.10	1.74	3.26	1.16	2.79	4.56	2.40	3.28	2.57	1.48	1.45	1.15	0.25	1.80	2.07	1.50	1.50	0.74	2.17
Standard deviation		2.22	2.44	1.18	1.98	1.99	2.18	2.54	5.97	-	1.58	2.56	0.97	3.66	2.18	1.48	2.72	3.94	1.36	1.45	0.60	-	2.25	2.64	0.00	-	0.59	2.02
Standard error		0.29	0.38	0.30	0.53	0.41	0.63	1.04	4.22	-	0.32	0.66	0.29	1.30	1.26	0.86	0.86	1.97	0.68	0.65	0.30	-	0.58	1.00	0.00	-	0.24	0.32

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 219

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Protein

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	58	1	-	21	27	7	2	48	10	1	6	1	1	1	54	35	19	4	4	-
Weighted base	62*	1**	-**	23**	29**	8**	1**	51*	10**	1**	6**	1**	1**	1**	57*	39*	18**	4**	4**	-**
Less than 1 month	(0.1)	6 10%	-	3 13%	2 7%	1 15%	-	5 10%	1 9%	-	1 17%	-	-	-	6 11%	5 14%	1 5%	-	-	-
1-6 months	(0.25)	6 9%	1 100%	-	2 9%	1 5%	1 11%	1 54%	4 9%	1 14%	-	1 26%	-	-	6 10%	4 9%	2 13%	-	-	-
6-12 months	(0.75)	11 17%	-	-	3 11%	6 22%	1 17%	1 46%	9 18%	1 13%	-	1 24%	-	-	10 17%	8 20%	2 11%	1 18%	1 18%	-
1-2 years	(1.5)	19 31%	-	-	7 31%	9 30%	3 44%	-	15 29%	4 42%	1 100%	1 16%	1 100%	-	17 30%	11 27%	6 35%	2 54%	2 54%	-
2-5 years	(3.5)	14 23%	-	-	7 30%	6 21%	1 13%	-	12 23%	2 22%	-	1 17%	-	1 100%	13 23%	8 19%	5 30%	1 28%	1 28%	-
5-10 years	(7.5)	4 7%	-	-	1 4%	3 11%	-	-	4 8%	-	-	-	-	-	4 7%	3 8%	1 5%	-	-	-
Over 10 years	(10)	1 2%	-	-	* 2%	1 3%	-	-	1 3%	-	-	-	-	-	1 2%	1 2%	* 2%	-	-	-
Mean	2.15	0.25	-	2.12	2.54	1.28	0.48	2.28	1.54	1.50	1.10	1.50	1.50	3.50	2.17	2.11	2.29	1.93	1.93	-
Standard deviation	2.22	-	-	2.03	2.58	1.08	-	2.36	1.23	-	1.31	-	-	-	2.29	2.37	2.16	1.17	1.17	-
Standard error	0.29	-	-	0.44	0.50	0.41	-	0.34	0.39	-	0.54	-	-	-	0.31	0.40	0.50	0.58	0.58	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 220

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Protein

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	58	47	40	7	11	3	6	-	-	2	39	18	17	15	6	10	7	3
Weighted base	62*	53*	47*	6**	9**	3**	5**	**	**	2**	41*	19**	18**	17**	6**	11**	8**	3**
Less than 1 month	(0.1)	6	5	5	-	1	-	-	-	1	3	3	2	3	-	2	1	1
		10%	10%	11%	-	9%	-	-	-	52%	7%	17%	12%	19%	-	20%	14%	32%
1-6 months	(0.25)	6	4	2	1	2	1	-	-	-	6	-	-	-	-	-	-	-
		9%	7%	5%	24%	23%	25%	30%	-	-	14%	-	-	-	-	-	-	-
6-12 months	(0.75)	11	9	8	2	1	-	1	-	1	9	1	1	1	1	1	-	-
		17%	18%	16%	29%	15%	-	12%	-	48%	23%	7%	8%	5%	10%	7%	-	-
1-2 years	(1.5)	19	19	18	1	-	-	-	-	-	9	10	10	9	5	7	4	2
		31%	37%	39%	19%	-	-	-	-	-	23%	51%	53%	54%	71%	64%	52%	68%
2-5 years	(3.5)	14	11	10	1	3	2	1	-	-	11	3	3	2	1	1	1	-
		23%	21%	22%	21%	32%	75%	21%	-	-	26%	18%	19%	13%	19%	9%	15%	-
5-10 years	(7.5)	4	3	3	-	1	-	1	-	-	2	2	2	2	-	-	2	-
		7%	6%	7%	-	11%	-	19%	-	-	4%	8%	8%	9%	-	-	19%	-
Over 10 years	(10)	1	*	-	*	1	-	1	-	-	1	-	-	-	-	-	-	-
		2%	1%	-	7%	10%	-	18%	-	-	3%	-	-	-	-	-	-	-
Mean		2.15	1.99	1.99	2.01	3.07	2.69	4.13	-	-	0.41	2.09	2.03	2.14	2.00	1.81	1.34	2.72
Standard deviation		2.22	1.96	1.88	2.73	3.40	1.81	4.24	-	-	2.24	1.94	1.94	2.05	0.93	0.91	2.63	0.79
Standard error		0.29	0.29	0.30	1.03	1.02	1.04	1.73	-	-	0.36	0.46	0.47	0.53	0.38	0.29	0.99	0.46

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 221

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Protein**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	58	25	31	19	2	10	2	-	2	-	3	5	7	5	7	5	4	7	10	7	5	4	2	1	49
Weighted base	62*	26**	34**	20**	2**	11**	1**	**	1**	**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
Less than 1 month	(0.1)	6 10%	1 4%	5 15%	2 10%	2 100%	1 8%	-	-	-	-	-	-	-	1 14%	1 21%	-	1 12%	2 17%	1 12%	-	1 19%	-	1 100%	5 10%
1-6 months	(0.25)	6 9%	6 22%	-	-	-	-	-	-	-	1 32%	2 59%	-	-	-	-	-	-	2 13%	1 9%	1 13%	-	-	-	5 10%
6-12 months	(0.75)	11 17%	4 15%	7 20%	4 18%	-	3 27%	-	-	-	1 27%	1 41%	2 33%	1 21%	-	-	-	3 33%	3 21%	3 47%	2 39%	3 57%	1 57%	-	7 14%
1-2 years	(1.5)	19 31%	4 16%	14 40%	9 46%	-	4 37%	1 100%	-	1 100%	-	-	1 23%	3 63%	2 26%	3 62%	3 72%	2 28%	3 26%	2 32%	2 47%	1 24%	1 43%	-	17 32%
2-5 years	(3.5)	14 23%	9 35%	5 15%	2 11%	-	3 24%	-	-	-	-	-	2 29%	1 17%	4 55%	-	1 28%	-	3 23%	-	-	-	-	-	14 27%
5-10 years	(7.5)	4 7%	1 4%	3 9%	3 16%	-	-	-	-	-	-	-	1 15%	-	-	1 17%	-	2 27%	-	-	-	-	-	-	3 6%
Over 10 years	(10)	1 2%	1 3%	* 1%	-	-	* 4%	-	-	-	1 41%	-	-	-	* 5%	-	-	-	-	-	-	-	-	-	1 2%
Mean	2.15	2.25	2.10	2.39	0.10	1.97	1.50	-	1.50	-	4.39	0.46	2.73	1.68	2.84	2.23	2.06	2.72	1.41	0.87	1.04	0.81	1.07	0.10	2.17
Standard deviation	2.22	2.30	2.24	2.43	0.00	2.00	-	-	-	-	6.42	0.29	2.47	0.96	2.26	2.73	1.06	3.14	1.31	0.53	0.52	0.52	0.48	-	2.12
Standard error	0.29	0.46	0.40	0.56	0.00	0.63	-	-	-	-	3.71	0.13	0.94	0.43	0.86	1.22	0.53	1.19	0.41	0.20	0.23	0.26	0.34	-	0.30

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 222

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Protein**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	58	3	5	-	-	11	41	4	43	3	3	5	1
Weighted base	62*	3**	4**	-.**	-.**	13**	46*	4**	46*	3**	3**	5**	1**
Less than 1 month	(0.1) 6 10%	-	-	-	-	1 8%	3 7%	-	2 5%	-	1 26%	-	1 100%
1-6 months	(0.25) 6 9%	-	1 15%	-	-	1 6%	3 6%	1 16%	4 9%	-	-	1 33%	-
6-12 months	(0.75) 11 17%	1 53%	2 47%	-	-	5 34%	8 16%	1 29%	4 9%	2 59%	1 45%	2 41%	-
1-2 years	(1.5) 19 31%	1 47%	1 28%	-	-	4 27%	15 33%	2 55%	16 34%	1 41%	1 30%	1 26%	-
2-5 years	(3.5) 14 23%	-	-	-	-	3 25%	13 27%	-	14 31%	-	-	-	-
5-10 years	(7.5) 4 7%	-	-	-	-	-	4 9%	-	4 9%	-	-	-	-
Over 10 years	(10) 1 2%	-	* 9%	-	-	-	* 1%	-	1 3%	-	-	-	-
Mean	2.15	1.10	1.74	-	-	1.56	2.36	1.08	2.64	1.06	0.80	0.78	0.10
Standard deviation	2.22	0.47	3.03	-	-	1.25	2.16	0.57	2.36	0.45	0.63	0.54	-
Standard error	0.29	0.27	1.36	-	-	0.38	0.34	0.29	0.36	0.26	0.36	0.24	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 223

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Caffeine**

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	26	15	11	6	9	5	3	2	1	8	9	4	5	3	1	2	2	1	1	1	1	6	6	2	3	16
Weighted base	25*	16**	9**	6**	9**	5**	2**	2**	1**	8**	8**	5**	4**	3**	1**	2**	2**	1**	1**	1**	1**	7**	5**	2**	3**	17**
Less than 1 month	(0.1)	2	1	1	1	-	1	-	-	-	-	1	1	-	1	-	-	-	-	-	-	1	-	-	1	1
		8%	6%	11%	17%	-	19%	-	-	-	-	21%	22%	-	100%	-	-	-	-	-	-	15%	-	-	33%	6%
1-6 months	(0.25)	2	1	1	*	1	-	1	-	1	1	-	-	-	-	1	-	-	-	-	-	1	-	*	-	2
		9%	6%	14%	8%	12%	-	39%	-	19%	10%	-	-	-	-	36%	-	-	-	-	-	15%	-	25%	-	11%
6-12 months	(0.75)	2	2	-	1	-	1	-	-	-	-	2	-	-	-	-	-	-	-	-	-	1	1	-	-	2
		10%	15%	-	24%	-	19%	-	-	-	-	49%	-	-	-	-	-	-	-	-	-	21%	19%	-	-	15%
1-2 years	(1.5)	2	2	-	1	-	-	1	-	-	2	-	-	1	-	-	-	-	-	-	-	-	-	1	-	1
		8%	13%	-	12%	-	-	56%	-	-	26%	-	-	28%	-	-	-	-	-	-	-	-	-	75%	-	8%
2-5 years	(3.5)	5	3	2	1	2	1	-	-	2	1	-	2	2	-	-	1	1	-	-	1	-	-	-	1	3
		19%	18%	20%	20%	21%	16%	41%	-	23%	14%	-	40%	72%	-	-	100%	100%	-	-	17%	-	-	-	31%	18%
5-10 years	(7.5)	6	1	4	1	3	1	*	-	3	2	-	-	-	-	-	-	-	-	-	2	3	-	1	4	
		22%	7%	49%	18%	37%	18%	20%	-	40%	30%	-	-	-	-	-	-	-	-	-	32%	62%	-	37%	22%	
Over 10 years	(10)	6	6	1	-	3	1	-	1	1	2	1	2	-	-	1	2	-	-	1	1	-	1	-	-	3
		24%	34%	7%	-	30%	27%	-	44%	100%	18%	20%	30%	38%	-	64%	100%	-	-	100%	100%	-	19%	-	-	21%
Mean	4.98	4.92	5.09	2.47	6.56	4.84	3.03	5.20	10.00	5.65	5.15	3.39	5.25	2.94	0.10	6.48	10.00	3.50	3.50	10.00	10.00	3.23	6.71	1.18	3.85	4.58
Standard deviation	3.90	4.21	3.50	2.91	3.46	4.48	3.66	5.47	-	3.60	3.79	4.85	4.50	1.15	-	6.23	0.00	-	-	-	-	3.42	3.33	-	3.76	3.91
Standard error	0.76	1.09	1.06	1.19	1.15	2.00	2.11	3.87	-	1.27	1.26	2.43	2.01	0.67	-	4.41	0.00	-	-	-	-	1.39	1.36	-	2.17	0.98

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 224

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Caffeine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	26	-	-	14	9	3	-	24	2	-	1	1	-	-	24	14	10	2	2	-
Weighted base	25*	**	**	14**	8**	3**	**	23**	2**	**	1**	1**	**	**	24**	14**	10**	2**	2**	**
Less than 1 month	(0.1)	2 8%	-	2 14%	-	-	-	2 9%	-	-	-	-	-	-	2 8%	1 7%	1 10%	-	-	-
1-6 months	(0.25)	2 9%	-	* 3%	2 22%	-	-	1 6%	1 42%	-	-	1 100%	-	-	2 10%	2 13%	* 5%	-	-	-
6-12 months	(0.75)	2 10%	-	2 18%	-	-	-	1 4%	1 58%	-	1 100%	-	-	-	2 10%	-	2 25%	-	-	-
1-2 years	(1.5)	2 8%	-	1 10%	1 8%	-	-	2 9%	-	-	-	-	-	-	2 9%	1 5%	1 14%	-	-	-
2-5 years	(3.5)	5 19%	-	2 13%	1 11%	2 65%	-	5 21%	-	-	-	-	-	-	4 16%	3 21%	1 9%	1 48%	1 48%	-
5-10 years	(7.5)	6 22%	-	1 7%	4 42%	1 35%	-	6 24%	-	-	-	-	-	-	5 20%	3 24%	1 14%	1 52%	1 52%	-
Over 10 years	(10)	6 24%	-	5 35%	1 17%	-	-	6 27%	-	-	-	-	-	-	6 26%	4 29%	2 22%	-	-	-
Mean	4.98	-	-	4.73	5.43	4.90	-	5.45	0.54	-	0.75	0.25	-	-	4.93	5.57	4.00	5.59	5.59	-
Standard deviation	3.90	-	-	4.41	3.83	2.29	-	3.80	0.32	-	-	-	-	-	4.01	3.92	4.16	-	-	-
Standard error	0.76	-	-	1.18	1.28	1.32	-	0.78	0.23	-	-	-	-	-	0.82	1.05	1.32	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 225

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Caffeine

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	26	19	13	6	7	2	2	-	1	2	20	6	6	6	2	5	2	2
Weighted base	25*	20**	15**	5**	6**	1**	2**	**	1**	2**	20**	6**	6**	6**	2**	5**	2**	2**
Less than 1 month	(0.1)	2 8%	2 10%	1 7%	1 21%	-	-	-	-	-	1 5%	1 17%	1 17%	1 17%	-	-	1 55%	1 53%
1-6 months	(0.25)	2 9%	2 9%	1 7%	1 18%	* 8%	* 42%	-	-	-	1 8%	1 14%	1 14%	1 14%	-	1 17%	1 45%	-
6-12 months	(0.75)	2 10%	2 12%	2 16%	-	-	-	-	-	-	1 7%	1 18%	1 18%	1 18%	1 53%	1 21%	-	-
1-2 years	(1.5)	2 8%	1 7%	1 9%	-	1 12%	-	1 45%	-	-	2 11%	-	-	-	-	-	-	-
2-5 years	(3.5)	5 19%	4 20%	3 20%	1 15%	1 15%	-	55%	-	-	4 20%	1 15%	1 15%	1 15%	-	1 18%	-	1 47%
5-10 years	(7.5)	6 22%	5 24%	3 22%	1 30%	1 16%	-	-	-	1 46%	4 18%	2 35%	2 35%	2 35%	1 47%	2 43%	-	-
Over 10 years	(10)	6 24%	3 18%	3 19%	1 12%	3 48%	1 58%	-	1 100%	1 54%	6 32%	-	-	-	-	-	-	-
Mean	4.98	4.47	4.55	4.20	6.75	5.93	2.60	-	10.00	8.86	5.46	3.36	3.36	3.36	3.90	4.05	0.17	1.69
Standard deviation	3.90	3.79	3.82	4.16	4.08	-	-	-	-	-	3.95	3.56	3.56	3.56	-	3.55	-	-
Standard error	0.76	0.87	1.06	1.70	1.54	-	-	-	-	-	0.88	1.45	1.45	1.45	-	1.59	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 226

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Caffeine**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	26	12	12	5	1	6	2	-	-	2	2	6	2	5	1	2	1	2	4	8	6	5	3	-	16
Weighted base	25*	12**	12**	5**	***	6**	1**	**	**	1**	1**	6**	2**	5**	1**	2**	1**	2**	4**	8**	6**	5**	3**	**	15**
Less than 1 month	(0.1)	2 8%	1 8%	1 8%	1 18%	-	-	-	-	-	-	-	-	1 20%	-	-	-	-	1 24%	-	-	-	-	-	2 13%
1-6 months	(0.25)	2 9%	1 8%	1 11%	-	1 100%	1 14%	-	-	-	-	1 14%	-	1 21%	-	-	-	-	-	-	-	-	-	-	2 12%
6-12 months	(0.75)	2 10%	1 11%	1 9%	-	1 17%	-	-	-	-	-	-	1 57%	-	1 100%	-	-	-	-	-	-	-	-	-	2 16%
1-2 years	(1.5)	2 8%	1 6%	1 12%	1 25%	-	-	-	-	-	1 52%	1 24%	-	-	-	-	-	-	-	1 16%	-	-	1 47%	-	1 5%
2-5 years	(3.5)	5 19%	3 25%	1 7%	1 16%	-	1 67%	-	-	1 67%	-	1 20%	-	2 37%	-	-	-	1 38%	1 22%	3 35%	2 34%	2 38%	1 30%	-	2 11%
5-10 years	(7.5)	6 22%	2 16%	3 27%	1 21%	-	2 34%	*	33%	-	*	1 7%	43%	-	1 46%	1 100%	-	2 54%	2 23%	2 32%	1 19%	-	-	4 24%	
Over 10 years	(10)	6 24%	3 25%	3 26%	1 20%	-	2 35%	-	-	-	1 48%	2 35%	-	1 22%	-	1 54%	-	1 62%	-	2 25%	2 35%	2 44%	1 22%	-	3 20%
Mean	4.98	4.83	5.16	4.47	0.25	6.19	4.80	-	-	4.80	5.56	5.12	3.64	3.57	0.75	8.84	7.50	7.52	4.84	5.73	7.03	7.09	4.01	-	4.37
Standard deviation	3.90	3.97	4.16	4.11	-	4.34	-	-	-	-	-	4.35	4.34	4.19	-	-	-	4.21	3.54	3.37	2.96	3.29	4.11	-	4.06
Standard error	0.76	1.15	1.20	1.84	-	1.77	-	-	-	-	-	1.78	3.07	1.87	-	-	-	2.98	1.77	1.19	1.21	1.47	2.37	-	1.02

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 227

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Caffeine**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	26	-	3	-	-	7	14	1	14	6	8	8	-
Weighted base	25*	-**	3**	-**	-**	7**	14**	1**	14**	5**	8**	8**	-**
Less than 1 month	(0.1) 2 8%	-	-	-	-	1 15%	1 7%	-	1 7%	1 18%	-	-	-
1-6 months	(0.25) 2 9%	-	-	-	-	1 13%	1 7%	-	-	1 15%	1 17%	* 6%	-
6-12 months	(0.75) 2 10%	-	-	-	-	1 15%	-	-	1 10%	-	-	-	-
1-2 years	(1.5) 2 8%	-	-	-	-	1 21%	-	-	2 15%	-	-	-	-
2-5 years	(3.5) 5 19%	-	1 44%	-	-	1 13%	4 27%	-	3 21%	1 16%	2 24%	1 15%	-
5-10 years	(7.5) 6 22%	-	1 56%	-	-	1 14%	4 28%	-	4 25%	2 38%	2 26%	3 38%	-
Over 10 years	(10) 6 24%	-	-	-	-	1 10%	5 31%	1 100%	3 21%	1 12%	3 33%	3 41%	-
Mean	4.98	-	5.73	-	-	2.94	6.18	10.00	5.09	4.69	6.15	7.49	-
Standard deviation	3.90	-	2.52	-	-	3.60	3.60	-	3.70	4.07	3.85	3.07	-
Standard error	0.76	-	1.45	-	-	1.36	0.96	-	0.99	1.66	1.36	1.08	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 228

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Folic acid**

	Gender		Age							Social Grade				Region									Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	47	14	33	5	11	10	6	7	8	12	10	14	11	5	1	1	4	7	3	7	5	6	7	1	6	19	
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**	
Less than 1 month	(0.1)	10	4	6	*	4	2	-	1	3	1	2	5	2	1	1	-	3	2	2	-	1	1	-	2	3	
		20%	31%	17%	10%	32%	19%	-	12%	32%	12%	20%	28%	18%	-	100%	100%	-	39%	63%	36%	-	12%	14%	-	33%	13%
1-6 months	(0.25)	12	3	9	2	-	5	2	1	2	1	6	4	2	-	-	-	3	1	1	-	2	2	1	2	4	
		24%	20%	25%	50%	-	50%	24%	30%	10%	18%	7%	32%	32%	41%	-	-	39%	23%	13%	-	34%	19%	100%	32%	18%	
6-12 months	(0.75)	9	4	5	-	2	1	2	2	1	2	4	2	-	-	-	-	*	1	4	3	1	-	2	5		
		18%	26%	15%	-	15%	14%	35%	25%	20%	11%	21%	22%	16%	-	-	-	-	14%	19%	57%	42%	9%	-	35%	21%	
1-2 years	(1.5)	8	1	7	1	5	2	-	-	4	1	2	1	2	-	-	1	2	-	-	3	-	-	-	-	7	
		16%	7%	19%	24%	38%	18%	-	-	33%	12%	11%	9%	44%	-	-	24%	22%	-	-	43%	-	-	-	-	30%	
2-5 years	(3.5)	4	1	3	1	1	-	-	2	-	2	1	-	1	-	-	1	-	-	-	-	-	2	-	3		
		8%	6%	8%	16%	9%	-	-	25%	-	6%	18%	7%	15%	-	-	31%	-	-	-	-	-	22%	-	11%		
5-10 years	(7.5)	4	1	3	-	1	-	1	-	2	1	-	1	-	-	-	1	-	-	1	-	1	1	-	1		
		7%	5%	8%	-	5%	-	11%	-	26%	13%	13%	-	6%	-	-	18%	-	-	14%	-	12%	16%	-	3%		
Over 10 years	(10)	4	1	3	-	-	2	1	1	1	1	-	2	-	-	-	1	-	-	1	-	-	2	-	1		
		7%	5%	8%	-	-	31%	9%	12%	5%	10%	-	18%	-	-	-	28%	-	-	17%	-	-	20%	-	5%		
Mean	1.97	1.45	2.16	1.06	1.44	0.51	4.18	2.04	3.36	2.39	2.96	0.69	2.65	1.28	0.10	0.10	5.56	0.47	0.23	3.02	1.07	1.33	4.06	0.25	0.38	1.74	
Standard deviation	2.98	2.66	3.10	1.34	1.80	0.52	4.77	3.06	4.20	3.08	3.49	0.92	4.07	1.21	-	-	3.90	0.59	0.29	4.53	0.40	2.51	4.13	-	0.31	2.41	
Standard error	0.43	0.71	0.54	0.60	0.54	0.16	1.95	1.16	1.48	0.89	1.10	0.24	1.23	0.54	-	-	1.95	0.22	0.16	1.71	0.18	1.02	1.56	-	0.12	0.55	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 229

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	47	2	-	27	11	7	-	44	3	-	-	2	1	-	37	16	21	10	9	1
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
Less than 1 month	(0.1)	10 20%	2 100%	-	4 14%	2 19%	2 24%	-	9 19%	1 34%	-	1 56%	-	-	8 20%	5 31%	3 13%	2 22%	2 25%	-
1-6 months	(0.25)	12 24%	-	-	8 29%	1 11%	3 32%	-	12 26%	-	-	-	-	-	7 19%	2 14%	5 22%	5 42%	3 32%	1 100%
6-12 months	(0.75)	9 18%	-	-	6 23%	3 24%	-	6 14%	3 66%	-	-	1 44%	2 100%	-	9 22%	4 23%	5 22%	* 3%	* 4%	-
1-2 years	(1.5)	8 16%	-	-	2 8%	3 24%	3 31%	-	8 17%	-	-	-	-	-	7 17%	3 19%	4 17%	1 11%	1 12%	-
2-5 years	(3.5)	4 8%	-	-	2 7%	1 6%	1 13%	-	4 8%	-	-	-	-	-	3 7%	1 5%	2 8%	1 11%	1 13%	-
5-10 years	(7.5)	4 7%	-	-	1 5%	2 17%	-	4 8%	-	-	-	-	-	-	2 6%	1 9%	1 4%	1 11%	1 13%	-
Over 10 years	(10)	4 7%	-	-	4 14%	-	-	4 8%	-	-	-	-	-	-	4 9%	-	4 15%	-	-	-
Mean	1.97	0.10	-	2.40	2.06	1.03	-	2.09	0.53	-	-	0.38	0.75	-	2.08	1.36	2.57	1.56	1.77	0.25
Standard deviation	2.98	*	-	3.56	2.70	1.19	-	3.07	0.36	-	-	0.42	-	-	3.12	2.15	3.60	2.50	2.64	-
Standard error	0.43	*	-	0.69	0.81	0.45	-	0.46	0.21	-	-	0.30	-	-	0.51	0.54	0.78	0.79	0.88	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 230

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Folic acid

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	47	25	19	6	22	2	5	-	8	7	27	20	18	16	9	12	5	2	
Weighted base	50*	30**	24**	6**	20**	2**	4**	**	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**	
Less than 1 month	(0.1)	10 20%	5 17%	3 13%	2 33%	5 25%	-	-	3 37%	2 37%	7 24%	4 16%	4 18%	3 17%	* 4%	3 25%	-	-	
1-6 months	(0.25)	12 24%	6 21%	5 21%	1 22%	6 28%	2 100%	2 38%	-	1 11%	1 17%	7 25%	5 23%	3 15%	4 23%	2 22%	2 16%	1 20%	2 100%
6-12 months	(0.75)	9 18%	7 24%	7 28%	* 6%	2 9%	-	2 44%	-	-	-	5 17%	4 19%	4 21%	4 23%	-	1 8%	4 63%	-
1-2 years	(1.5)	8 16%	7 23%	6 24%	1 20%	1 5%	-	-	-	1 15%	2 7%	6 27%	6 29%	4 23%	5 46%	4 33%	1 17%	-	
2-5 years	(3.5)	4 8%	3 8%	3 10%	-	1 6%	-	-	-	1 19%	1 3%	3 13%	3 14%	2 10%	3 27%	2 14%	-	-	
5-10 years	(7.5)	4 7%	1 2%	1 3%	-	3 14%	-	1 18%	-	2 30%	-	1 3%	1 3%	1 4%	-	1 5%	-	-	
Over 10 years	(10)	4 7%	1 4%	-	1 19%	2 12%	-	-	-	2 22%	1 13%	4 13%	-	-	-	-	-	-	
Mean	1.97	1.44	1.22	2.34	2.77	0.25	1.75	-	4.54	2.29	2.56	1.29	1.40	1.21	1.70	1.49	0.78	0.25	
Standard deviation	2.98	2.20	1.49	4.13	3.81	0.00	3.09	-	4.65	3.56	3.74	1.56	1.60	1.62	1.27	1.87	0.41	0.00	
Standard error	0.43	0.44	0.34	1.69	0.81	0.00	1.38	-	1.64	1.34	0.72	0.35	0.38	0.41	0.42	0.54	0.18	0.00	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 231

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Folic acid

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	47	14	25	18	1	6	8	5	-	3	2	11	7	5	4	3	5	3	5	19	8	11	6	3	28
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	-**	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**
Less than 1 month	(0.1)	10 20%	2 15%	6 20%	5 25%	-	* 8%	2 32%	1 18%	-	-	4 42%	2 21%	-	2 48%	-	1 12%	-	2 20%	4 24%	1 16%	2 26%	-	2 59%	6 19%
1-6 months	(0.25)	12 24%	4 29%	6 22%	4 17%	1 100%	2 26%	1 20%	1 28%	-	-	4 36%	1 9%	2 42%	-	1 39%	1 16%	-	1 17%	4 23%	2 23%	2 22%	2 42%	-	8 24%
6-12 months	(0.75)	9 18%	4 25%	3 11%	3 14%	-	-	2 32%	2 30%	-	1 40%	1 13%	2 21%	-	2 52%	-	2 39%	1 39%	2 25%	3 20%	1 16%	2 27%	2 31%	-	6 17%
1-2 years	(1.5)	8 16%	1 8%	7 24%	7 33%	-	-	-	-	-	-	-	1 24%	-	1 27%	3 59%	-	3 38%	2 13%	2 34%	-	-	-	-	6 17%
2-5 years	(3.5)	4 8%	2 12%	2 7%	1 4%	-	1 20%	-	-	-	-	-	2 23%	-	1 35%	-	1 29%	-	1 7%	-	-	-	-	1 41%	3 8%
5-10 years	(7.5)	4 7%	1 5%	2 6%	1 4%	-	1 12%	1 17%	1 24%	-	-	-	2 26%	1 14%	-	-	1 32%	-	2 13%	1 10%	2 25%	2 27%	-	1 4%	
Over 10 years	(10)	4 7%	1 6%	3 10%	1 3%	-	2 34%	-	-	-	1 60%	1 8%	-	1 20%	-	-	1 13%	-	-	-	-	-	-	-	4 11%
Mean	1.97	1.77	2.16	1.42	0.25	5.09	1.60	2.13	-	0.33	6.28	1.07	2.97	3.51	0.44	1.71	2.23	3.72	0.82	1.65	1.48	2.14	2.38	1.49	2.14
Standard deviation	2.98	2.80	3.17	2.22	-	4.58	2.90	3.38	-	0.43	-	2.86	3.18	4.49	0.37	1.64	3.42	3.59	0.62	2.50	2.30	3.27	3.46	2.05	3.23
Standard error	0.43	0.75	0.63	0.52	-	1.87	1.02	1.51	-	0.25	-	0.86	1.20	2.01	0.18	0.95	1.53	2.07	0.28	0.57	0.81	0.99	1.41	1.18	0.61

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 232

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	47	-	4	10	1	12	19	14	15	12	19	10	2
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
Less than 1 month	(0.1) 10 20%	-	-	3 25%	*	3 24%	5 25%	3 28%	3 19%	1 8%	3 19%	2 22%	-
1-6 months	(0.25) 12 24%	-	3 73%	3 30%	-	2 17%	4 20%	3 23%	4 23%	5 39%	5 26%	2 17%	-
6-12 months	(0.75) 9 18%	-	1 27%	2 18%	-	2 14%	6 27%	2 20%	4 20%	2 16%	1 6%	2 27%	-
1-2 years	(1.5) 8 16%	-	-	2 20%	-	3 22%	1 4%	1 10%	2 11%	2 18%	2 13%	2 26%	2 61%
2-5 years	(3.5) 4 8%	-	-	-	-	-	3 12%	-	3 14%	-	-	-	1 39%
5-10 years	(7.5) 4 7%	-	-	1 7%	-	1 9%	-	2 20%	1 7%	1 11%	4 20%	1 8%	-
Over 10 years	(10) 4 7%	-	-	-	-	2 13%	3 12%	-	1 5%	1 9%	3 15%	-	-
Mean	1.97	-	0.38	1.03	0.10	2.50	1.98	1.85	1.96	2.15	3.37	1.24	2.28
Standard deviation	2.98	-	0.25	1.88	-	3.69	3.25	2.95	2.84	3.37	4.07	2.01	1.18
Standard error	0.43	-	0.13	0.59	-	1.06	0.75	0.79	0.73	0.97	0.93	0.64	0.84

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 233

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Peppermint oil**

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	14	7	7	3	1	4	2	2	2	5	4	3	2	-	2	1	1	1	1	1	2	3	1	1	1	7
Weighted base	14*	7**	7**	3**	1**	5**	2**	2**	2**	4**	5**	4**	2**	-**	2**	1**	1**	1**	1**	1**	1**	3**	***	2**	1**	8**
Less than 1 month	(0.1)	4	2	2	3	-	2	-	-	1	2	-	1	-	*	-	-	-	1	1	-	-	-	2	-	4
		32%	35%	30%	100%	-	38%	-	-	25%	52%	-	68%	-	26%	-	-	-	100%	100%	-	-	-	100%	-	51%
1-6 months	(0.25)	1	*	*	-	-	*	-	*	1	-	-	-	-	-	-	-	-	-	-	-	*	*	-	-	*
		6%	7%	6%	-	-	8%	-	-	22%	-	-	-	-	-	-	-	-	-	-	-	14%	100%	-	-	5%
6-12 months	(0.75)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-2 years	(1.5)	3	1	2	-	1	1	-	-	1	1	1	-	-	-	1	-	-	-	1	1	-	-	1	2	
		24%	18%	29%	-	100%	24%	45%	-	23%	26%	32%	-	-	-	100%	-	-	-	-	62%	43%	-	-	100%	26%
2-5 years	(3.5)	4	1	3	-	-	1	1	-	-	1	3	-	-	1	-	1	100%	-	-	-	-	-	-	-	18%
		25%	15%	35%	-	-	29%	55%	65%	-	22%	68%	-	-	74%	-	100%	100%	-	-	-	-	-	-	-	18%
5-10 years	(7.5)	2	2	-	-	-	-	1	1	1	-	-	1	-	-	-	-	-	-	-	1	1	-	-	-	-
		12%	26%	-	-	-	-	35%	72%	30%	-	-	32%	-	-	-	-	-	-	-	38%	43%	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	2.23	2.76	1.72	0.10	1.50	1.45	2.61	4.91	5.48	2.69	1.21	2.86	2.47	-	2.63	1.50	3.50	3.50	0.10	0.10	3.77	3.89	0.25	0.10	1.50	1.09
Standard deviation	2.48	3.26	1.54	0.00	-	1.61	1.41	-	-	3.72	1.53	1.09	-	-	-	-	-	-	-	-	3.95	-	-	-	1.36	
Standard error	0.66	1.23	0.58	0.00	-	0.80	0.99	-	-	1.66	0.76	0.63	-	-	-	-	-	-	-	-	2.28	-	-	-	0.52	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 234

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Peppermint oil

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	14	-	1	4	5	4	-	13	1	-	1	-	-	-	10	6	4	4	4	-
Weighted base	14*	-**	2**	3**	5**	4**	-**	13**	1**	-**	1**	-**	-**	-**	11**	6**	5**	3**	3**	-**
Less than 1 month	(0.1)	4	2	2	1	1	-	4	-	-	-	-	-	-	3	2	1	1	1	-
		32%	100%	51%	21%	-	-	35%	-	-	-	-	-	-	28%	32%	24%	47%	47%	-
1-6 months	(0.25)	1	-	*	*	-	-	1	-	-	-	-	-	-	*	*	-	*	*	-
		6%	-	14%	8%	-	-	7%	-	-	-	-	-	-	4%	7%	-	15%	15%	-
6-12 months	(0.75)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-2 years	(1.5)	3	-	-	1	2	-	2	1	-	1	-	-	-	3	2	1	-	-	-
		24%	-	-	25%	51%	-	16%	100%	-	100%	-	-	-	30%	36%	24%	-	-	-
2-5 years	(3.5)	4	-	1	1	1	-	4	-	-	-	-	-	-	4	1	3	-	-	-
		25%	-	35%	21%	35%	-	28%	-	-	-	-	-	-	33%	17%	52%	-	-	-
5-10 years	(7.5)	2	-	-	1	1	-	2	-	-	-	-	-	-	1	1	-	1	1	-
		12%	-	-	25%	13%	-	14%	-	-	-	-	-	-	5%	9%	-	38%	38%	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	2.23	-	0.10	1.30	3.02	3.01	-	2.30	1.50	-	1.50	-	-	-	2.02	1.87	2.21	2.94	2.94	-
Standard deviation	2.48	-	-	1.93	3.19	2.30	-	2.59	-	-	-	-	-	-	1.96	2.35	1.60	4.35	4.35	-
Standard error	0.66	-	-	0.97	1.42	1.15	-	0.72	-	-	-	-	-	0.62	0.96	0.80	2.17	2.17	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 235

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	14	8	4	4	6	1	1	-	3	1	8	6	6	1	5	-	1	-
Weighted base	14*	9**	5**	4**	5**	1**	***	-.*	3**	1**	7**	7**	7**	1**	5**	-.*	1**	-.*
Less than 1 month	(0.1)	4	4	3	1	*	-	-	-	-	1	4	4	-	4	-	-	-
		32%	44%	52%	32%	10%	-	100%	-	-	13%	54%	54%	-	69%	-	-	-
1-6 months	(0.25)	1	*	-	*	-	-	-	*	-	*	*	*	-	*	-	-	-
		6%	4%	-	11%	10%	-	-	17%	-	6%	6%	6%	-	8%	-	-	-
6-12 months	(0.75)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-2 years	(1.5)	3	3	1	2	-	-	-	-	-	2	1	1	-	1	-	-	-
		24%	36%	22%	57%	-	-	-	-	-	28%	18%	18%	-	24%	-	-	-
2-5 years	(3.5)	4	1	1	-	2	-	-	1	1	2	1	1	-	-	-	1	-
		25%	16%	26%	-	44%	-	-	38%	100%	29%	22%	22%	100%	-	-	100%	-
5-10 years	(7.5)	2	-	-	-	2	1	-	1	-	2	-	-	-	-	-	-	-
		12%	-	-	-	36%	100%	-	45%	-	24%	-	-	-	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	2.23	1.14	1.29	0.92	4.29	7.50	0.10	-	4.73	3.50	3.22	1.11	1.11	3.50	0.44	-	3.50	-
Standard deviation	2.48	1.27	1.57	0.79	3.05	-	-	-	3.48	-	2.85	1.48	1.48	-	0.66	-	-	-
Standard error	0.66	0.45	0.79	0.40	1.25	-	-	-	2.01	-	1.01	0.61	0.61	-	0.29	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 236

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	14	4	7	7	-	-	3	1	1	1	2	2	3	2	2	-	-	1	2	4	1	4	2	1	10
Weighted base	14*	4**	7**	7**	**	**	3**	1**	**	1**	1**	2**	3**	3**	2**	**	**	1**	2**	4**	1**	4**	2**	1**	10**
Less than 1 month	(0.1)	4 32%	2 52%	2 33%	2 33%	-	-	-	-	-	47%	1 54%	-	-	2 80%	-	-	1 100%	-	-	-	-	-	-	4 46%
1-6 months	(0.25)	1 6%	-	* 6%	* 6%	-	-	* 15%	* 100%	-	-	* 14%	-	* 20%	-	-	-	-	* 11%	-	* 11%	-	-	-	* 4%
6-12 months	(0.75)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-2 years	(1.5)	3 24%	-	2 29%	2 29%	-	1 46%	1 100%	-	-	-	2 86%	-	-	-	-	-	-	1 43%	1 29%	-	1 29%	1 54%	-	2 21%
2-5 years	(3.5)	4 25%	1 35%	1 15%	1 15%	-	1 39%	-	1 100%	-	1 46%	-	3 100%	-	-	-	-	-	2 60%	1 100%	2 60%	1 46%	1 100%	1 11%	
5-10 years	(7.5)	2 12%	1 13%	1 16%	1 16%	-	-	-	-	1 53%	-	-	-	-	-	-	-	1 57%	-	-	-	-	-	2 18%	
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	2.23	2.26	2.26	2.26	-	-	2.08	1.50	0.25	3.50	3.99	1.67	1.32	3.50	0.13	-	-	0.10	4.91	2.55	3.50	2.55	2.41	3.50	2.09
Standard deviation	2.48	2.96	2.79	2.79	-	-	1.54	-	-	-	-	2.32	0.55	0.00	0.08	-	-	-	4.13	1.39	-	1.39	1.36	-	2.87
Standard error	0.66	1.48	1.05	1.05	-	-	0.89	-	-	-	-	1.64	0.31	0.00	0.06	-	-	-	2.92	0.69	-	0.69	0.96	-	0.91

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 237

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Peppermint oil**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	14	1	1	-	-	2	7	1	6	3	5	1	1
Weighted base	14*	1**	***	..**	..**	2**	8**	1**	6**	3**	5**	1**	1**
Less than 1 month	(0.1)	4 32%	1 100%	-	-	-	2 31%	-	1 16%	* 18%	-	-	-
1-6 months	(0.25)	1 6%	-	* 100%	-	-	* 5%	-	* 6%	-	* 9%	-	-
6-12 months	(0.75)	-	-	-	-	-	-	-	-	-	-	-	-
1-2 years	(1.5)	3 24%	-	-	-	1 52%	1 16%	-	1 19%	1 44%	2 42%	-	-
2-5 years	(3.5)	4 25%	-	-	-	1 48%	3 33%	1 100%	3 40%	1 37%	2 49%	1 100%	-
5-10 years	(7.5)	2 12%	-	-	-	-	1 15%	-	1 19%	-	-	-	1 100%
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-
Mean	2.23	0.10	0.25	-	-	2.46	2.59	3.50	3.14	1.99	2.36	3.50	7.50
Standard deviation	2.48	-	-	-	-	1.33	2.71	-	2.69	1.61	1.30	-	-
Standard error	0.66	-	-	-	-	0.94	1.02	-	1.10	0.93	0.58	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 238

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Gingko Biloba**

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	17	10	7	-	3	2	5	2	5	6	3	3	5	1	1	-	3	1	1	1	-	5	3	1	3	10
Weighted base	16*	8**	8**	-**	3**	2**	3**	3**	4**	6**	2**	3**	5**	1**	1**	-**	2**	1**	2**	2**	-**	6**	2**	1**	3**	9**
Less than 1 month	(0.1)	2	1	2	-	-	2	1	-	-	-	2	-	-	-	-	-	-	-	2	-	-	1	-	-	2
		14%	8%	19%	-	-	66%	20%	-	-	-	79%	-	-	-	-	-	-	-	100%	-	-	36%	-	-	25%
1-6 months	(0.25)	2	-	2	-	2	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	2	-	-	2	-
		11%	-	21%	-	56%	-	-	-	30%	-	-	-	-	-	-	-	-	-	-	-	31%	-	-	51%	-
6-12 months	(0.75)	3	3	-	-	*	-	1	2	1	*	-	2	-	-	-	1	-	2	-	-	-	-	-	3	35%
		19%	39%	-	-	13%	-	16%	72%	10%	19%	-	39%	-	-	-	54%	-	100%	-	-	-	-	-	-	-
1-2 years	(1.5)	2	1	1	-	1	-	-	1	1	1	-	-	-	1	-	-	-	-	-	-	1	-	-	-	1
		14%	12%	16%	-	30%	-	-	29%	16%	59%	-	-	-	100%	-	-	-	-	-	-	23%	-	-	-	10%
2-5 years	(3.5)	2	1	1	-	-	*	-	1	1	*	-	1	-	-	-	-	-	-	-	-	-	*	1	-	14%
		13%	16%	10%	-	-	34%	14%	19%	14%	22%	-	15%	-	-	-	46%	-	-	-	-	-	26%	100%	-	14%
5-10 years	(7.5)	1	-	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-
		6%	-	12%	-	-	-	-	22%	-	-	-	18%	-	-	-	-	-	-	-	-	17%	-	-	-	-
Over 10 years	(10)	4	2	2	-	-	2	1	1	2	1	1	2	1	-	-	-	1	-	-	-	2	1	-	2	1
		23%	25%	22%	-	-	49%	28%	30%	29%	-	21%	28%	100%	-	-	-	100%	-	-	-	29%	38%	-	49%	16%
Mean	3.65	3.55	3.74	-	0.70	1.27	5.58	3.34	5.72	3.82	1.80	2.18	4.96	10.00	1.50	-	2.03	10.00	0.75	0.10	-	4.65	4.73	3.50	5.02	2.53
Standard deviation	4.07	4.14	4.29	-	0.68	2.13	5.34	5.11	3.99	4.52	1.30	5.03	4.36	-	-	-	-	-	0.00	-	-	4.68	-	-	5.80	3.62
Standard error	0.99	1.31	1.62	-	0.39	1.51	2.39	3.61	1.78	1.85	0.75	2.90	1.95	-	-	-	-	-	0.00	-	-	2.09	-	-	3.35	1.14

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 239
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Ginkgo Biloba

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	17	-	-	10	3	4	-	15	2	1	-	1	-	-	16	10	6	1	-	1
Weighted base	16*	**	**	8**	4**	4**	**	15**	2**	1**	**	1**	**	**	16**	11**	4**	1**	**	1**
Less than 1 month	(0.1)	2	-	1	2	-	-	2	-	-	-	-	-	-	2	2	1	-	-	-
		14%	-	8%	40%	-	-	15%	-	-	-	-	-	-	14%	14%	16%	-	-	-
1-6 months	(0.25)	2	-	-	-	2	-	2	-	-	-	-	-	-	2	2	-	-	-	-
		11%	-	-	-	46%	-	12%	-	-	-	-	-	-	11%	15%	-	-	-	-
6-12 months	(0.75)	3	-	3	-	-	-	3	-	-	-	-	-	-	3	3	*	-	-	-
		19%	-	36%	-	-	-	21%	-	-	-	-	-	-	20%	24%	10%	-	-	-
1-2 years	(1.5)	2	-	-	1	1	-	1	1	1	-	-	-	-	2	2	-	-	-	-
		14%	-	-	33%	25%	-	9%	61%	100%	-	-	-	-	14%	19%	-	-	-	-
2-5 years	(3.5)	2	-	2	-	*	-	2	-	-	-	-	-	-	2	2	-	-	-	-
		13%	-	19%	-	13%	-	15%	-	-	-	-	-	-	14%	19%	-	-	-	-
5-10 years	(7.5)	1	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
		6%	-	11%	-	-	-	7%	-	-	-	-	-	-	6%	-	23%	-	-	-
Over 10 years	(10)	4	-	2	1	1	-	3	1	-	-	1	-	-	3	1	2	1	-	1
		23%	-	25%	28%	16%	-	22%	39%	-	-	100%	-	-	21%	9%	51%	100%	-	100%
Mean	3.65	-	-	4.31	3.29	2.52	-	3.53	4.80	1.50	-	10.00	-	-	3.41	2.12	6.91	10.00	-	10.00
Standard deviation	4.07	-	-	4.18	4.85	3.98	-	4.05	-	-	-	-	-	-	3.95	2.93	4.61	-	-	-
Standard error	0.99	-	-	1.32	2.80	1.99	-	1.04	-	-	-	-	-	-	0.99	0.93	1.88	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 240

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Ginkgo Biloba

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	17	13	8	5	4	1	-	2	1	-	13	4	3	4	1	2	2	1
Weighted base	16*	12**	9**	3**	4**	1**	**	2**	1**	**	12**	4**	3**	4**	2**	3**	2**	1**
Less than 1 month	(0.1)	2	2	2	-	-	-	-	-	-	2	1	1	1	-	-	1	-
		14%	18%	25%	-	-	-	-	-	-	13%	15%	20%	15%	-	-	28%	-
1-6 months	(0.25)	2	2	2	-	-	-	-	-	-	2	2	2	2	2	2	2	-
		11%	14%	19%	-	-	-	-	-	-	39%	52%	39%	100%	65%	72%	-	-
6-12 months	(0.75)	3	3	3	*	-	-	-	-	-	3	-	-	-	-	-	-	-
		19%	25%	30%	12%	-	-	-	-	-	26%	-	-	-	-	-	-	-
1-2 years	(1.5)	2	1	1	-	1	-	-	1	-	1	1	1	1	-	1	-	-
		14%	8%	10%	-	34%	-	-	100%	-	11%	21%	28%	21%	-	35%	-	-
2-5 years	(3.5)	2	1	1	*	1	-	-	1	-	2	-	-	-	-	-	-	-
		13%	10%	9%	14%	22%	-	-	46%	-	18%	-	-	-	-	-	-	-
5-10 years	(7.5)	1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-
		6%	-	-	-	26%	-	-	54%	-	8%	-	-	-	-	-	-	-
Over 10 years	(10)	4	3	1	2	1	1	-	-	-	3	1	-	1	-	-	-	1
		23%	25%	7%	74%	19%	100%	-	-	-	23%	24%	-	24%	-	-	-	100%
Mean		3.65	3.22	1.43	7.94	5.06	10.00	-	5.65	1.50	3.94	2.86	0.57	2.86	0.25	0.69	0.21	10.00
Standard deviation		4.07	4.20	2.62	4.17	3.84	-	-	-	-	4.03	4.64	0.70	4.64	-	0.75	0.09	-
Standard error		0.99	1.17	0.93	1.86	1.92	-	-	-	-	1.12	2.32	0.40	2.32	-	0.53	0.06	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 241

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Gingko Biloba

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	17	7	5	4	-	1	5	2	1	2	2	6	1	1	4	-	-	-	2	3	1	1	1	-	12
Weighted base	16*	5**	7**	6**	-**	**	5**	2**	1**	2**	1**	6**	1**	1**	4**	-**	-**	-**	3**	2**	1**	1**	**	-**	12**
Less than 1 month	(0.1)	2 14%	1 15%	2 23%	2 24%	-	-	-	-	-	-	-	-	-	2 60%	-	-	-	-	1 39%	1 100%	-	-	-	2 13%
1-6 months	(0.25)	2 11%	-	2 26%	2 27%	-	-	-	-	-	-	-	-	-	-	-	-	-	2 65%	-	-	-	-	-	2 15%
6-12 months	(0.75)	3 19%	1 12%	3 38%	2 34%	-	*	-	-	-	-	2 33%	-	1 100%	*	-	-	-	-	-	-	-	-	-	1 5%
1-2 years	(1.5)	2 14%	-	1 14%	1 15%	-	-	1 26%	-	1 65%	-	1 20%	-	-	-	-	-	-	1 35%	-	-	-	-	-	2 19%
2-5 years	(3.5)	2 13%	1 29%	-	-	-	-	1 17%	1 46%	-	*	1 13%	1 100%	-	-	-	-	-	-	*	-	-	*	-	2 14%
5-10 years	(7.5)	1 6%	-	-	-	-	-	1 20%	1 54%	-	-	1 15%	-	-	-	-	-	-	-	-	-	-	-	-	1 8%
Over 10 years	(10)	4 23%	2 44%	-	-	-	-	2 37%	-	1 100%	1 35%	1 63%	1 20%	-	1 29%	-	-	-	-	1 34%	-	1 100%	-	-	3 27%
Mean	3.65	5.55	0.58	0.57	-	0.75	6.15	5.65	10.00	4.52	7.60	4.10	3.50	0.75	3.04	-	-	-	0.69	4.38	0.10	10.00	3.50	-	4.16
Standard deviation	4.07	4.70	0.50	0.51	-	-	4.00	-	-	-	-	4.02	-	-	5.21	-	-	-	0.75	-	-	-	-	-	4.24
Standard error	0.99	1.78	0.22	0.26	-	-	1.79	-	-	-	-	1.64	-	-	2.60	-	-	-	0.53	-	-	-	-	-	1.22

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 242

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Ginkgo Biloba**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	17	-	2	-	-	1	9	2	8	1	2	-	3
Weighted base	16*	-**	1**	-**	-**	1**	8**	2**	7**	1**	1**	-**	4**
Less than 1 month	(0.1) 2 14%	-	-	-	-	-	-	-	-	-	-	-	2 56%
1-6 months	(0.25) 2 11%	-	-	-	-	-	-	-	-	-	-	-	2 44%
6-12 months	(0.75) 3 19%	-	* 28%	-	-	-	3 40%	-	* 6%	-	-	-	-
1-2 years	(1.5) 2 14%	-	-	-	-	-	2 28%	-	1 19%	-	-	-	-
2-5 years	(3.5) 2 13%	-	-	-	-	-	* 6%	1 53%	1 13%	1 100%	* 41%	-	-
5-10 years	(7.5) 1 6%	-	-	-	-	-	-	-	1 15%	-	-	-	-
Over 10 years	(10) 4 23%	-	1 72%	-	-	1 100%	2 26%	1 47%	3 47%	-	1 59%	-	-
Mean	3.65	-	7.43	-	-	10.00	3.52	6.53	6.58	3.50	7.35	-	0.17
Standard deviation	4.07	-	-	-	-	-	4.15	-	4.06	-	-	-	0.09
Standard error	0.99	-	-	-	-	-	1.38	-	1.43	-	-	-	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 243

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Magnesium**

	Gender		Age							Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	66	18	48	3	7	15	11	11	19	22	21	13	10	10	3	3	5	7	3	6	7	9	4	8	1	6	34	
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**	
Less than 1 month	(0.1)	8	-	8	-	-	4	*	1	3	5	3	*	-	-	-	-	3	*	1	1	-	1	-	2	1	4	
		12%	-	17%	-	-	29%	4%	10%	13%	21%	3%	-	-	-	-	-	30%	17%	20%	10%	-	25%	-	100%	25%	11%	
1-6 months	(0.25)	18	2	16	1	5	4	2	5	6	4	3	4	3	-	-	-	2	-	*	5	4	1	3	-	-	11	
		27%	11%	34%	25%	49%	30%	17%	18%	24%	29%	23%	27%	32%	34%	-	-	20%	-	6%	55%	57%	14%	45%	-	-	32%	
6-12 months	(0.75)	15	5	10	1	3	1	3	2	4	5	5	3	2	1	1	2	1	1	3	1	2	1	1	-	2	8	
		23%	26%	22%	56%	26%	10%	34%	25%	21%	22%	28%	24%	18%	9%	38%	47%	37%	16%	44%	43%	7%	26%	33%	20%	-	43%	23%
1-2 years	(1.5)	9	4	4	*	3	1	-	2	2	1	3	1	3	4	-	-	1	-	1	1	1	-	*	-	1	5	
		13%	22%	10%	19%	25%	10%	-	22%	11%	6%	15%	10%	27%	44%	-	-	24%	-	20%	14%	11%	-	5%	-	24%	14%	
2-5 years	(3.5)	8	4	4	-	-	2	1	4	2	2	2	2	2	1	2	-	1	-	1	1	*	1	1	-	*	2	
		12%	21%	9%	-	-	13%	12%	13%	20%	11%	9%	15%	19%	14%	62%	-	15%	-	10%	14%	5%	29%	8%	-	7%	6%	
5-10 years	(7.5)	6	4	2	-	-	1	3	-	2	2	3	-	-	-	-	2	2	1	-	-	-	-	2	-	-	5	
		10%	20%	5%	-	-	7%	33%	-	11%	10%	8%	20%	-	-	-	39%	18%	38%	-	-	-	-	21%	-	-	14%	
Over 10 years	(10)	1	-	1	-	-	-	-	1	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	
		2%	-	3%	-	-	-	-	13%	-	-	3%	-	4%	-	53%	-	-	-	-	-	-	-	-	-	-	2%	
Mean	1.80	2.77	1.38	0.77	0.69	1.32	3.16	2.30	1.90	1.51	1.75	2.43	1.72	1.28	2.46	5.68	3.57	2.12	3.23	1.02	0.90	0.69	1.32	2.23	0.10	0.97	1.87	
Standard deviation	2.47	2.65	2.29	0.55	0.54	2.10	3.33	3.29	2.36	2.32	2.61	2.87	2.23	1.10	1.71	6.19	3.47	2.97	4.46	1.05	1.21	0.83	1.62	3.10	-	0.97	2.72	
Standard error	0.30	0.62	0.33	0.32	0.20	0.54	1.00	0.99	0.54	0.50	0.57	0.80	0.70	0.35	0.99	3.57	1.55	1.12	2.58	0.43	0.46	0.28	0.81	1.10	-	0.40	0.47	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 244

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Magnesium**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	66	-	-	37	14	11	3	62	4	1	1	1	1	-	51	24	27	15	14	1
Weighted base	66*	-**	-**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	-**	49*	26**	24**	17**	16**	1**
Less than 1 month	(0.1)	8 12%	-	5 12%	3 24%	-	-	7 11%	1 25%	-	-	1 100%	-	-	6 13%	2 6%	5 20%	2 9%	2 10%	-
1-6 months	(0.25)	18 27%	-	6 15%	1 11%	8 70%	2 80%	17 27%	1 31%	-	-	-	1 100%	-	12 24%	8 30%	4 17%	6 37%	6 40%	-
6-12 months	(0.75)	15 23%	-	9 25%	4 31%	2 16%	-	15 25%	-	-	-	-	-	-	12 24%	6 25%	5 22%	4 22%	3 17%	1 100%
1-2 years	(1.5)	9 13%	-	5 12%	3 20%	1 10%	20%	9 14%	-	-	-	-	-	-	9 18%	7 28%	2 7%	-	-	-
2-5 years	(3.5)	8 12%	-	7 19%	1 4%	3 3%	-	7 11%	1 30%	-	1 100%	-	-	-	6 12%	1 4%	5 20%	2 15%	2 15%	-
5-10 years	(7.5)	6 10%	-	6 15%	1 5%	-	-	6 10%	-	-	-	-	-	-	4 8%	2 7%	2 10%	2 13%	2 14%	-
Over 10 years	(10)	1 2%	-	1 2%	1 4%	-	-	1 1%	1 14%	1 100%	-	-	-	-	1 1%	-	1 3%	1 3%	1 4%	-
Mean	1.80	-	-	2.38	1.56	0.57	0.50	1.75	2.53	10.00	3.50	0.10	0.25	-	1.69	1.32	2.09	2.12	2.20	0.75
Standard deviation	2.47	-	-	2.72	2.56	0.70	0.67	2.39	3.84	-	-	-	-	-	2.29	1.83	2.69	2.97	3.05	-
Standard error	0.30	-	-	0.45	0.68	0.21	0.39	0.30	1.92	-	-	-	-	-	0.32	0.37	0.52	0.77	0.82	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 245

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Magnesium**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	66	40	23	17	26	1	5	7	10	3	48	18	17	16	4	12	5	3
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
Less than 1 month	(0.1)	8	5	3	2	3	-	-	2	1	-	5	3	3	2	1	2	-
		12%	13%	11%	16%	11%	-	-	20%	11%	-	11%	14%	15%	9%	28%	12%	-
1-6 months	(0.25)	18	11	8	3	7	-	2	1	4	-	12	6	6	6	*	6	1
		27%	27%	26%	30%	27%	-	45%	11%	41%	-	25%	32%	34%	33%	11%	42%	30%
6-12 months	(0.75)	15	10	7	3	5	1	-	2	1	1	12	3	3	3	1	1	1
		23%	25%	26%	25%	20%	100%	-	29%	10%	29%	25%	18%	20%	20%	35%	10%	20%
1-2 years	(1.5)	9	6	4	2	3	-	*	1	1	-	6	3	3	3	-	3	1
		13%	15%	14%	19%	11%	-	11%	16%	10%	-	13%	14%	15%	15%	-	19%	35%
2-5 years	(3.5)	8	2	2	*	6	-	1	2	2	1	5	3	2	3	-	1	1
		12%	6%	7%	4%	23%	-	30%	23%	21%	29%	11%	17%	11%	18%	-	10%	14%
5-10 years	(7.5)	6	5	5	-	2	-	-	-	1	1	5	1	1	1	1	1	-
		10%	12%	16%	-	6%	-	-	-	7%	41%	12%	5%	5%	5%	25%	7%	-
Over 10 years	(10)	1	1	-	1	1	-	1	-	-	-	1	-	-	-	-	-	-
		2%	2%	-	6%	2%	-	14%	-	-	-	3%	-	-	-	-	-	-
Mean		1.80	1.75	1.93	1.28	1.86	0.75	2.74	1.31	1.57	4.35	1.96	1.39	1.25	1.50	2.20	1.35	1.26
Standard deviation		2.47	2.57	2.64	2.41	2.35	-	3.75	1.36	2.13	3.88	2.67	1.86	1.84	1.90	3.62	2.01	1.22
Standard error		0.30	0.41	0.55	0.58	0.46	-	1.68	0.52	0.67	2.24	0.38	0.44	0.45	0.48	1.81	0.58	0.55

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 246

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Magnesium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	66	15	38	25	2	11	12	-	3	9	2	10	11	8	6	4	6	5	7	14	5	10	8	-	50
Weighted base	66*	17**	37*	23**	3**	11**	11**	**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	**	51*
Less than 1 month	(0.1)	8 12%	- -	7 18%	3 12%	1 37%	3 24%	1 11%	-	1 46%	-	-	1 13%	-	1 14%	2 28%	-	-	1 14%	4 29%	1 25%	2 26%	3 30%	-	3 7%
1-6 months	(0.25)	18 27%	6 38%	10 27%	5 22%	2 63%	3 29%	2 14%	-	1 33%	1 8%	3 27%	2 34%	4 29%	-	4 59%	-	3 55%	1 7%	2 15%	1 26%	1 14%	1 8%	-	16 32%
6-12 months	(0.75)	15 23%	7 44%	7 20%	6 27%	-	1 10%	1 7%	-	-	1 9%	2 23%	4 38%	2 23%	-	4 70%	-	1 16%	2 33%	4 28%	-	2 24%	4 43%	-	12 23%
1-2 years	(1.5)	9 13%	* 3%	4 12%	2 8%	-	3 24%	3 28%	-	-	3 36%	4 38%	-	-	-	-	1 23%	1 29%	1 18%	* 3%	-	* 4%	-	-	8 17%
2-5 years	(3.5)	8 12%	* 2%	6 16%	5 20%	-	1 13%	2 15%	-	1 20%	1 14%	1 73%	2 13%	1 21%	-	-	1 9%	-	2 28%	2 17%	2 49%	2 25%	1 13%	-	5 9%
5-10 years	(7.5)	6 10%	2 10%	2 7%	2 11%	-	-	2 20%	-	-	2 26%	-	1 7%	2 20%	1 13%	2 30%	-	-	-	-	-	-	-	-	6 13%
Over 10 years	(10)	1 2%	1 4%	-	-	-	-	1 5%	-	-	1 6%	1 13%	-	-	-	-	-	-	1 9%	-	1 7%	1 6%	-	-	
Mean	1.80	1.66	1.49	1.90	0.19	0.97	3.02	-	0.84	3.68	2.62	2.47	1.65	2.26	1.15	2.79	0.84	0.70	1.53	1.78	1.80	1.87	1.44	-	1.78
Standard deviation	2.47	2.76	2.01	2.34	0.09	1.16	3.21	-	1.71	3.33	-	3.18	2.16	3.01	2.65	3.46	1.09	0.62	1.41	2.90	1.86	2.72	2.58	-	2.39
Standard error	0.30	0.71	0.33	0.47	0.06	0.35	0.93	-	0.99	1.11	-	1.01	0.65	1.07	1.08	1.73	0.45	0.28	0.53	0.77	0.83	0.86	0.91	-	0.34

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 247

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Magnesium**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	66	-	4	-	-	18	29	11	40	5	16	6	3
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
Less than 1 month	(0.1) 8 12%	-	-	-	-	4 20%	2 5%	3 25%	1 2%	2 53%	1 8%	1 22%	* 27%
1-6 months	(0.25) 18 27%	-	2 76%	-	-	4 21%	9 29%	4 31%	13 31%	1 21%	4 27%	1 24%	-
6-12 months	(0.75) 15 23%	-	-	-	-	7 37%	5 17%	1 11%	11 27%	-	6 39%	-	-
1-2 years	(1.5) 9 13%	-	-	-	-	2 14%	6 19%	-	8 20%	* 10%	* 3%	-	-
2-5 years	(3.5) 8 12%	-	-	-	-	-	3 12%	4 33%	3 7%	-	2 16%	2 44%	* 26%
5-10 years	(7.5) 6 10%	-	-	-	-	1 5%	5 16%	-	5 11%	-	-	-	1 47%
Over 10 years	(10) 1 2%	-	1 24%	-	-	1 3%	1 2%	-	1 1%	1 15%	1 8%	1 10%	-
Mean	1.80	-	2.60	-	-	1.23	2.30	1.35	1.82	1.77	1.77	2.65	4.47
Standard deviation	2.47	-	5.30	-	-	2.27	2.83	1.60	2.47	4.07	2.80	3.28	-
Standard error	0.30	-	2.65	-	-	0.53	0.52	0.48	0.39	1.82	0.70	1.34	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 248

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Eye health supplements**

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ireland (y)	Public (A)	Private (B)
Unweighted base	23	11	12	1	2	4	-	4	12	7	7	5	4	3	1	4	1	2	2	2	2	4	1	1	2	8
Weighted base	23*	10**	12**	***	2**	3**	-**	4**	13**	7**	6**	6**	3**	4**	***	2**	1**	2**	1**	2**	3**	4**	1**	2**	1**	9**
Less than 1 month	(0.1)	*	*	*	-	-	-	-	-	-	*	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-
		2%	5%	100%	-	-	-	-	-	-	8%	-	-	-	-	20%	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	1	-	1	-	1	-	-	-	1	*	-	-	-	-	-	-	*	-	-	-	1	-	-	1	-
		5%	-	10%	-	37%	-	-	-	12%	6%	-	-	-	-	-	-	27%	-	-	22%	-	-	100%	-	
6-12 months	(0.75)	1	1	-	-	1	-	-	1	1	-	1	-	-	-	1	1	-	-	-	-	-	-	-	1	
		6%	14%	-	-	28%	-	-	4%	12%	-	9%	-	-	-	20%	47%	-	-	-	-	-	-	-	10%	
1-2 years	(1.5)	1	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	1	
		6%	13%	-	-	-	-	35%	-	-	22%	-	-	-	-	-	-	-	-	-	-	100%	-	-	16%	
2-5 years	(3.5)	8	3	5	-	1	-	1	7	2	2	4	1	2	-	1	-	1	-	3	-	-	2	-	3	
		37%	33%	41%	-	48%	-	17%	53%	29%	27%	66%	26%	67%	-	100%	-	73%	-	100%	-	-	100%	-	30%	
5-10 years	(7.5)	7	3	5	-	1	1	-	4	2	1	1	2	-	*	1	1	-	1	-	3	-	-	-	4	
		31%	24%	37%	-	52%	36%	-	13%	34%	28%	19%	25%	74%	100%	60%	-	53%	-	41%	-	78%	-	-	43%	
Over 10 years	(10)	3	1	1	-	-	-	1	1	1	1	-	-	1	-	-	-	-	-	1	-	-	-	-	-	
		11%	11%	11%	-	-	-	35%	9%	19%	19%	-	-	33%	-	-	-	-	-	59%	-	-	-	-	-	
Mean	4.94	4.40	5.41	0.10	5.56	2.98	-	5.60	5.34	5.12	4.56	4.24	6.48	5.61	7.50	4.65	3.50	4.33	2.62	8.98	3.50	5.93	1.50	3.50	0.25	4.62
Standard deviation	3.11	3.32	2.99	-	-	4.04	-	4.33	2.59	3.71	3.78	2.23	2.09	3.58	-	4.51	-	-	-	1.62	0.00	3.45	-	-	-	2.83
Standard error	0.65	1.00	0.86	-	-	2.02	-	2.17	0.75	1.40	1.43	1.00	1.05	2.07	-	2.25	-	-	-	1.15	0.00	1.73	-	-	-	1.00

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 249

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Eye health supplements

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	23	-	-	12	8	3	-	21	2	-	2	-	-	-	16	8	8	7	6	1
Weighted base	23*	**	**	11**	8**	3**	**	21**	1**	**	1**	**	**	**	16**	7**	8**	7**	6**	1**
Less than 1 month	(0.1)	*	-	*	-	-	-	*	-	-	-	-	-	-	-	-	-	*	*	-
		2%	-	4%	-	-	-	2%	-	-	-	-	-	-	-	-	-	7%	8%	-
1-6 months	(0.25)	1	-	-	1	-	-	1	*	-	*	-	-	-	*	*	-	1	1	-
		5%	-	-	14%	-	-	4%	26%	-	26%	-	-	-	2%	5%	-	12%	15%	-
6-12 months	(0.75)	1	-	-	1	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
		6%	-	-	5%	-	29%	7%	-	-	-	-	-	-	9%	20%	-	-	-	-
1-2 years	(1.5)	1	-	-	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
		6%	-	-	13%	-	-	7%	-	-	-	-	-	-	9%	-	17%	-	-	-
2-5 years	(3.5)	8	-	-	4	5	-	8	-	-	-	-	-	-	7	4	3	2	2	-
		37%	-	-	32%	59%	-	40%	-	-	-	-	-	-	45%	49%	41%	21%	26%	-
5-10 years	(7.5)	7	-	-	4	2	-	6	1	-	1	-	-	-	5	2	4	2	2	-
		31%	-	-	36%	10%	71%	28%	74%	-	74%	-	-	-	35%	27%	42%	23%	28%	-
Over 10 years	(10)	3	-	-	1	1	-	3	-	-	-	-	-	-	-	-	-	3	1	1
		11%	-	-	11%	17%	-	12%	-	-	-	-	-	-	-	-	-	36%	24%	100%
Mean		4.94	-	-	5.10	4.52	5.53	4.90	5.63	-	5.63	-	-	-	4.40	3.86	4.86	6.15	5.39	10.00
Standard deviation		3.11	-	-	3.15	3.22	3.72	3.10	-	-	-	-	-	-	2.55	2.67	2.52	4.05	4.01	-
Standard error		0.65	-	-	0.91	1.14	2.15	0.68	-	-	-	-	-	-	0.64	0.94	0.89	1.53	1.64	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 250

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Eye health supplements

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	23	10	5	5	13	-	1	3	9	-	18	5	5	4	1	1	4	1	
Weighted base	23*	10**	6**	4**	13**	**	***	2**	10**	**	19**	3**	3**	3**	***	***	3**	1**	
Less than 1 month	(0.1)	*	-	-	*	-	*	-	-	-	*	*	-	*	-	-	-	-	
		2%	-	-	4%	-	100%	-	-	-	15%	15%	-	100%	-	-	-	-	
1-6 months	(0.25)	1	1	-	1	-	-	-	-	-	1	*	*	*	-	-	*	-	
		5%	12%	-	31%	-	-	-	-	-	4%	11%	11%	13%	-	-	13%	-	
6-12 months	(0.75)	1	1	1	-	1	-	-	1	-	1	1	1	-	-	1	1	-	
		6%	9%	15%	-	4%	-	-	5%	-	3%	28%	28%	33%	-	-	33%	100%	
1-2 years	(1.5)	1	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	
		6%	14%	23%	-	-	-	-	-	-	7%	-	-	-	-	-	-	-	
2-5 years	(3.5)	8	3	3	-	6	-	1	5	-	8	-	-	-	-	-	-	-	
		37%	27%	44%	-	46%	-	36%	50%	-	44%	-	-	-	-	-	-	-	
5-10 years	(7.5)	7	4	1	3	3	-	1	2	-	6	2	2	2	-	*	2	-	
		31%	38%	17%	69%	26%	-	64%	19%	-	29%	47%	47%	55%	-	100%	55%	-	
Over 10 years	(10)	3	-	-	-	3	-	-	3	-	3	-	-	-	-	-	-	-	
		11%	-	-	-	20%	-	-	26%	-	13%	-	-	-	-	-	-	-	
Mean		4.94	4.08	3.31	5.26	5.62	-	0.10	6.05	5.79	-	5.15	3.74	3.74	4.38	0.10	7.50	4.38	0.75
Standard deviation		3.11	3.04	2.41	3.88	3.12	-	-	2.55	3.17	-	2.98	4.21	4.21	4.28	-	-	4.28	-
Standard error		0.65	0.96	1.08	1.73	0.87	-	-	1.47	1.06	-	0.70	1.88	1.88	2.14	-	-	2.14	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 251

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Eye health supplements**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	23	2	17	16	-	1	4	3	-	1	1	4	4	2	2	1	2	3	2	9	-	7	4	-	14
Weighted base	23*	1**	18**	17**	-**	1**	3**	3**	-**	1**	***	3**	4**	2**	1**	1**	3**	2**	3**	10**	-**	8**	4**	-**	13**
Less than 1 month	(0.1)	*	*	*	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	*
		2%	3%	3%	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4%
1-6 months	(0.25)	1	1	1	-	-	-	-	-	-	-	*	-	-	-	-	1	-	-	-	-	-	-	-	1
		5%	7%	7%	-	-	-	-	-	-	-	10%	-	-	-	-	38%	-	-	-	-	-	-	-	10%
6-12 months	(0.75)	1	1	1	-	-	1	1	-	-	-	1	-	-	-	-	1	-	1	-	1	-	1	-	1
		6%	5%	5%	-	-	15%	20%	-	-	-	15%	-	-	-	-	40%	-	5%	-	7%	-	-	-	7%
1-2 years	(1.5)	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	-	-	1	-	-	-
		6%	8%	8%	-	-	-	-	-	-	-	42%	-	-	-	-	-	-	14%	-	-	34%	-	-	-
2-5 years	(3.5)	8	8	7	-	1	1	1	-	-	-	1	-	1	-	3	-	2	4	-	4	-	-	-	4
		37%	43%	40%	-	100%	25%	33%	-	-	-	25%	-	100%	-	100%	-	60%	44%	-	58%	-	-	-	32%
5-10 years	(7.5)	7	4	4	-	-	2	1	-	1	-	1	2	1	-	1	*	1	4	-	3	3	-	-	3
		31%	20%	21%	-	-	61%	47%	-	100%	-	18%	57%	43%	-	100%	-	22%	40%	37%	-	35%	66%	-	27%
Over 10 years	(10)	3	3	3	-	-	-	-	-	-	-	1	1	-	-	-	-	-	-	-	-	-	-	-	3
		11%	14%	15%	-	-	-	-	-	-	-	33%	57%	-	-	-	-	-	-	-	-	-	-	-	20%
Mean	4.94	7.50	4.62	4.69	-	3.50	5.52	4.83	-	7.50	0.10	2.97	7.59	8.93	3.50	7.50	3.50	2.05	5.12	4.54	-	4.73	5.48	-	5.25
Standard deviation	3.11	-	3.22	3.31	-	-	3.09	3.47	-	-	-	2.79	3.17	1.61	-	0.00	3.89	2.52	2.52	-	2.31	3.26	-	-	3.57
Standard error	0.65	-	0.78	0.83	-	-	1.55	2.00	-	-	-	1.39	1.59	1.14	-	-	0.00	2.24	1.78	0.84	-	0.87	1.63	-	0.95

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 252

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Eye health supplements

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	23	-	1	-	-	7	11	3	12	2	9	-	2
Weighted base	23*	-**	***	-.**	-.**	7**	11**	2**	12**	2**	9**	-.**	3**
Less than 1 month	(0.1)	*	-	-	-	-	*	-	-	*	-	-	-
		2%	-	-	-	-	5%	-	-	29%	-	-	-
1-6 months	(0.25)	1	*	-	-	1	1	*	1	-	-	-	-
		5%	-	100%	-	-	16%	8%	22%	10%	-	-	-
6-12 months	(0.75)	1	-	-	-	-	1	-	-	-	1	-	-
		6%	-	-	-	-	9%	-	-	-	6%	-	-
1-2 years	(1.5)	1	-	-	-	1	-	-	1	-	-	-	-
		6%	-	-	-	19%	-	-	12%	-	-	-	-
2-5 years	(3.5)	8	-	-	-	3	3	1	5	-	4	-	2
		37%	-	-	-	43%	32%	40%	40%	-	43%	-	67%
5-10 years	(7.5)	7	-	-	-	2	2	1	2	1	5	-	1
		31%	-	-	-	22%	23%	37%	16%	71%	52%	-	33%
Over 10 years	(10)	3	-	-	-	-	3	-	3	-	-	-	-
		11%	-	-	-	-	24%	-	22%	-	-	-	-
Mean	4.94	-	0.25	-	-	3.48	5.32	4.27	4.99	5.33	5.42	-	4.84
Standard deviation	3.11	-	-	-	-	2.64	3.72	-	3.48	-	2.38	-	2.30
Standard error	0.65	-	-	-	-	1.00	1.12	-	1.00	-	0.79	-	1.62

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 253

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Gender		Age					Social Grade				Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	13	4	9	1	4	4	3	1	3	4	2	4	-	4	-	2	-	1	3	1	2	6	5
Weighted base	14*	4**	10**	2**	3**	5**	4**	1**	2**	8**	2**	3**	-**	4**	-**	1**	-**	1**	5**	1**	3**	7**	6**
Less than 1 month	(0.1)	6	3	3	2	2	-	2	-	4	-	2	-	3	-	1	-	-	2	-	-	3	3
		43%	77%	28%	100%	55%	-	58%	-	40%	48%	63%	-	86%	-	65%	-	-	41%	-	-	43%	54%
1-6 months	(0.25)	4	*	4	-	-	3	2	-	*	4	-	-	-	-	*	-	-	3	-	2	3	2
		31%	8%	41%	-	-	62%	42%	-	21%	52%	-	-	-	-	35%	-	-	47%	-	59%	39%	31%
6-12 months	(0.75)	2	1	1	-	1	1	-	1	-	1	-	-	-	-	-	-	-	1	1	-	1	1
		11%	15%	9%	-	28%	14%	-	39%	-	46%	-	-	-	-	-	-	-	12%	100%	-	10%	15%
1-2 years	(1.5)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2-5 years	(3.5)	1	-	1	-	1	-	-	-	-	-	1	-	1	-	-	-	1	-	-	-	1	-
		7%	-	11%	-	16%	-	-	100%	-	-	37%	-	14%	-	-	-	100%	-	-	-	8%	-
5-10 years	(7.5)	1	-	1	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-
		8%	-	11%	-	24%	-	-	-	-	54%	-	-	-	-	-	-	-	-	-	41%	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.04	0.21	1.40	0.10	0.84	2.05	0.16	3.50	0.38	0.18	4.39	1.37	-	0.58	-	0.15	-	3.50	0.25	0.75	3.25	0.51	0.25
Standard deviation	2.14	0.26	2.50	*	1.44	3.45	0.09	-	-	0.08	4.70	2.05	-	1.38	-	-	-	-	0.22	-	4.51	1.00	0.24
Standard error	0.59	0.13	0.83	*	0.72	1.73	0.05	-	-	0.04	3.32	1.02	-	0.69	-	-	-	-	0.13	-	3.19	0.41	0.11

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 254

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Weight loss supplement

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	13	-	-	9	3	-	-	11	2	-	-	2	-	-	11	7	4	2	2	-
Weighted base	14*	**	**	12**	2**	**	**	11**	3**	**	**	3**	**	**	12**	9**	3**	2**	2**	**
Less than 1 month	(0.1)	6 43%	-	5 46%	-	-	-	6 55%	-	-	-	-	-	-	6 50%	5 54%	1 38%	-	-	-
1-6 months	(0.25)	4 31%	-	4 37%	-	-	-	2 17%	3 80%	-	-	3 80%	-	-	3 23%	3 28%	* 11%	2 75%	2 75%	-
6-12 months	(0.75)	2 11%	-	1 8%	1 38%	-	-	1 8%	1 20%	-	-	1 20%	-	-	2 13%	-	2 51%	-	-	-
1-2 years	(1.5)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2-5 years	(3.5)	1 7%	-	-	1 62%	-	-	1 9%	-	-	-	-	-	1 4%	1 6%	-	1 25%	1 25%	-	-
5-10 years	(7.5)	1 8%	-	1 9%	-	-	-	1 10%	-	-	-	-	-	1 9%	1 12%	-	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.04	-	-	0.89	2.46	-	-	1.23	0.35	-	-	0.35	-	-	1.04	1.24	0.45	1.05	1.05	-
Standard deviation	2.14	-	-	2.21	-	-	-	2.41	0.24	-	-	0.24	-	-	2.25	2.60	0.38	1.94	1.94	-
Standard error	0.59	-	-	0.74	-	-	-	0.73	0.17	-	-	0.17	-	-	0.68	0.98	0.19	1.37	1.37	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 255

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	13	11	7	4	2	-	-	-	-	2	5	8	7	8	3	3	4	2
Weighted base	14*	13**	11**	2**	2**	**	**	**	**	2**	6**	9**	7**	9**	2**	3**	4**	2**
Less than 1 month	(0.1)	6	6	5	1	-	-	-	-	-	3	3	1	3	-	-	1	2
		43%	48%	46%	58%	-	-	-	-	-	58%	33%	18%	33%	-	-	29%	100%
1-6 months	(0.25)	4	4	4	*	-	-	-	-	-	2	3	3	3	-	-	3	-
		31%	35%	39%	17%	-	-	-	-	-	33%	30%	36%	30%	-	-	58%	-
6-12 months	(0.75)	2	2	2	-	-	-	-	-	-	2	2	2	2	2	2	-	-
		11%	12%	15%	-	-	-	-	-	-	19%	23%	19%	74%	59%	-	-	-
1-2 years	(1.5)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2-5 years	(3.5)	1	1	-	1	-	-	-	-	1	1	1	1	1	-	-	1	-
		7%	4%	-	25%	32%	-	-	-	32%	9%	6%	8%	6%	26%	-	13%	-
5-10 years	(7.5)	1	-	-	1	-	-	-	-	1	-	1	1	1	-	1	-	-
		8%	-	-	68%	-	-	-	-	68%	-	13%	16%	13%	-	41%	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.04	0.38	0.26	0.98	6.24	-	-	-	-	6.24	0.45	1.44	1.73	1.44	1.45	3.52	0.62	0.10
Standard deviation	2.14	0.72	0.23	2.00	-	-	-	-	-	1.05	2.63	2.85	2.63	1.64	4.19	1.25	0.00	
Standard error	0.59	0.22	0.09	1.00	-	-	-	-	-	0.47	0.93	1.08	0.93	0.95	2.42	0.63	0.00	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 256

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Weight loss supplement

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	13	5	6	5	1	-	2	-	-	2	-	2	3	1	4	-	-	-	1	4	2	3	-	-	9
Weighted base	14*	5**	7**	5**	3**	-**	2**	-**	-**	2**	-**	1**	3**	1**	5**	-**	-**	-**	2**	3**	2**	2**	-**	-**	11**
Less than 1 month	(0.1)	6 43%	4 81%	1 9%	1 14%	-	2 75%	-	-	2 75%	-	-	2 61%	-	1 14%	-	-	-	-	2 52%	1 52%	1 27%	-	-	4 40%
1-6 months	(0.25)	4 31%	* 7%	4 55%	2 32%	3 100%	-	-	-	-	-	* 41%	-	3 53%	-	-	-	2 100%	-	-	-	-	-	-	4 41%
6-12 months	(0.75)	2 11%	-	2 21%	2 32%	-	-	-	-	-	-	-	-	2 33%	-	-	-	-	-	-	-	-	-	-	2 14%
1-2 years	(1.5)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2-5 years	(3.5)	1 7%	1 11%	-	-	-	1 25%	-	-	1 25%	-	1 59%	-	1 100%	-	-	-	-	-	1 15%	-	1 23%	-	-	1 5%
5-10 years	(7.5)	1 8%	-	1 15%	1 22%	-	-	-	-	-	-	-	1 39%	-	-	-	-	-	1 33%	1 48%	1 50%	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.04	0.49	1.42	2.02	0.25	-	0.94	-	-	0.94	-	2.16	2.95	3.50	0.39	-	-	-	0.25	3.04	3.69	4.60	-	-	0.42
Standard deviation	2.14	1.20	2.74	3.31	0.00	-	2.05	-	-	2.05	-	4.46	-	0.29	-	-	-	-	3.96	4.93	4.25	-	-	0.77	
Standard error	0.59	0.54	1.12	1.48	0.00	-	1.45	-	-	1.45	-	2.58	-	0.14	-	-	-	-	1.98	3.49	2.46	-	-	0.26	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 257

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	13	-	-	-	-	11	5	3	4	4	3	2	-
Weighted base	14*	-**	-**	-**	-**	12**	8**	3**	8**	3**	2**	2**	-**
Less than 1 month	(0.1) 6 43%	-	-	-	-	5 41%	4 52%	-	4 48%	1 18%	1 27%	1 52%	-
1-6 months	(0.25) 4 31%	-	-	-	-	4 36%	4 48%	-	4 52%	-	-	-	-
6-12 months	(0.75) 2 11%	-	-	-	-	1 5%	-	1 37%	-	1 30%	-	-	-
1-2 years	(1.5) -	-	-	-	-	-	-	-	-	-	-	-	-
2-5 years	(3.5) 1 7%	-	-	-	-	1 9%	-	1 20%	-	1 17%	1 23%	-	-
5-10 years	(7.5) 1 8%	-	-	-	-	1 9%	-	1 43%	-	1 35%	1 50%	1 48%	-
Over 10 years	(10) -	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.04	-	-	-	-	1.15	0.17	4.22	0.18	3.45	4.60	3.69	-
Standard deviation	2.14	-	-	-	-	2.30	0.08	3.88	0.08	3.80	4.25	4.93	-
Standard error	0.59	-	-	-	-	0.69	0.04	2.24	0.04	1.90	2.46	3.49	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 258

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Gender		Age					Social Grade				Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	9	8	1	2	4	-	1	2	3	2	2	2	2	1	-	-	1	1	-	2	2	-	2	5
Weighted base	10*	9**	1**	2**	4**	-**	2**	3**	3**	2**	2**	3**	2**	1**	-**	-**	2**	2**	-**	2**	2**	-**	2**	7**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	2	-	1	-	-	2	-	-	1	2	-	-	-	-	-	-	-	-	2	-	-	2
		24%	26%	-	39%	-	-	65%	-	-	35%	65%	-	-	-	-	-	-	-	-	100%	-	-	37%
6-12 months	(0.75)	2	2	-	2	-	-	-	-	-	2	-	-	-	-	2	-	-	-	-	-	-	-	2
		15%	16%	-	37%	-	-	-	-	-	65%	-	-	-	-	100%	-	-	-	-	-	-	-	23%
1-2 years	(1.5)	5	4	1	1	2	-	2	3	2	-	2	-	-	-	-	2	-	1	-	-	1	3	
		47%	42%	100%	61%	47%	-	100%	80%	100%	-	100%	-	-	-	-	100%	-	60%	-	-	59%	40%	
2-5 years	(3.5)	1	1	-	1	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	1	-	
		6%	7%	-	16%	-	-	-	20%	-	-	-	-	100%	-	-	-	-	-	-	-	41%	-	
5-10 years	(7.5)	1	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	-	-	-	
		8%	9%	-	-	-	-	35%	-	-	-	35%	-	-	-	-	-	-	40%	-	-	-	-	
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mean	1.73	1.75	1.50	1.02	1.55	-	1.50	2.78	1.91	1.50	0.57	2.78	1.50	3.50	-	-	0.75	1.50	-	3.91	0.25	-	2.33	0.86
Standard deviation	2.02	2.13	-	0.83	1.06	-	-	4.44	0.97	0.00	0.31	4.44	-	-	-	-	-	-	3.99	0.00	-	-	0.60	
Standard error	0.67	0.75	-	0.59	0.53	-	-	3.14	0.56	0.00	0.22	3.14	-	-	-	-	-	-	2.82	0.00	-	-	0.27	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 259
Q8b. How long have you been taking the supplements below?
Base: All respondents answering for ...
Sports performance enhancer

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	9	-	-	5	3	1	-	8	1	-	-	-	-	1	9	5	4	-	-	-
Weighted base	10*	**	**	6**	3**	1**	**	9**	1**	**	**	**	**	1**	10**	6**	5**	**	**	**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	-	2	-	-	-	2	-	-	-	-	-	-	2	2	1	-	-	-
		24%	-	39%	-	-	-	27%	-	-	-	-	-	-	24%	29%	18%	-	-	-
6-12 months	(0.75)	2	-	-	2	-	-	2	-	-	-	-	-	2	-	2	-	-	-	-
		15%	-	-	50%	-	-	17%	-	-	-	-	-	15%	-	33%	-	-	-	-
1-2 years	(1.5)	5	-	4	-	1	-	4	1	-	-	-	-	5	3	2	-	-	-	-
		47%	-	61%	-	100%	-	39%	100%	-	-	-	-	47%	56%	35%	-	-	-	-
2-5 years	(3.5)	1	-	-	1	-	-	1	-	-	-	-	-	1	-	1	-	-	-	-
		6%	-	-	22%	-	-	7%	-	-	-	-	-	6%	-	14%	-	-	-	-
5-10 years	(7.5)	1	-	-	1	-	-	1	-	-	-	-	-	1	1	-	-	-	-	-
		8%	-	-	29%	-	-	10%	-	-	-	-	-	8%	15%	-	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.73	-	-	1.02	3.28	1.50	-	1.76	1.50	-	-	-	-	1.50	1.73	2.06	1.32	-	-	-
Standard deviation	2.02	-	-	0.66	3.51	-	-	2.18	-	-	-	-	-	2.02	2.61	1.13	-	-	-	-
Standard error	0.67	-	-	0.30	2.02	-	-	0.77	-	-	-	-	-	0.67	1.17	0.56	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 260

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	9	7	5	2	2	1	1	-	-	-	9	-	-	-	-	-	-	-
Weighted base	10*	8**	6**	2**	2**	1**	1**	**	**	**	10**	**	**	**	**	**	**	**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	2	2	1	-	-	-	-	-	2	-	-	-	-	-	-	-
		24%	30%	26%	47%	-	-	-	-	-	24%	-	-	-	-	-	-	-
6-12 months	(0.75)	2	2	2	-	-	-	-	-	-	2	-	-	-	-	-	-	-
		15%	19%	24%	-	-	-	-	-	-	15%	-	-	-	-	-	-	-
1-2 years	(1.5)	5	4	3	1	1	-	-	-	-	5	-	-	-	-	-	-	-
		47%	43%	41%	53%	60%	100%	-	-	-	47%	-	-	-	-	-	-	-
2-5 years	(3.5)	1	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
		6%	8%	10%	-	-	-	-	-	-	6%	-	-	-	-	-	-	-
5-10 years	(7.5)	1	-	-	-	1	-	1	-	-	1	-	-	-	-	-	-	-
		8%	-	-	-	40%	-	100%	-	-	8%	-	-	-	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.73	1.15	1.21	0.92	3.91	1.50	7.50	-	-	-	1.73	-	-	-	-	-	-	-
Standard deviation	2.02	0.94	1.01	-	3.99	-	-	-	-	-	2.02	-	-	-	-	-	-	-
Standard error	0.67	0.35	0.45	-	2.82	-	-	-	-	-	0.67	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 261

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separ-ated/div-orced (f)	Wid-owed (g)	Separ-ated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	9	5	4	3	-	1	-	-	-	-	1	1	1	2	-	-	-	2	2	1	-	1	-	-	8
Weighted base	10*	5**	6**	5**	**	1**	**	**	**	**	1**	2**	1**	2**	**	**	**	3**	2**	1**	**	1**	**	**	9**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2	1	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	1	-	-	-	-	-	2
		24%	18%	28%	34%	-	-	-	-	-	-	-	71%	-	-	-	-	-	47%	-	-	-	-	-	26%
6-12 months	(0.75)	2	-	2	2	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
		15%	-	26%	32%	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	16%
1-2 years	(1.5)	5	2	3	2	-	1	-	-	-	-	1	-	-	-	-	3	1	1	-	1	-	-	-	4
		47%	49%	45%	34%	-	100%	-	-	-	-	100%	-	-	-	-	100%	53%	100%	-	100%	-	-	-	42%
2-5 years	(3.5)	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
		6%	14%	-	-	-	-	-	-	-	-	-	29%	-	-	-	-	-	-	-	-	-	-	-	7%
5-10 years	(7.5)	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1
		8%	19%	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	-	9%
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean		1.73	2.71	0.95	0.84	-	1.50	-	-	-	7.50	0.75	1.50	1.18	-	-	-	1.50	0.92	1.50	-	1.50	-	-	1.75
Standard deviation		2.02	2.82	0.59	0.58	-	-	-	-	-	-	-	1.95	-	-	-	0.00	-	-	-	-	-	-	-	2.13
Standard error		0.67	1.26	0.29	0.34	-	-	-	-	-	-	-	1.38	-	-	-	0.00	-	-	-	-	-	-	-	0.75

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 262

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	9	1	-	-	-	3	8	-	9	-	1	-	-
Weighted base	10*	2**	-**	-**	-**	3**	10**	-**	10**	-**	1**	-**	-**
Less than 1 month	(0.1)	-	-	-	-	-	-	-	-	-	-	-	-
1-6 months	(0.25)	2 24%	-	-	-	2 50%	2 26%	-	2 24%	-	-	-	-
6-12 months	(0.75)	2 15%	2 100%	-	-	-	2 16%	-	2 15%	-	-	-	-
1-2 years	(1.5)	5 47%	-	-	-	1 30%	5 51%	-	5 47%	-	1 100%	-	-
2-5 years	(3.5)	1 6%	-	-	-	1 20%	1 7%	-	1 6%	-	-	-	-
5-10 years	(7.5)	1 8%	-	-	-	-	-	-	1 8%	-	-	-	-
Over 10 years	(10)	-	-	-	-	-	-	-	-	-	-	-	-
Mean	1.73	0.75	-	-	-	1.28	1.20	-	1.73	-	1.50	-	-
Standard deviation	2.02	-	-	-	-	1.49	0.87	-	2.02	-	-	-	-
Standard error	0.67	-	-	-	-	0.86	0.31	-	0.67	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 263

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Other(s)

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	35	10	25	4	3	2	3	8	15	14	14	2	5	2	-	3	5	2	3	4	4	2	3	4	3	4	10
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
Less than 1 month	(0.1)	4	-	4	1	1	-	*	2	1	2	1	-	-	-	-	1	-	*	1	-	-	1	-	1	*	-
		11%	-	16%	23%	22%	-	14%	23%	-	10%	11%	58%	-	-	-	18%	-	22%	26%	-	-	31%	-	22%	13%	-
1-6 months	(0.25)	7	1	6	2	-	-	2	1	2	1	5	-	1	-	2	1	-	1	-	-	-	-	1	3	-	3
		20%	8%	25%	55%	-	-	48%	19%	15%	6%	32%	-	25%	-	52%	20%	-	41%	-	-	-	-	15%	78%	-	27%
6-12 months	(0.75)	2	1	2	1	-	-	1	1	1	1	1	-	1	-	1	1	-	-	-	-	-	-	-	-	1	-
		7%	6%	7%	23%	-	-	9%	7%	8%	4%	42%	-	48%	-	23%	18%	-	-	-	-	-	-	-	-	19%	-
1-2 years	(1.5)	7	4	2	-	1	2	1	-	2	4	2	-	1	-	-	2	1	1	1	1	1	1	-	-	2	3
		20%	42%	10%	-	23%	100%	38%	-	16%	30%	13%	-	20%	-	-	100%	37%	21%	22%	34%	38%	-	-	68%	26%	
2-5 years	(3.5)	7	2	4	-	2	-	2	2	3	4	-	-	1	-	-	-	-	2	1	-	-	2	-	-	4	40%
		19%	21%	18%	-	55%	-	29%	14%	23%	25%	-	-	52%	-	-	-	-	53%	34%	-	-	45%	-	-	40%	
5-10 years	(7.5)	4	1	3	-	-	-	2	3	2	1	-	1	-	-	1	2	-	-	-	-	-	1	1	-	-	1
		13%	14%	12%	-	-	-	21%	19%	19%	9%	-	13%	-	-	26%	43%	-	-	-	-	-	31%	26%	-	-	7%
Over 10 years	(10)	4	1	3	-	-	-	-	4	1	1	-	3	-	-	-	-	-	-	2	2	-	1	-	-	-	-
		12%	9%	13%	-	-	-	-	29%	6%	7%	-	42%	-	-	-	-	-	-	44%	66%	-	14%	-	-	-	
Mean	3.21	3.41	3.12	0.33	2.28	1.50	0.71	2.69	5.11	3.28	2.50	0.37	5.56	2.17	-	2.23	3.44	1.50	0.68	2.20	5.94	7.14	2.90	4.94	0.22	1.17	2.41
Standard deviation	3.46	3.19	3.63	0.29	1.63	0.00	0.75	3.01	4.05	3.10	3.06	-	4.79	1.92	-	3.79	4.17	0.00	0.87	1.71	4.28	5.03	3.86	3.47	0.07	0.60	2.07
Standard error	0.59	1.01	0.73	0.14	0.94	0.00	0.43	1.07	1.05	0.83	0.82	-	2.14	1.36	-	2.19	1.86	0.00	0.50	0.86	2.14	3.55	2.23	1.74	0.04	0.30	0.65

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 264

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Other(s)

	Total	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
		No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	35	-	-	17	11	4	2	33	2	-	2	-	-	-	24	13	11	11	11	-
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
Less than 1 month	(0.1)	4 11%	-	1 9%	1 8%	1 22%	1 48%	4 12%	-	-	-	-	-	2 10%	1 5%	2 18%	1 13%	1 13%	-	
1-6 months	(0.25)	7 20%	-	2 9%	2 21%	2 57%	1 52%	7 21%	-	-	-	-	-	1 4%	1 6%	-	6 55%	6 55%	-	
6-12 months	(0.75)	2 7%	-	1 6%	1 12%	-	-	2 7%	-	-	-	-	-	2 10%	2 11%	1 7%	-	-	-	
1-2 years	(1.5)	7 20%	-	6 35%	1 9%	-	-	4 14%	2 100%	-	2 100%	-	-	5 22%	4 29%	1 12%	2 14%	2 14%	-	
2-5 years	(3.5)	7 19%	-	4 26%	2 19%	-	-	7 20%	-	-	-	-	-	7 27%	3 24%	3 31%	-	-	-	
5-10 years	(7.5)	4 13%	-	1 5%	3 25%	1 21%	-	4 14%	-	-	-	-	-	2 10%	1 6%	2 17%	2 18%	2 18%	-	
Over 10 years	(10)	4 12%	-	2 10%	1 6%	-	-	4 13%	-	-	-	-	-	4 18%	3 20%	1 15%	-	-	-	
Mean	3.21	-	-	2.89	3.44	1.78	0.18	3.33	1.50	-	1.50	-	-	3.89	3.77	4.07	1.70	1.70	-	
Standard deviation	3.46	-	-	3.01	3.47	3.47	-	3.56	0.00	-	0.00	-	-	3.54	3.63	3.60	2.87	2.87	-	
Standard error	0.59	-	-	0.73	1.05	1.73	-	0.62	0.00	-	0.00	-	-	0.72	1.01	1.08	0.86	0.86	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 265

Q8b. How long have you been taking the supplements below?

Base: All respondents answering for ...

Other(s)

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	35	14	8	6	21	2	3	3	11	2	26	9	8	8	3	4	4	2
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
Less than 1 month	(0.1)	4	*	*	3	1	1	-	1	1	2	1	1	1	-	1	*	-
		11%	3%	-	9%	16%	37%	29%	-	8%	58%	10%	13%	14%	15%	-	30%	10%
1-6 months	(0.25)	7	3	2	1	4	1	1	2	-	5	2	2	2	-	-	2	2
		20%	21%	16%	30%	19%	63%	37%	38%	-	22%	15%	16%	17%	-	-	36%	67%
6-12 months	(0.75)	2	1	1	-	2	-	-	1	1	2	-	-	-	-	-	-	-
		7%	4%	7%	-	8%	-	-	10%	42%	9%	-	-	-	-	-	-	-
1-2 years	(1.5)	7	5	4	2	2	-	-	2	-	4	3	3	3	1	1	2	-
		20%	36%	36%	35%	8%	-	-	16%	-	15%	32%	34%	36%	21%	21%	54%	-
2-5 years	(3.5)	7	4	3	1	2	-	-	2	-	3	3	3	2	3	2	-	-
		19%	30%	33%	25%	10%	-	-	20%	-	13%	33%	36%	24%	79%	49%	-	-
5-10 years	(7.5)	4	1	1	-	4	-	1	3	-	4	1	-	1	-	-	-	1
		13%	6%	9%	-	18%	-	34%	28%	-	15%	8%	-	9%	-	-	-	33%
Over 10 years	(10)	4	-	-	-	4	-	-	3	-	4	-	-	-	-	-	-	-
		12%	-	-	-	21%	-	-	62%	-	17%	-	-	-	-	-	-	-
Mean	3.21	2.12	2.42	1.50	3.99	0.19	2.66	6.28	4.85	0.37	3.61	2.24	1.81	2.07	3.07	2.06	0.90	2.66
Standard deviation	3.46	1.88	2.07	1.45	4.12	0.10	4.59	5.45	3.69	-	3.86	2.10	1.44	2.19	0.93	1.70	0.73	4.49
Standard error	0.59	0.50	0.73	0.59	0.90	0.07	2.65	3.15	1.11	-	0.76	0.70	0.51	0.77	0.54	0.85	0.37	3.18

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 266

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Other(s)**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	35	10	18	16	-	2	7	1	-	6	-	6	9	6	5	4	1	2	1	11	3	6	6	2	23
Weighted base	35*	10**	19**	16**	**	3**	6**	1**	**	5**	**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
Less than 1 month	(0.1)	4 11%	2 16%	1 8%	1 9%	-	-	1 13%	-	1 17%	-	1 11%	1 10%	-	1 16%	1 20%	-	-	*	1 7%	-	1 13%	1 14%	-	3 13%
1-6 months	(0.25)	7 20%	3 31%	4 20%	4 24%	-	-	-	-	-	-	1 23%	-	2 30%	1 12%	2 36%	-	-	-	4 31%	-	-	4 60%	-	3 14%
6-12 months	(0.75)	2 7%	-	1 7%	1 4%	-	1 23%	1 15%	-	1 19%	-	-	1 13%	-	1 23%	1 100%	-	-	-	2 14%	1 25%	1 15%	-	-	1 3%
1-2 years	(1.5)	7 20%	1 9%	5 26%	5 30%	-	-	1 19%	-	1 23%	-	1 14%	1 9%	2 43%	2 35%	1 21%	-	-	-	-	-	-	-	-	7 31%
2-5 years	(3.5)	7 19%	-	6 31%	4 22%	-	2 77%	1 12%	-	1 14%	-	-	3 36%	-	2 37%	-	-	1 59%	-	1 11%	1 47%	1 20%	-	-	5 23%
5-10 years	(7.5)	4 13%	1 9%	2 9%	2 10%	-	-	2 31%	1 100%	1 14%	-	1 12%	3 33%	-	-	-	-	1 41%	-	2 14%	1 28%	2 25%	2 26%	1 44%	2 9%
Over 10 years	(10)	4 12%	4 36%	-	-	-	-	1 11%	-	1 13%	-	3 40%	1 12%	1 14%	-	-	-	-	-	3 23%	-	2 28%	-	1 56%	1 6%
Mean	3.21	4.47	2.22	2.11	-	2.86	4.16	7.50	-	3.35	-	5.19	5.04	2.19	1.85	0.60	0.75	5.15	0.10	3.92	3.95	5.42	2.12	8.90	2.65
Standard deviation	3.46	4.84	2.14	2.26	-	1.44	3.82	-	-	3.86	-	4.90	3.25	3.51	1.49	0.59	-	2.72	-	4.31	3.10	4.14	3.49	-	2.87
Standard error	0.59	1.53	0.51	0.57	-	1.02	1.45	-	-	1.57	-	2.00	1.08	1.43	0.67	0.30	-	1.92	-	1.30	1.79	1.69	1.42	-	0.60

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 267

Q8b. How long have you been taking the supplements below?**Base: All respondents answering for ...****Other(s)**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	35	-	4	-	-	9	18	7	23	4	14	5	1
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
Less than 1 month	(0.1) 4 11%	-	-	-	-	2 25%	3 17%	-	4 17%	-	2 11%	1 17%	-
1-6 months	(0.25) 7 20%	-	1 26%	-	-	2 19%	3 18%	2 30%	3 14%	3 65%	4 25%	-	-
6-12 months	(0.75) 2 7%	-	1 29%	-	-	1 12%	1 4%	1 9%	1 3%	-	1 7%	2 42%	-
1-2 years	(1.5) 7 20%	-	-	-	-	1 11%	6 35%	-	7 30%	-	-	-	-
2-5 years	(3.5) 7 19%	-	1 22%	-	-	-	2 11%	2 28%	7 28%	-	1 9%	-	-
5-10 years	(7.5) 4 13%	-	1 23%	-	-	2 25%	-	2 33%	1 5%	2 35%	4 25%	2 41%	1 100%
Over 10 years	(10) 4 12%	-	-	-	-	1 9%	3 15%	-	1 3%	-	4 24%	-	-
Mean	3.21	-	2.79	-	-	3.09	2.47	3.58	2.22	2.79	4.63	3.41	7.50
Standard deviation	3.46	-	3.39	-	-	3.96	3.37	3.23	2.35	3.90	4.28	3.95	-
Standard error	0.59	-	1.70	-	-	1.32	0.79	1.22	0.49	1.95	1.14	1.77	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 268

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Summary table**

	Total Supplem ents	Multivi tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa mine	Garlic	Ginseng	Protein	Caffein e	Folic acid	Pepperm int oil	Gingko Biloba	Magnesi um	Eye health supplem ents	Weight loss supplem ent	Sports perform ance enhance r	Other(s)
Unweighted base	1586	247	39	86	154	167	39	76	93	198	16	78	69	16	58	26	47	14	17	66	23	13	9	35
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
Supermarkets	667 42%	148 60%	16 39%	18 23%	92 58%	57 34%	14 39%	31 42%	45 51%	100 50%	8 46%	25 33%	28 41%	9 59%	12 19%	14 53%	16 31%	3 23%	3 18%	16 23%	2 8%	2 15%	- -	8 24%
Pharmacy e.g. Boots	482 30%	86 35%	18 44%	30 37%	45 29%	63 37%	15 40%	23 31%	35 39%	52 26%	4 24%	17 23%	12 17%	7 47%	5 8%	5 19%	24 49%	4 32%	6 35%	17 25%	4 18%	3 19%	- -	8 22%
Health food store e.g. Holland & Barrett	374 24%	57 23%	14 35%	24 29%	35 22%	34 20%	8 22%	24 33%	23 26%	43 21%	5 33%	15 19%	11 16%	5 34%	15 24%	2 7%	8 17%	3 23%	3 18%	23 34%	4 18%	4 25%	1 14%	13 37%
Gym	33 2%	1 *	3 7%	2 3%	4 2%	2 1%	1 3%	- -	* *	- -	6 34%	- -	- -	1 8%	7 12%	1 4%	- -	- -	1 6%	- -	1 6%	1 8%	2 15%	- -
Online marketplace e.g. Amazon, eBay	198 12%	24 10%	3 7%	14 17%	15 9%	26 16%	2 5%	10 13%	7 7%	17 9%	5 33%	4 5%	5 8%	3 16%	27 44%	7 26%	4 7%	3 20%	3 20%	7 11%	5 23%	3 19%	2 16%	3 10%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	222 14%	17 7%	7 16%	10 12%	10 6%	14 8%	6 17%	3 4%	5 6%	29 15%	5 32%	27 35%	10 14%	1 6%	27 45%	4 15%	5 10%	6 41%	2 12%	14 21%	8 35%	1 7%	6 62%	6 17%
Mail order / catalogue	84 5%	5 2%	5 13%	4 5%	5 3%	2 1%	2 5%	2 2%	4 4%	9 5%	1 8%	8 10%	11 16%	5 32%	5 8%	2 8%	1 2%	* 4%	4 22%	2 3%	5 22%	2 15%	- -	- -
Other	103 6%	5 2%	1 2%	6 7%	3 2%	23 13%	2 7%	12 16%	12 14%	6 3%	1 3%	3 4%	5 7%	- -	2 4%	2 7%	8 15%	1 7%	1 5%	4 7%	2 8%	2 15%	- -	3 8%

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 269

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Multivitamins

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	247	110	137	21	50	50	62	32	32	73	66	51	57	20	14	23	22	12	19	12	28	31	35	25	6	45	114
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
Supermarkets	148	67	81	12	36	29	45	16	10	34	44	34	36	6	9	14	15	8	14	5	16	18	23	19	2	31	82
	60%	61%	59%	60%	60%	59%	78% ^f	57%	31%	48%	64%	71% ^j	62%	40%	57%	55%	79%	47%	73%	49%	56%	59%	64%	75%	31%	62%	68%
Pharmacy e.g. Boots	86	38	49	9	24	20	20	6	8	33	25	14	14	9	2	9	4	10	10	3	9	11	15	2	3	22	39
	35%	34%	35%	43%	41%	40%	35%	20%	24%	47% ^m	37%	29%	24%	59%	13%	34%	21%	57%	53%	34%	31%	37%	41%	8%	48%	45%	32%
Health food store e.g. Holland & Barrett	57	20	37	7	13	12	9	7	9	19	10	12	16	1	7	4	4	9	3	2	2	8	9	5	3	10	27
	23%	18%	27%	36%	21%	25%	15%	25%	30%	27%	15%	24%	28%	10%	46%	15%	19%	52%	15%	23%	6%	26%	26%	20%	52%	21%	22%
Online marketplace e.g. Amazon, eBay	24	14	10	1	8	6	4	4	2	6	5	6	7	-	1	4	1	3	3	1	2	2	3	4	1	6	14
	10%	12%	8%	5%	13%	12%	7%	13%	6%	8%	7%	13%	12%	-	5%	18%	5%	18%	15%	7%	6%	6%	7%	16%	16%	13%	12%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	17	7	10	-	4	1	3	1	9	8	3	3	3	-	1	1	-	3	-	1	4	4	1	3	-	4	-
	7%	6%	7%	-	6%	2%	4%	3%	29%	11%	5%	5%	6%	-	5%	3%	-	17%	-	11%	15%	12%	3%	10%	-	8% ^B	-
Mail order / catalogue	5	1	5	-	-	1	1	1	2	4	-	1	1	-	-	-	1	2	-	-	1	1	-	-	-	-	3
	2%	1%	3%	-	-	2%	2%	5%	6%	5%	-	2%	1%	-	-	-	4%	14%	-	-	5%	3%	-	-	-	-	2%
Gym	1	1	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	*	1%	-	-	1%	-	-	-	-	-	-	-	1%	-	-	-	-	-	-	-	-	2%	-	-	-	-	1%
Other	5	1	4	-	1	2	1	1	1	3	-	-	2	1	-	-	1	2	-	-	1	-	1	-	-	-	4
	2%	1%	3%	-	2%	3%	1%	2%	4%	5%	-	-	3%	5%	-	-	3%	9%	-	-	4%	-	4%	-	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 270
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Multivitamins

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	247	1	1	140	68	27	7	229	16	3	10	3	-	-	202	112	90	45	40	5
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
Supermarkets	148 60%	- 100%	1 100%	93 67%	36 53%	12 45%	3 54%	139 61%	6 34%	1 47%	2 21%	2 73%	-	-	120 59%	60 54%	60 64%	28 66%	23 65%	5 69%
Pharmacy e.g. Boots	86 35%	1 100%	-	38 27%	29 42%	13 48%	3 56%	72 32%	12 71%	1 28%	11 94%	1 27%	-	-	73 36%	41 37%	32 35%	13 30%	11 30%	2 33%
Health food store e.g. Holland & Barrett	57 23%	1 100%	-	26 18%	19 28%	10 38%	2 32%	49 22%	8 48%	1 47%	5 49%	1 49%	-	-	46 23%	35 31% _p	12 13%	11 26%	9 25%	2 33%
Online marketplace e.g. Amazon, eBay	24 10%	-	-	14 10%	9 13%	1 2%	1 17%	23 10%	1 8%	-	-	1 49%	-	-	21 10%	13 12%	8 9%	3 8%	3 9%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	17 7%	-	-	8 6%	4 5%	4 14%	-	12 5%	5 31%	2 80%	3 26%	-	-	-	14 7%	10 9%	4 4%	4 8%	1 4%	2 31%
Mail order / catalogue	5 2%	-	-	2 1%	1 1%	3 12%	-	5 2%	1 5%	1 28%	-	-	-	-	4 2%	3 3%	1 1%	1 3%	-	1 18%
Gym	1 *	-	-	-	1 1%	-	-	-	1 4%	-	1 6%	-	-	-	1 *	1 1%	-	-	-	-
Other	5 2%	-	-	3 2%	3 4%	-	-	5 2%	-	-	-	-	-	-	4 2%	3 3%	1 1%	2 4%	2 5%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 271

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Multivitamins

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	247	159	111	48	88	11	19	6	29	23	150	95	82	81	34	45	35	22
Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
Supermarkets	148 60%	113 66% ^d	86 63% ^d	27 77% ^d	35 46%	4 49%	10 69%	-	10 38%	11 56%	84 55%	63 67%	51 63%	57 69%	22 67%	31 66%	21 58%	18 78%
Pharmacy e.g. Boots	86 35%	61 36%	52 38%	9 26%	25 33%	2 26%	7 51%	2 23%	7 28%	7 35%	45 30%	40 42%	36 45% ^j	34 42%	12 36%	23 49% ^j	17 48%	8 34%
Health food store e.g. Holland & Barrett	57 23%	37 22%	29 21%	8 23%	20 27%	4 39%	4 25%	4 53%	7 25%	3 16%	35 23%	22 23%	21 26%	20 24%	11 33%	12 25%	12 34%	4 20%
Online marketplace e.g. Amazon, eBay	24 10%	21 12%	15 11%	6 17% ^d	3 4%	1 12%	1 6%	-	1 5%	-	20 14% ^k ^l ^m	4 4%	4 4%	4 4%	1 2%	1 2%	4 10%	1 4%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	17 7%	4 2%	3 2%	1 3%	13 17% ^{abc}	1 9%	3 19%	2 24%	7 28%	1 3%	14 9%	3 3%	3 4%	3 3%	3 9%	-	3 8%	-
Mail order / catalogue	5 2%	3 2%	2 2%	1 1%	3 4%	1 9%	-	-	2 7%	-	5 4%	-	-	-	-	-	-	-
Gym	1 *	1 *	-	1 2%	-	-	-	-	-	-	1 *	-	-	-	-	-	-	-
Other	5 2%	4 2%	3 2%	1 2%	2 2%	-	-	-	1 3%	1 6%	5 4%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 272

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Multivitamins

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	247	65	148	102	2	44	32	10	6	16	9	29	43	33	38	27	15	15	27	60	28	41	21	3	183
Weighted base	247	68*	150	103*	3**	44*	26**	7**	4**	15**	7**	26**	40*	28**	38*	32**	14**	18**	32**	49*	22**	33*	17**	3**	194
Supermarkets	148	45	87	60	1	26	13	2	3	8	5	12	25	24	21	5	10	19	30	16	20	8	1	116	
	60%	67%	58%	58%	37%	59%	50%	30%	64%	54%	65%	45%	62%	84%	54%	53%	36%	54%	60%	61%	72%	62%	49%	25%	60%
Pharmacy e.g. Boots	86	23	52	33	-	19	10	4	1	4	1	6	18	4	15	9	7	8	11	15	5	13	7	-	69
	35%	33%	34%	32%	-	42%	36%	59%	28%	29%	10%	22%	45%	14%	39%	30%	50%	43%	36%	31%	24%	38%	43%	-	36%
Health food store e.g. Holland & Barrett	57	21	31	22	2	8	5	1	1	4	3	7	7	2	7	10	2	6	7	7	3	4	2	-	47
	23%	31%	21%	21%	63%	18%	20%	9%	28%	23%	39%	28%	19%	7%	18%	31%	17%	35%	23%	14%	13%	13%	14%	-	24%
Online marketplace e.g. Amazon, eBay	24	8	15	11	-	4	1	-	-	1	1	3	1	2	7	2	-	3	6	5	2	2	1	-	19
	10%	12%	10%	10%	-	10%	4%	-	-	7%	7%	13%	1%	6%	19%	6%	-	16%	20%	10%	10%	7%	6%	-	10%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	17	4	11	11	-	-	2	-	-	2	1	3	3	1	4	1	-	3	-	4	1	2	1	2	12
	7%	6%	7%	11%e	-	-	7%	-	-	12%	11%	14%	6%	4%	12%	3%	-	16%	-	8%	6%	7%	8%	52%	6%
Mail order / catalogue	5	1	5	3	2	-	-	-	-	-	-	-	1	-	-	2	1	1	-	-	-	-	-	-	5
	2%	1%	3%	3%	63%	-	-	-	-	-	-	-	3%	-	-	13%	3%	4%	-	-	-	-	-	-	2%
Gym	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	*	1%	-	-	-	-	-	-	-	-	-	3%	-	-	-	-	-	-	-	-	-	-	-	-	*
Other	5	-	4	1	-	3	1	1	-	-	-	1	-	1	1	1	1	2	1	1	1	1	1	1	4
	2%	-	3%	1%	-	7%	5%	20%	-	-	-	2%	-	3%	-	5%	4%	3%	5%	3%	6%	4%	7%	23%	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 273
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Multivitamins

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	247	1	25	4	-	58	106	31	147	35	54	30	7
Weighted base	247	1**	22**	4**	-**	59*	113*	28**	156	30*	48*	26**	7**
Supermarkets	148 60%	-	14 64%	4 100%	-	35 60%	71 63%	13 47%	97 62%	19 63%	28 59%	15 60%	5 81%
Pharmacy e.g. Boots	86 35%	1 100%	8 36%	-	-	13 23%	41 36%	14 50%	53 34%	14 46% ^e	15 32%	8 31%	1 10%
Health food store e.g. Holland & Barrett	57 23%	1 100%	4 19%	-	-	14 24%	25 23%	9 30%	34 22%	7 22%	11 23%	2 9%	-
Online marketplace e.g. Amazon, eBay	24 10%	-	1 5%	-	-	4 7%	12 11%	5 19%	13 8%	2 8%	4 9%	1 4%	1 8%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	17 7%	1 100%	1 5%	-	-	5 8%	6 5%	2 8%	12 8%	3 9%	6 14%	1 6%	-
Mail order / catalogue	5 2%	-	1 2%	-	-	2 3%	2 2%	-	4 2%	1 3%	-	-	1 13%
Gym	1 *	-	-	-	-	-	-	-	1 *	-	-	-	-
Other	5 2%	-	1 3%	-	-	3 5%	3 2%	3 10%	2 1%	1 2%	3 6%	1 5%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 274

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin A

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	39	21	18	6	13	4	5	5	6	17	5	8	9	3	2	4	3	3	-	2	5	8	7	2	5	21
Weighted base	40*	22**	18**	6**	14**	5**	5**	4**	6**	17**	5**	8**	10**	3**	1**	5**	3**	4**	-**	3**	4**	9**	5**	2**	6**	23**
Pharmacy e.g. Boots	18	12	6	3	8	1	3	1	1	8	2	4	3	3	-	2	1	2	-	-	2	6	2	-	2	13
	44%	54%	32%	52%	60%	28%	60%	27%	12%	47%	53%	46%	32%	78%	-	46%	46%	46%	-	-	39%	68%	30%	-	42%	56%
Supermarkets	16	9	6	3	7	1	1	*	3	5	2	5	3	1	*	-	3	-	-	1	2	5	3	1	1	8
	39%	43%	34%	51%	53%	28%	19%	12%	41%	32%	40%	65%	29%	22%	31%	-	100%	-	-	47%	38%	49%	56%	36%	19%	36%
Health food store e.g. Holland & Barrett	14	6	8	2	3	4	2	2	2	8	2	2	3	-	1	2	-	2	-	2	2	4	1	1	5	8
	35%	29%	44%	29%	25%	72%	40%	45%	24%	48%	38%	19%	26%	-	69%	54%	-	54%	-	53%	36%	37%	28%	36%	77%	36%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	7	1	5	*	3	-	1	1	1	3	-	-	4	-	-	-	-	-	-	*	5	-	1	2	2	
	16%	6%	29%	6%	21%	-	24%	16%	22%	16%	-	-	36%	-	-	-	-	-	-	7%	50%	-	64%	41%	9%	
Mail order / catalogue	5	3	2	2	2	-	1	-	-	5	-	-	-	-	-	-	-	2	-	-	-	4	-	-	2	3
	13%	13%	12%	28%	17%	-	24%	-	-	31%	-	-	-	-	-	-	-	46%	-	-	-	37%	-	-	41%	12%
Gym	3	2	1	1	2	-	-	-	-	3	-	-	-	-	-	-	-	-	-	-	1	1	-	1	1	2
	7%	8%	6%	14%	15%	-	-	-	-	17%	-	-	-	-	-	-	-	-	-	-	20%	12%	-	36%	19%	7%
Online marketplace e.g. Amazon, eBay	3	2	1	2	1	-	-	-	-	3	-	-	-	-	-	-	-	2	-	-	-	1	-	-	1	2
	7%	7%	6%	28%	8%	-	-	-	-	16%	-	-	-	-	-	-	-	46%	-	-	-	12%	-	-	19%	7%
Other	1	-	1	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-
	2%	-	4%	-	6%	-	-	-	-	-	-	-	7%	-	-	-	-	-	-	-	-	-	15%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 275
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin A

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	39	-	-	18	10	10	1	36	3	-	2	1	-	-	39	22	17	-	-	-
Weighted base	40*	**	**	18**	10**	11**	1**	36*	4**	**	2**	2**	**	**	40*	23**	17**	**	**	**
Pharmacy e.g. Boots	18	-	-	7	3	8	-	15	3	-	1	2	-	-	18	9	8	-	-	-
	44%	-	-	36%	29%	71%	-	40%	74%	-	57%	100%	-	-	44%	40%	49%	-	-	-
Supermarkets	16	-	-	9	4	2	1	14	1	-	1	-	-	-	16	7	9	-	-	-
	39%	-	-	47%	42%	20%	100%	40%	34%	-	57%	-	-	-	39%	30%	52%	-	-	-
Health food store e.g. Holland & Barrett	14	-	-	6	5	4	-	13	1	-	1	-	-	-	14	11	3	-	-	-
	35%	-	-	33%	48%	31%	-	36%	26%	-	43%	-	-	-	35%	48%	17%	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	7	-	-	1	-	5	-	7	-	-	-	-	-	-	7	5	1	-	-	-
	16%	-	-	8%	-	44%	-	18%	-	-	-	-	-	-	16%	22%	8%	-	-	-
Mail order / catalogue	5	-	-	-	-	5	-	4	2	-	-	2	-	-	5	5	-	-	-	-
	13%	-	-	-	-	45%	-	10%	40%	-	-	100%	-	-	13%	22%	-	-	-	-
Gym	3	-	-	1	1	1	-	3	-	-	-	-	-	-	3	2	1	-	-	-
	7%	-	-	4%	9%	10%	-	8%	-	-	-	-	-	-	7%	8%	5%	-	-	-
Online marketplace e.g. Amazon, eBay	3	-	-	-	-	3	-	1	2	-	-	2	-	-	3	3	-	-	-	-
	7%	-	-	-	-	24%	-	3%	40%	-	-	100%	-	-	7%	12%	-	-	-	-
Other	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	2%	-	-	4%	-	-	-	2%	-	-	-	-	-	-	2%	-	4%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 276

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Vitamin A**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	26	21	5	13	-	1	3	3	6	22	17	16	15	6	12	5	2
Weighted base	40*	29**	25**	3**	12**	**	1**	4**	2**	4**	23**	17**	16**	15**	6**	12**	6**	2**
Pharmacy e.g. Boots	18 44%	15 53%	15 60%	-	2 21%	-	-	-	1 37%	2 37%	13 54%	5 29%	4 25%	4 27%	1 15%	3 25%	2 41%	1 51%
Supermarkets	16 39%	9 33%	8 31%	2 48%	6 55%	-	1 100%	1 31%	1 63%	3 67%	8 32%	8 49%	7 46%	7 43%	3 45%	6 45%	1 20%	1 51%
Health food store e.g. Holland & Barrett	14 35%	13 44%	10 41%	2 66%	2 14%	-	-	2 36%	-	-	5 19%	10 58%	10 61%	10 64%	3 55%	8 64%	4 79%	1 49%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	7 16%	4 16%	4 17%	* 10%	2 17%	-	-	1 33%	-	1 14%	4 18%	2 14%	2 15%	2 16%	1 22%	2 20%	1 20%	-
Mail order / catalogue	5 13%	5 18%	5 21%	-	-	-	-	-	-	-	2 7%	4 21%	4 22%	4 23%	1 22%	4 29%	1 20%	-
Gym	3 7%	3 10%	2 8%	1 24%	-	-	-	-	-	-	1 3%	2 12%	2 13%	1 8%	1 15%	1 9%	1 20%	-
Online marketplace e.g. Amazon, eBay	3 7%	3 10%	3 11%	-	-	-	-	-	-	-	2 7%	1 7%	1 7%	1 8%	-	1 9%	1 20%	-
Other	1 2%	-	-	-	1 7%	-	-	-	-	1 17%	-	1 5%	1 5%	1 5%	-	1 6%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 277

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Vitamin A**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	23	17	2	4	3	3	-	-	1	3	7	6	7	3	1	2	5	6	2	5	1	-	33
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	**	**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	**	35**
Pharmacy e.g. Boots	18 44%	9 68%	9 39%	4 25%	2 100%	2 60%	-	-	-	-	-	1 22%	5 66%	-	4 51%	1 38%	-	3 100%	3 63%	1 13%	1 48%	1 16%	-	-	17 49%
Supermarkets	16 39%	6 45%	8 35%	7 43%	1 43%	-	1 31%	1 31%	-	-	-	5 68%	2 35%	2 23%	2 62%	-	-	4 78%	3 55%	2 100%	2 47%	-	-	-	13 37%
Health food store e.g. Holland & Barrett	14 35%	3 21%	10 45%	9 55%	-	1 32%	2 36%	2 36%	-	-	1 100%	2 41%	1 14%	3 54%	2 34%	-	1 100%	-	3 59%	1 20%	-	1 23%	-	-	13 38%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	7 16%	2 13%	3 15%	3 19%	-	* 8%	1 33%	1 33%	-	-	-	1 37%	-	2 36%	2 29%	-	-	-	1 22%	1 25%	-	1 29%	1 100%	-	5 15%
Mail order / catalogue	5 13%	2 12%	4 16%	4 23%	-	-	-	-	-	-	-	-	1 24%	-	-	-	-	2 55%	2 43%	-	-	-	-	-	5 15%
Gym	3 7%	1 6%	2 9%	2 13%	-	-	-	-	-	-	-	-	-	-	1 12%	-	-	-	2 37%	-	-	-	-	-	3 8%
Online marketplace e.g. Amazon, eBay	3 7%	2 12%	1 5%	1 7%	-	-	-	-	-	-	-	-	-	-	-	-	-	2 55%	1 22%	-	-	-	-	-	3 8%
Other	1 2%	1 6%	-	-	-	-	-	-	-	-	-	-	1 10%	-	-	-	-	-	-	1 13%	1 48%	1 16%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 278
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin A

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	2	4	1	-	5	17	4	22	4	8	2	2
Weighted base	40*	3**	5**	1**	-**	4**	17**	5**	24**	4**	7**	2**	2**
Pharmacy e.g. Boots	18 44%	2 57%	1 29%	-	-	2 40%	3 20%	2 52%	12 50%	1 21%	2 35%	1 48%	-
Supermarkets	16 39%	-	-	1 100%	-	2 59%	9 52%	2 34%	9 36%	3 76%	4 56%	2 100%	-
Health food store e.g. Holland & Barrett	14 35%	1 43%	2 40%	-	-	1 26%	9 51%	-	9 37%	2 56%	1 16%	-	2 83%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	7 16%	1 43%	3 58%	-	-	1 15%	2 14%	1 31%	3 13%	-	1 21%	-	* 17%
Mail order / catalogue	5 13%	3 100%	1 27%	-	-	-	2 14%	2 35%	1 5%	1 32%	1 16%	-	-
Gym	3 7%	-	-	-	-	1 22%	3 17%	-	2 7%	-	-	-	-
Online marketplace e.g. Amazon, eBay	3 7%	2 57%	-	-	-	-	1 7%	2 35%	-	-	-	-	-
Other	1 2%	-	-	-	-	1 19%	-	1 16%	-	1 21%	1 11%	1 48%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 279

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin B

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	86	35	51	10	15	16	12	18	15	28	16	14	28	11	3	13	3	7	3	6	10	14	6	8	2	11	39
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
Pharmacy e.g. Boots	30	13	17	5	8	6	*	6	5	11	4	4	11	5	-	2	2	3	1	1	3	8	1	4	-	7	9
	37%	37%	36%	44%	51%	41%	4%	39%	30%	44%	26%	31%	38%	47%	-	18%	69%	48%	27%	23%	37%	51%	23%	46%	-	59%	27%
Health food store e.g. Holland & Barrett	24	10	14	3	2	6	4	6	4	8	5	3	8	3	-	4	1	3	1	1	3	2	1	3	2	2	11
	29%	28%	29%	26%	10%	42%	39%	39%	23%	30%	33%	21%	29%	32%	-	31%	21%	51%	39%	27%	38%	11%	26%	30%	62%	18%	33%
Supermarkets	18	10	9	3	5	2	2	2	6	5	4	4	6	3	1	4	1	-	1	-	4	2	3	-	2	8	
	23%	28%	18%	24%	29%	12%	24%	11%	34%	19%	24%	28%	22%	24%	43%	32%	53%	-	34%	13%	-	24%	28%	30%	-	16%	22%
Online marketplace e.g. Amazon, eBay	14	5	9	3	2	4	1	2	2	3	2	2	6	2	-	2	-	1	1	2	2	1	-	2	1	3	7
	17%	15%	19%	24%	13%	28%	6%	16%	15%	12%	16%	16%	23%	15%	-	16%	-	15%	39%	36%	32%	8%	-	26%	38%	23%	20%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	4	6	-	3	3	2	-	2	3	4	2	-	3	1	-	-	-	-	1	1	2	*	1	-	2	5
	12%	11%	13%	-	17%	19%	18%	-	15%	14%	27%	15%	-	27%	57%	-	-	-	-	27%	11%	12%	8%	14%	-	17%	15%
Mail order / catalogue	4	2	2	-	1	1	-	-	2	2	-	2	-	-	-	-	-	-	-	-	1	3	-	-	-	-	2
	5%	5%	4%	-	5%	6%	-	-	12%	7%	-	14%	-	-	-	-	-	-	-	-	11%	19%	-	-	-	-	5%
Gym	2	2	-	-	1	-	2	-	-	1	-	-	2	-	-	2	-	-	-	-	1	-	-	-	-	2	1
	3%	7%	-	-	5%	-	17%	-	-	4%	-	-	6%	-	-	12%	-	-	-	-	11%	-	-	-	-	13%	3%
Other	6	3	3	-	1	1	1	3	-	2	1	-	4	1	-	1	-	1	-	1	1	-	1	1	-	-	2
	7%	8%	7%	-	8%	7%	6%	22%	-	6%	5%	-	13%	7%	-	4%	-	16%	-	13%	13%	-	23%	9%	-	-	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 280
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin B

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	86	1	1	54	21	7	1	79	7	3	3	1	-	-	74	36	38	12	12	-
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
Pharmacy e.g. Boots	30 37%	-	-	15 30%	10 49%	3 53%	-	26 35%	4 52%	2 70%	-	2 100%	-	-	27 38%	17 44%	11 31%	3 27%	3 27%	-
Health food store e.g. Holland & Barrett	24 29%	-	-	15 30%	7 36%	1 8%	1 100%	23 31%	1 10%	1 30%	-	-	-	-	21 29%	10 27%	10 30%	3 30%	3 30%	-
Supermarkets	18 23%	-	-	12 24%	4 19%	2 36%	-	18 24%	1 7%	1 21%	-	-	-	-	17 24%	9 24%	8 24%	1 13%	1 13%	-
Online marketplace e.g. Amazon, eBay	14 17%	-	-	9 18%	4 21%	* 6%	-	13 18%	1 7%	-	1 18%	-	-	-	11 16%	6 17%	5 15%	3 26%	3 26%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 12%	-	-	9 17%	-	1 15%	-	9 12%	1 12%	-	1 30%	-	-	-	6 9%	3 8%	4 11%	3 32%	3 32%	-
Mail order / catalogue	4 5%	-	-	2 4%	1 4%	1 15%	-	3 4%	1 12%	-	1 30%	-	-	-	4 5%	2 5%	2 5%	-	-	-
Gym	2 3%	2 100%	-	-	1 4%	-	-	1 1%	2 20%	-	2 52%	-	-	-	2 3%	-	2 7%	-	-	-
Other	6 7%	-	1 100%	3 7%	1 6%	1 12%	-	6 8%	-	-	-	-	-	-	5 7%	3 7%	2 6%	1 12%	1 12%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 281
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin B

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	86	50	31	19	36	5	8	8	7	8	61	24	23	20	8	12	11	5
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
Pharmacy e.g. Boots	30 37%	17 35%	14 41%	2 19%	13 39%	3 73%	2 34%	3 39%	3 31%	2 30%	21 36%	8 37%	8 37%	6 33%	3 42%	3 28%	1 15%	3 69%
Health food store e.g. Holland & Barrett	24 29%	14 29%	9 26%	4 37%	10 29%	-	2 34%	2 29%	1 11%	4 64%	15 25%	9 41%	8 39%	9 47%	2 26%	6 47%	4 46%	2 50%
Supermarkets	18 23%	10 20%	7 21%	2 18%	9 26%	-	3 47%	5 57%	1 9%	* 6%	12 20%	7 31%	7 32%	5 29%	1 18%	3 21%	3 30%	1 22%
Online marketplace e.g. Amazon, eBay	14 17%	10 21%	6 17%	4 32%	4 12%	-	3 43%	-	1 9%	1 13%	10 16%	4 20%	4 21%	4 23%	1 13%	4 30%	1 15%	1 19%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 12%	7 15%	7 19%	* 4%	2 7%	-	-	1 14%	1 15%	-	6 11%	3 15%	3 16%	3 18%	1 13%	2 14%	3 34%	1 22%
Mail order / catalogue	4 5%	2 4%	2 5%	-	2 6%	-	-	-	2 25%	-	2 3%	2 8%	2 9%	1 5%	2 26%	1 7%	1 9%	-
Gym	2 3%	2 5%	2 7%	-	-	-	-	-	-	-	-	2 11%	2 12%	2 8%	1 13%	2 12%	2 16%	-
Other	6 7%	2 4%	1 2%	1 9%	4 12%	1 27%	3 48%	-	-	-	5 8%	1 6%	1 6%	1 7%	-	1 6%	1 6%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 282
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	86	24	45	31	1	13	16	4	2	10	5	19	10	13	9	4	6	3	8	29	16	23	8	1	53
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
Pharmacy e.g. Boots	30	13	13	7	1	5	4	2	-	2	1	8	4	3	4	1	1	2	3	10	7	6	3	1	17
	37%	54%	30%	22%	100%	40%	31%	53%	-	28%	29%	41%	39%	28%	48%	27%	14%	72%	38%	39%	56%	29%	37%	100%	34%
Health food store e.g. Holland & Barrett	24	5	13	10	-	2	5	1	1	3	3	3	3	4	1	3	-	1	7	3	3	6	1	-	16
	29%	22%	30%	35%	-	21%	39%	28%	46%	42%	70%	16%	31%	27%	47%	27%	74%	-	13%	26%	26%	28%	13%	-	32%
Supermarkets	18	4	9	5	1	2	6	2	-	4	-	6	1	*	*	2	1	1	4	4	1	3	2	-	14
	23%	17%	20%	18%	100%	15%	41%	54%	-	46%	-	34%	9%	4%	5%	53%	14%	28%	62%	16%	9%	16%	37%	-	29%
Online marketplace e.g. Amazon, eBay	14	5	6	5	-	1	3	-	1	1	*	5	1	2	1	2	1	-	-	3	3	3	2	-	8
	17%	20%	14%	18%	-	5%	18%	-	46%	19%	11%	24%	16%	20%	10%	55%	30%	-	-	13%	21%	12%	29%	-	15%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	-	7	6	-	1	3	-	2	*	-	2	2	2	-	-	-	2	2	3	*	3	-	-	6
	12%	-	16%	19%	-	10%	20%	-	100%	6%	-	11%	25%	21%	-	-	-	27%	11%	4%	14%	-	-	-	12%
Mail order / catalogue	4	-	4	4	-	-	-	-	-	-	-	-	-	1	-	-	-	1	2	8%	-	2	-	-	2
	5%	-	9%	13%	-	-	-	-	-	-	-	-	-	10%	-	-	-	13%	8%	-	10%	-	-	-	4%
Gym	2	-	2	2	-	-	-	-	-	-	-	-	2	-	1	-	-	-	-	-	-	-	-	-	2
	3%	-	6%	8%	-	-	-	-	-	-	-	-	17%	-	10%	-	-	-	-	-	-	-	-	-	5%
Other	6	2	2	1	-	1	2	-	2	1	2	*	2	-	1	-	-	-	4	3	3	4	2	-	1
	7%	6%	5%	4%	-	9%	15%	-	27%	19%	10%	3%	20%	-	20%	-	-	-	17%	26%	21%	34%	-	3%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 283

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin B

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	86	3	11	2	1	19	28	14	38	13	26	15	4
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
Pharmacy e.g. Boots	30 37%	1 21%	6 50%	-	-	7 39%	8 32%	8 55%	15 40%	5 50%	6 26%	6 50%	* 9%
Health food store e.g. Holland & Barrett	24 29%	1 24%	3 23%	-	-	3 16%	6 23%	3 22%	13 35%	2 20%	7 34%	2 13%	-
Supermarkets	18 23%	1 21%	* 3%	-	1 100%	5 24%	10 37%	2 12%	13 35%	2 16%	4 16%	2 14%	2 41%
Online marketplace e.g. Amazon, eBay	14 17%	-	2 17%	-	-	5 25%	3 11%	2 12%	4 11%	2 18%	7 32%	2 16%	* 9%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 12%	2 55%	3 25%	-	-	1 6%	5 18%	1 9%	4 11%	-	4 16%	1 11%	-
Mail order / catalogue	4 5%	-	-	-	-	1 5%	2 7%	-	1 2%	-	-	-	2 50%
Gym	2 3%	-	-	-	-	1 5%	1 3%	-	1 2%	-	2 7%	-	-
Other	6 7%	-	1 6%	1 100%	-	1 3%	1 6%	3 19%	1 2%	3 28%	4 19%	4 30%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 284
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin C

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ireland (y)	Public (A)	Private (B)
Unweighted base	154	67	87	25	16	42	27	21	23	48	35	36	35	12	6	19	17	13	8	7	22	26	12	11	1	23	83
Weighted base	157	76*	81*	25**	20**	44*	26**	18**	25**	47*	38**	35*	38**	11**	7**	22**	19**	13**	6**	6**	20**	27**	13**	12**	1**	24**	88*
Supermarkets	92	46	46	10	13	30	15	13	12	25	25	19	24	7	2	13	14	10	5	5	10	15	5	5	1	15	52
	58%	61%	56%	39%	68%	67%	56%	72%	47%	53%	66%	53%	63%	65%	27%	57%	72%	77%	77%	78%	51%	55%	41%	46%	100%	59%	59%
Pharmacy e.g. Boots	45	13	32	9	6	14	3	4	9	15	7	16	7	3	2	4	3	5	1	2	7	12	4	2	-	6	24
	29%	17%	39%a	38%	29%	32%	13%	22%	34%	32%	20%	45%	18%	29%	30%	19%	14%	38%	25%	31%	35%	44%	32%	13%	-	26%	27%
Health food store e.g. Holland & Barrett	35	18	17	6	2	12	7	3	6	12	4	9	10	3	1	7	4	4	1	-	4	3	5	3	-	6	20
	22%	24%	21%	23%	8%	28%	26%	16%	24%	25%	11%	26%	27%	27%	8%	30%	22%	31%	13%	-	19%	12%	42%	29%	-	25%	22%
Online marketplace e.g. Amazon, eBay	15	10	5	4	1	6	3	-	-	7	*	2	5	-	-	5	-	-	-	1	1	2	1	4	-	2	11
	9%	13%	6%	15%	6%	14%	13%	-	-	15%	1%	6%	12%	-	-	23%	-	-	-	22%	7%	8%	6%	35%	-	10%	13%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	4	5	1	2	3	-	1	3	3	5	1	1	2	1	-	-	-	*	3	3	-	-	-	-	2	6
	6%	6%	7%	6%	9%	7%	-	7%	10%	6%	13%	3%	3%	16%	18%	-	-	-	-	7%	15%	12%	-	-	-	7%	6%
Mail order / catalogue	5	3	3	-	2	-	-	1	2	3	3	-	-	2	-	-	-	-	-	-	1	-	1	1	-	-	3
	3%	3%	3%	-	9%	-	-	8%	8%	5%	7%	-	-	16%	-	-	-	-	-	-	7%	-	9%	7%	-	-	4%
Gym	4	4	-	4	-	-	-	-	-	4	-	-	-	-	1	3	-	-	-	-	-	-	-	-	-	-	4
	2%	5%	-	15%	-	-	-	-	-	8%	-	-	-	-	17%	12%	-	-	-	-	-	-	-	-	-	-	4%
Other	3	1	2	1	1	-	-	-	1	-	-	1	1	-	-	-	2	-	-	-	-	-	-	1	-	-	1
	2%	1%	2%	2%	4%	-	-	-	5%	-	-	4%	3%	-	-	-	10%	-	-	-	-	-	-	7%	-	-	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 285
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin C

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	154	1	-	83	49	17	3	142	12	1	7	1	2	1	125	76	49	29	24	5
Weighted base	157	1**	-**	85*	49*	19**	2**	144	13**	1**	8**	1**	2**	1**	128	79*	48*	30**	25**	4**
Supermarkets	92	-	-	51	31	9	1	88	4	-	4	-	1	-	73	43	30	19	15	4
	58%	-	-	60%	63%	49%	32%	61%	33%	-	43%	-	38%	-	58%	54%	63%	63%	58%	89%
Pharmacy e.g. Boots	45	1	-	21	17	5	1	38	7	-	5	1	1	-	38	26	12	7	7	*
	29%	100%	-	24%	35%	28%	34%	26%	54%	-	57%	100%	62%	-	30%	33%	24%	24%	26%	11%
Health food store e.g. Holland & Barrett	35	1	-	22	10	1	1	31	4	1	2	1	-	-	31	22	9	5	5	-
	22%	100%	-	25%	21%	7%	34%	22%	29%	100%	25%	100%	-	-	24%	28%	18%	15%	18%	-
Online marketplace e.g. Amazon, eBay	15	-	-	8	2	4	-	13	2	-	1	-	1	-	14	11	3	1	1	-
	9%	-	-	9%	5%	23%	-	9%	15%	-	13%	-	38%	-	11%	13%	7%	3%	3%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	-	-	5	5	-	-	8	2	-	1	-	1	-	7	5	2	3	3	-
	6%	-	-	6%	9%	-	-	5%	15%	-	13%	-	38%	-	5%	6%	3%	10%	12%	-
Mail order / catalogue	5	-	-	4	-	1	-	4	1	-	-	-	-	1	4	2	2	1	-	1
	3%	-	-	4%	-	7%	-	3%	6%	-	-	-	-	100%	3%	2%	4%	5%	-	31%
Gym	4	-	-	-	1	3	-	4	-	-	-	-	-	-	4	4	-	-	-	-
	2%	-	-	-	2%	14%	-	3%	-	-	-	-	-	-	3%	5%	-	-	-	-
Other	3	-	-	1	1	-	-	3	-	-	-	-	-	-	1	-	1	2	2	-
	2%	-	-	2%	1%	-	-	2%	-	-	-	-	-	-	*	-	1%	7%	8%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 286

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Vitamin C**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	154	106	69	37	48	3	9	8	14	14	94	60	53	53	18	32	20	15
Weighted base	157	113*	87*	26*	45*	3**	8**	7**	15**	12**	96*	61*	55*	56*	18**	33**	23**	12**
Supermarkets	92	67	51	16	25	2	5	2	9	7	57	35	34	32	11	19	17	4
	58%	59%	59%	61%	56%	83%	68%	23%	61%	56%	59%	58%	63%	58%	61%	58%	73%	36%
Pharmacy e.g. Boots	45	30	24	6	15	-	4	2	5	4	22	23	20	21	6	16	6	6
	29%	27%	28%	24%	33%	-	54%	24%	32%	33%	23%	37%	37%	38%	32%	49%	27%	49%
Health food store e.g. Holland & Barrett	35	26	18	8	9	*	1	2	4	2	16	19	16	17	6	12	6	6
	22%	23%	21%	31%	20%	17%	11%	34%	23%	16%	17%	31%	29%	31%	30%	35%	25%	47%
Online marketplace e.g. Amazon, eBay	15	13	13	*	1	-	1	-	-	-	6	9	9	9	-	7	2	1
	9%	12%	15% ^d	2%	2%	-	14%	-	-	-	6%	14%	16%	15%	-	22%	9%	8%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	7	6	2	3	-	-	-	3	-	7	3	3	3	-	3	1	-
	6%	7%	7%	6%	6%	-	-	-	16%	-	7%	5%	5%	5%	-	9%	4%	-
Mail order / catalogue	5	3	3	-	2	-	-	1	-	1	5	-	-	-	-	-	-	-
	3%	3%	4%	-	5%	-	-	12%	-	10%	5%	-	-	-	-	-	-	-
Gym	4	4	4	-	-	-	-	-	-	-	4	-	-	-	-	-	-	-
	2%	3%	4%	-	-	-	-	-	-	-	4%	-	-	-	-	-	-	-
Other	3	1	1	1	1	-	-	1	-	-	3	-	-	-	-	-	-	-
	2%	1%	1%	2%	3%	-	-	18%	-	-	3%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 287

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin C

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	154	41	95	66	2	27	17	4	3	10	9	16	20	27	16	20	9	15	10	31	14	22	9	-	120
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	-**	125
Supermarkets	92	24	57	41	1	15	10	3	1	6	5	11	11	19	5	11	6	12	8	20	10	16	6	-	71
	58%	58%	59%	59%	49%	58%	56%	58%	24%	61%	67%	75%	54%	65%	32%	53%	61%	73%	63%	66%	83%	72%	61%	-	57%
Pharmacy e.g. Boots	45	12	28	16	-	12	5	1	1	3	2	2	6	3	8	7	4	3	6	8	5	5	2	-	36
	29%	30%	29%	23%	-	46%	27%	17%	24%	32%	27%	11%	27%	10%	58%	34%	40%	17%	48%	28%	37%	21%	18%	-	28%
Health food store e.g. Holland & Barrett	35	6	25	18	1	5	4	-	2	3	-	1	2	9	5	5	2	4	5	6	3	3	2	-	28
	22%	15%	25%	27%	100%	18%	25%	-	76%	26%	-	5%	11%	29%	33%	26%	17%	25%	38%	20%	25%	14%	18%	-	23%
Online marketplace e.g. Amazon, eBay	15	5	10	9	-	1	-	-	-	-	*	1	-	-	3	6	-	2	2	3	3	2	2	-	11
	9%	12%	10%	13%	-	4%	-	-	-	-	7%	6%	-	-	20%	29%	-	10%	14%	9%	21%	10%	20%	-	9%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10	1	7	7	-	-	1	-	-	1	*	2	1	3	1	-	-	2	-	1	-	1	-	-	9
	6%	3%	7%	10%	-	-	7%	-	-	12%	7%	14%	6%	10%	8%	-	-	12%	-	4%	-	6%	-	-	7%
Mail order / catalogue	5	-	5	4	-	1	-	-	-	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	5
	3%	-	5%	6%	-	4%	-	-	-	-	-	-	-	6%	-	-	-	-	11%	-	-	-	-	-	4%
Gym	4	4	-	-	-	-	-	-	-	-	-	-	1	-	-	3	-	-	-	1	1	-	-	-	3
	2%	9%bc	-	-	-	-	-	-	-	-	-	-	5%	-	-	12%	-	-	-	4%	9%	-	-	-	2%
Other	3	1	1	-	-	1	1	1	-	-	-	-	1	-	-	-	-	-	-	1	-	-	1	-	1
	2%	2%	1%	-	-	2%	7%	25%	-	-	-	-	6%	-	-	-	-	-	-	4%	-	-	12%	-	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 288
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin C

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	154	4	12	-	-	29	70	13	90	13	30	15	6
Weighted base	157	6**	11**	-.**	-.**	32**	74*	14**	86*	12**	30**	13**	7**
Supermarkets	92 58%	-	4 41%	-	-	25 79%	43 57%	11 83%	47 55%	10 88%	25 85%	9 74%	2 24%
Pharmacy e.g. Boots	45 29%	1 10%	4 42%	-	-	12 36%	22 29%	2 17%	25 29%	4 32%	5 17%	4 31%	3 49%
Health food store e.g. Holland & Barrett	35 22%	1 14%	1 8%	-	-	8 26%	20 28%	2 12%	25 29%	* 4%	1 3%	2 17%	1 11%
Online marketplace e.g. Amazon, eBay	15 9%	3 45%	1 11%	-	-	2 6%	9 12%	1 8%	8 9%	1 9%	3 12%	3 23%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 6%	2 32%	2 17%	-	-	-	4 5%	1 9%	5 6%	-	2 7%	1 7%	-
Mail order / catalogue	5 3%	2 32%	2 17%	-	-	1 4%	-	-	2 3%	-	-	-	1 16%
Gym	4 2%	3 45%	-	-	-	-	4 5%	-	-	-	-	-	-
Other	3 2%	-	1 5%	-	-	-	1 2%	-	2 2%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 289
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin D

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	167	63	104	11	23	27	27	26	53	52	41	35	39	12	5	19	6	12	16	5	14	26	27	21	4	22	64
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*
Pharmacy e.g. Boots	63	17	46	7	12	9	8	8	19	16	16	13	19	2	2	5	2	10	8	1	5	13	9	6	-	13	22
	37%	27%	43%	63%	43%	37%	30%	29%	37%	32%	35%	39%	46%	25%	44%	26%	39%	64%	54%	19%	39%	43%	33%	31%	-	49%	33%
Supermarkets	57	26	31	4	11	6	16	6	14	17	13	14	13	2	1	12	3	4	5	3	3	16	4	3	1	10	24
	34%	42%	29%	33%	38%	23%	60%	24%	28%	34%	29%	43%	31%	26%	25%	60%	42%	27%	32%	54%	26%	51%	15%	17%	17%	36%	36%
Health food store e.g. Holland & Barrett	34	16	18	5	4	9	6	2	9	12	7	9	6	3	1	5	1	2	3	2	4	3	2	5	3	10	11
	20%	25%	17%	43%	14%	34%	22%	7%	17%	25%	16%	26%	14%	36%	19%	22%	23%	13%	18%	33%	33%	11%	9%	26%	60%	36%	16%
Online marketplace e.g. Amazon, eBay	26	6	20	-	8	7	1	8	3	7	7	6	7	1	-	1	-	4	2	2	1	5	6	3	1	6	13
	16%	10%	19%	-	29%	27%	4%	29%	5%	15%	15%	17%	16%	12%	-	4%	-	29%	13%	30%	7%	17%	22%	17%	22%	23%	20%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14	4	10	-	5	1	2	*	5	7	3	1	2	2	-	-	-	4	-	1	1	-	4	2	-	7	3
	8%	6%	9%	-	19%	6%	7%	2%	9%	15%	6%	4%	6%	21%	-	-	-	25%	-	19%	7%	-	16%	9%	-	25%	5%
Gym	2	-	2	-	-	2	-	-	-	-	2	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	2
	1%	-	2%	-	-	7%	-	-	-	-	4%	-	-	-	-	-	29%	-	-	-	-	-	-	-	-	-	3%
Mail order / catalogue	2	2	-	-	-	-	-	-	2	1	1	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-
	1%	2%	-	-	-	-	-	-	3%	1%	2%	-	-	7%	-	-	-	-	-	-	-	-	-	4%	-	-	-
Other	23	8	14	-	1	3	2	6	10	5	6	4	7	-	1	3	1	5	3	-	-	2	6	3	-	-	10
	13%	14%	13%	-	5%	11%	9%	23%	19%	10%	14%	13%	18%	-	31%	12%	16%	30%	17%	-	-	7%	23%	14%	-	-	15%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 290
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin D

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	167	1	1	94	53	13	4	151	16	3	6	5	1	1	126	59	67	41	32	9
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**
Pharmacy e.g. Boots	63 37%	-	-	30 34%	21 36%	8 59%	1 42%	51 34%	12 61%	1 17%	5 71%	5 78%	2 100%	-	48 37%	30 45%	18 28%	15 39%	14 46%	1 15%
Supermarkets	57 34%	-	-	30 33%	20 35%	5 34%	2 58%	49 33%	8 40%	2 47%	2 26%	4 70%	-	-	50 39%q	21 31%	30 47%q	6 17%	5 17%	1 16%
Health food store e.g. Holland & Barrett	34 20%	-	-	17 19%	15 25%	2 14%	-	32 22%	2 9%	1 17%	-	1 17%	-	-	24 18%	14 21%	10 16%	10 26%	8 26%	2 23%
Online marketplace e.g. Amazon, eBay	26 16%	-	-	17 19%	6 10%	4 26%	-	21 14%	6 28%	2 36%	3 38%	1 22%	-	-	22 17%	13 20%	10 15%	4 10%	1 5%	3 30%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 8%	-	-	4 5%	6 10%	4 26%	-	11 7%	3 14%	-	3 38%	-	-	-	8 6%	6 9%	2 3%	6 15%p	5 16%	1 12%
Gym	2 1%	-	-	-	2 3%	-	-	2 1%	-	-	-	-	-	-	2 1%	2 3%	-	-	-	-
Mail order / catalogue	2 1%	-	-	1 1%	1 1%	-	-	1 *	1 4%	-	-	-	-	1 100%	1 1%	-	1 1%	1 2%	-	1 8%
Other	23 13%	* 100%	1 100%	16 17%	5 9%	* 3%	-	21 14%	2 10%	-	1 16%	-	-	1 100%	17 13%	7 11%	9 15%	6 15%	5 16%	1 11%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 291
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin D

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	167	86	50	36	81	7	12	16	36	10	126	41	38	34	15	21	19	10
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**
Pharmacy e.g. Boots	63 37%	35 38%	26 39%	9 33%	28 37%	4 52%	5 50%	6 36%	10 30%	3 37%	41 33%	22 48%	21 49%	19 48%	8 48%	11 46%	12 47%	4 35%
Supermarkets	57 34%	34 36%	23 34%	11 40%	23 31%	2 26%	4 46%	4 23%	11 34%	2 23%	38 31%	19 41%	18 41%	17 44%	4 24%	8 37%	14 54%	8 78%
Health food store e.g. Holland & Barrett	34 20%	21 22%	16 24%	5 18%	13 18%	1 18%	2 20%	4 22%	5 16%	1 14%	21 17%	13 29%	13 29%	13 34%	3 20%	12 51%	6 22%	2 20%
Online marketplace e.g. Amazon, eBay	26 16%	19 21%	16 24% ^d	3 12%	7 9%	-	-	* 2%	5 15%	2 20%	17 14%	9 20%	9 21%	9 23%	3 17%	4 18%	7 28%	1 10%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 8%	10 11%	8 12%	2 8%	4 5%	-	-	1 5%	3 9%	-	8 6%	6 13%	6 13%	4 11%	6 34%	2 7%	3 11%	-
Gym	2 1%	2 2%	2 3%	-	-	-	-	-	-	-	-	2 4%	2 4% ^j	2 5%	2 11%	2 8%	2 7%	-
Mail order / catalogue	2 1%	-	-	-	2 2%	-	-	1 5%	1 2%	-	2 1%	-	-	-	-	-	-	-
Other	23 13%	10 11%	9 13%	1 5%	13 17%	2 22%	1 13%	5 33%	4 12%	* 6%	21 17% ^l	2 4%	* 1%	2 4%	-	-	* 2%	1 12%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 292

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin D

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	167	41	98	81	-	17	28	5	4	19	5	26	26	23	21	17	10	5	18	55	29	39	18	3	109
Weighted base	169	41*	99*	82*	**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
Pharmacy e.g. Boots	63	19	32	29	-	3	12	4	1	8	4	12	6	7	8	3	1	5	12	20	11	14	6	1	42
	37%	45%	32%	35%	-	19%	44%	61%	23%	42%	67%	47%	26%	28%	44%	17%	16%	61%	50%	38%	41%	38%	33%	39%	37%
Supermarkets	57	17	32	27	-	5	8	2	-	5	3	10	7	5	9	2	2	9	17	10	11	7	-	40	
	34%	42%	32%	33%	-	29%	28%	38%	-	30%	59%	39%	32%	23%	27%	52%	26%	32%	36%	32%	37%	29%	36%	-	35%
Health food store e.g. Holland & Barrett	34	10	20	17	-	3	4	2	1	1	1	4	4	4	1	2	1	2	9	7	5	4	2	-	24
	20%	24%	20%	20%	-	19%	14%	24%	37%	6%	11%	18%	18%	18%	6%	12%	16%	21%	38%	14%	21%	11%	8%	-	21%
Online marketplace e.g. Amazon, eBay	26	4	18	14	-	4	4	-	3	2	-	2	1	5	4	1	4	3	5	11	7	8	6	1	14
	16%	10%	18%	17%	-	25%	15%	-	68%	9%	-	7%	7%	21%	20%	5%	47%	38%	20%	21%	28%	21%	32%	32%	13%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14	1	10	6	-	5	3	-	2	1	-	1	4	3	2	-	-	3	1	4	2	3	1	1	9
	8%	2%	10%	7%	-	27%	9%	-	51%	4%	-	3%	17%	11%	9%	-	-	38%	6%	8%	9%	9%	7%	29%	7%
Gym	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	2
	1%	-	2%	2%	-	-	-	-	-	-	-	-	-	-	-	-	-	8%	-	-	-	-	-	-	2%
Mail order / catalogue	2	-	2	2	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	2
	1%	-	2%	2%	-	-	-	-	-	-	-	-	-	4%	-	-	-	-	-	-	-	-	-	-	1%
Other	23	1	17	13	-	4	5	-	5	-	5	4	2	1	5	1	-	2	6	2	5	3	-	16	
	13%	3%	17%	16%	-	22%	16%	-	25%	-	18%	19%	8%	5%	30%	11%	-	6%	12%	7%	14%	15%	-	14%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 293

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin D

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	167	3	9	2	1	29	61	32	86	26	61	22	2
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
Pharmacy e.g. Boots	63 37%	1 41%	4 53%	3 100%	2 100%	6 20%	23 34%	10 35%	34 38%	9 40%	18 31%	8 40%	-
Supermarkets	57 34%	2 59%	1 11%	-	-	11 36%	28 42%	4 16%	28 31%	5 20%	17 29%	6 32%	1 77%
Health food store e.g. Holland & Barrett	34 20%	-	1 14%	-	-	6 17%	17 25%	4 15%	20 22%	5 20%	8 14%	3 18%	1 77%
Online marketplace e.g. Amazon, eBay	26 16%	-	3 36%	2 62%	-	9 29%	7 11%	7 26%	12 13%	5 20%	11 18%	4 22%	* 23%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 8%	-	2 26%	-	-	2 7%	7 10%	2 7%	10 11%	2 9%	8 14%	2 12%	-
Gym	2 1%	-	-	-	-	-	2 3%	-	2 2%	-	-	-	-
Mail order / catalogue	2 1%	-	-	-	-	-	1 1%	-	2 2%	-	-	-	-
Other	23 13%	-	-	-	-	5 17%	4 6%	6 23%	11 12%	2 7%	11 19% ^f	1 6%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 294

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin E

	Gender		Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	39	18	21	4	8	7	7	5	8	16	9	5	9	2	1	1	2	5	2	4	2	6	10	3	1	3	26
Weighted base	36*	19**	17**	3**	9**	6**	6**	4**	9**	14**	8**	5**	9**	2**	1**	1**	2**	5**	1**	4**	1**	7**	8**	3**	2**	2**	26**
Pharmacy e.g. Boots	15 40%	10 52%	5 27%	1 34%	6 73%	4 58%	3 48%	- -	1 10%	5 34%	4 50%	1 15%	5 55%	1 55%	1 100%	1 100%	1 38%	1 20%	1 61%	2 54%	1 74%	3 45%	2 20%	- -	2 100%	1 41%	11 45%
Supermarkets	14 39%	7 35%	7 43%	1 29%	4 41%	2 34%	1 13%	3 71%	4 45%	5 35%	3 36%	3 66%	3 31%	1 55%	- -	- -	- -	1 23%	1 39%	2 46%	- -	4 64%	4 50%	2 53%	- -	- -	10 39%
Health food store e.g. Holland & Barrett	8 22%	2 13%	5 32%	1 29%	2 20%	1 9%	2 26%	1 14%	3 32%	4 26%	4 44%	- -	1 7%	2 100%	1 100%	- -	- -	2 33%	1 39%	- -	- -	1 20%	1 19%	1 26%	- -	- -	4 15%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	2 8%	5 27%	* 12%	2 20%	- -	* 8%	1 14%	3 34%	2 17%	- -	- -	4 42%	- -	- -	- -	2 62%	- -	- -	- -	* 26%	2 36%	* 6%	1 47%	- -	- -	4 16%
Online marketplace e.g. Amazon, eBay	2 5%	1 5%	1 4%	1 26%	1 12%	- -	- -	- -	- -	2 12%	- -	- -	- -	- -	- -	- -	- -	1 20%	- -	- -	- -	- -	1 9%	- -	- -	1 34%	1 4%
Mail order / catalogue	2 5%	1 3%	1 7%	- -	- -	1 8%	- -	- -	1 13%	1 8%	1 6%	- -	- -	- -	- -	- -	1 11%	- -	- -	- -	- -	1 15%	- -	- -	1 25%	- -	
Gym	1 3%	1 5%	- -	- -	1 12%	- -	- -	- -	- -	1 7%	- -	- -	- -	- -	- -	- -	- -	1 20%	- -	- -	- -	- -	- -	- -	- -	1 4%	
Other	2 7%	2 9%	1 4%	- -	1 9%	- -	2 29%	- -	- -	- -	- -	2 34%	1 8%	- -	- -	- -	- -	2 33%	- -	- -	- -	1 10%	- -	- -	- -	2 7%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 295
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin E

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	39	1	1	24	4	8	-	36	3	-	2	1	-	-	36	21	15	3	3	-
Weighted base	36*	1**	2**	22**	3**	8**	-**	33*	3**	-**	2**	1**	-**	-**	34*	21**	13**	3**	3**	-**
Pharmacy e.g. Boots	15 40%	1 100%	2 100%	4 20%	1 34%	6 73%	-	14 41%	1 35%	-	1 45%	-	-	-	15 44%	9 45%	5 41%	-	-	-
Supermarkets	14 39%	1 100%	-	9 43%	1 20%	3 40%	-	12 36%	2 65%	-	1 55%	1 100%	-	-	13 40%	7 36%	6 47%	1 21%	1 21%	-
Health food store e.g. Holland & Barrett	8 22%	1 100%	-	5 22%	1 46%	1 13%	-	6 17%	2 78%	-	2 100%	-	-	-	7 20%	4 21%	2 18%	1 43%	1 43%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	-	-	3 16%	-	3 35%	-	6 18%	-	-	-	-	-	-	5 14%	3 13%	2 15%	2 57%	2 57%	-
Online marketplace e.g. Amazon, eBay	2 5%	-	-	1 3%	-	1 13%	-	1 2%	1 35%	-	1 45%	-	-	-	2 5%	2 8%	-	-	-	-
Mail order / catalogue	2 5%	-	-	1 5%	1 19%	-	-	2 5%	-	-	-	-	-	-	2 5%	1 3%	1 9%	-	-	-
Gym	1 3%	-	-	-	-	1 13%	-	-	1 35%	-	1 45%	-	-	-	1 3%	1 5%	-	-	-	-
Other	2 7%	-	-	2 11%	-	-	-	2 7%	-	-	-	-	-	-	2 7%	2 8%	1 6%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 296
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin E

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	29	19	10	10	1	1	4	1	3	27	12	12	9	4	5	6	-
Weighted base	36*	28**	21**	7**	8**	1**	1**	4**	1**	3**	25**	11**	11**	7**	4**	4**	5**	**
Pharmacy e.g. Boots	15 40%	12 44%	12 57%	* 7%	2 27%	1 100%	-	1 21%	-	1 30%	9 35%	6 53%	6 53%	4 53%	2 45%	3 65%	3 63%	-
Supermarkets	14 39%	10 36%	6 30%	4 53%	4 47%	-	1 100%	2 51%	1 100%	1 30%	8 33%	6 52%	6 52%	4 55%	2 55%	3 79%	2 35%	-
Health food store e.g. Holland & Barrett	8 22%	4 14%	2 8%	2 33%	4 47%	1 100%	1 100%	3 66%	-	-	6 22%	2 23%	2 23%	2 33%	-	-	2 49%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	4 15%	3 16%	1 11%	2 24%	-	-	1 34%	-	1 24%	6 22%	* 4%	* 4%	* 6%	-	-	* 9%	-
Online marketplace e.g. Amazon, eBay	2 5%	2 6%	2 8%	-	-	-	-	-	-	-	1 3%	1 10%	1 10%	1 14%	-	-	1 20%	-
Mail order / catalogue	2 5%	1 2%	-	1 8%	1 14%	-	-	-	-	1 46%	2 7%	-	-	-	-	-	-	-
Gym	1 3%	1 4%	1 5%	-	-	-	-	-	-	-	-	1 10%	1 10%	1 14%	-	-	1 20%	-
Other	2 7%	2 6%	2 8%	-	1 9%	-	-	-	-	1 30%	2 7%	1 7%	1 7%	1 10%	-	1 17%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 297

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin E

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	19	14	-	5	7	3	-	4	3	3	5	7	3	4	1	4	4	8	4	6	3	-	30
Weighted base	36*	12**	16**	13**	-**	4**	7**	4**	-**	4**	2**	3**	5**	6**	4**	3**	1**	3**	4**	7**	3**	5**	4**	-**	28**
Pharmacy e.g. Boots	15 40%	6 52%	7 40%	7 53%	-	-	2 24%	1 25%	-	1 23%	1 28%	* 15%	3 69%	1 15%	4 92%	1 26%	-	2 56%	2 58%	3 43%	1 53%	1 30%	2 62%	-	12 41%
Supermarkets	14 39%	3 27%	7 44%	6 48%	-	1 31%	3 41%	2 60%	-	1 23%	1 36%	1 40%	2 52%	1 20%	-	3 100%	1 100%	-	3 73%	3 41%	2 58%	2 46%	-	-	11 39%
Health food store e.g. Holland & Barrett	8 22%	2 19%	4 21%	3 22%	-	1 18%	2 30%	2 60%	-	-	2 64%	1 40%	1 31%	1 10%	-	1 20%	-	1 22%	2 48%	1 17%	1 24%	1 26%	1 18%	-	7 24%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	2 15%	1 6%	1 5%	-	* 8%	3 47%	1 40%	-	2 54%	-	1 45%	-	1 18%	2 53%	-	-	-	-	2 26%	* 17%	2 40%	1 38%	-	4 15%
Online marketplace e.g. Amazon, eBay	2 5%	1 6%	1 6%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 22%	1 27%	-	-	-	-	-	1 4%
Mail order / catalogue	2 5%	-	2 10%	-	-	2 43%	-	-	-	-	-	-	-	1 9%	-	-	-	-	-	-	-	-	-	-	2 6%
Gym	1 3%	-	1 6%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 27%	-	-	-	-	-	1 4%
Other	2 7%	2 20%	-	-	-	-	-	-	-	-	-	-	1 16%	2 28%	-	-	-	-	-	1 11%	1 28%	1 16%	-	-	2 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 298
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Vitamin E

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	1	3	-	1	9	19	6	20	5	8	6	4
Weighted base	36*	1**	3**	-.**	1**	8**	18**	5**	20**	4**	7**	4**	3**
Pharmacy e.g. Boots	15 40%	-	-	-	-	5 58%	5 29%	1 29%	7 35%	2 44%	2 33%	1 37%	1 30%
Supermarkets	14 39%	-	-	-	1 100%	3 35%	8 45%	2 44%	10 53%	2 40%	3 50%	2 56%	1 26%
Health food store e.g. Holland & Barrett	8 22%	-	1 48%	-	-	-	4 24%	2 38%	4 22%	1 22%	1 18%	1 32%	1 30%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	-	1 52%	-	-	1 7%	2 11%	1 30%	3 17%	-	2 28%	* 12%	* 10%
Online marketplace e.g. Amazon, eBay	2 5%	-	-	-	-	1 9%	-	-	1 4%	-	-	-	1 30%
Mail order / catalogue	2 5%	1 100%	-	-	-	-	1 3%	-	-	1 14%	-	1 14%	1 34%
Gym	1 3%	-	-	-	-	-	-	-	-	-	-	-	1 30%
Other	2 7%	-	-	-	-	1 10%	2 10%	1 16%	2 9%	1 19%	1 11%	1 20%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 299

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Calcium**

	Gender		Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	76	20	56	2	11	14	11	15	23	25	21	16	14	10	1	14	8	3	5	4	3	7	7	13	1	8	32
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
Supermarkets	31 42%	12 59%	18 35%	1 54%	5 42%	8 62%	5 47%	4 27%	7 33%	9 40%	6 27%	8 53%	8 54%	4 49%	-	7 54%	3 48%	1 22%	3 55%	1 34%	2 68%	1 18%	3 35%	5 36%	-	3 43%	12 36%
Health food store e.g. Holland & Barrett	24 33%	8 37%	17 32%	1 46%	4 36%	7 49%	5 50%	2 16%	5 22%	6 29%	7 30%	5 29%	7 48%	1 14%	-	2 18%	6 76%	1 25%	1 11%	2 47%	-	3 42%	3 43%	5 37%	1 100%	4 52%	15 45%
Pharmacy e.g. Boots	23 31%	10 50%	13 24%	1 46%	8 67%	7 50%	2 15%	2 12%	4 19%	7 33%	7 30%	5 35%	4 28%	1 17%	-	6 44%	4 50%	1 53%	3 45%	-	1 32%	3 43%	1 11%	3 26%	-	4 62%	13 39%
Online marketplace e.g. Amazon, eBay	10 13%	2 12%	7 14%	-	-	3 24%	2 14%	5 39%	-	2 9%	4 18%	1 6%	3 22%	1 7%	-	3 25%	-	-	-	-	1 46%	1 12%	1 16%	3 20%	-	1 18%	7 22%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	3 4%	-	3 6%	-	1 6%	1 8%	-	* 3%	1 4%	1 3%	1 6%	1 7%	-	-	-	-	-	1 11%	-	-	1 15%	-	1 11%	-	-	-	2 7%
Mail order / catalogue	2 2%	1 4%	1 1%	-	1 6%	-	-	-	1 4%	1 3%	-	1 6%	-	-	-	-	-	-	2 25%	-	-	-	-	-	-	-	1 2%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	12 16%	1 4%	11 21%	-	-	-	1 7%	4 33%	7 32%	4 18%	5 22%	1 5%	3 18%	3 37%	* 100%	3 20%	1 11%	-	-	1 19%	-	1 12%	1 17%	2 17%	-	-	3 10%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 300
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Calcium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	76	1	-	37	28	10	-	69	7	2	5	-	-	-	60	31	29	16	15	1
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
Supermarkets	31 42%	1 100%	-	16 42%	11 42%	3 33%	-	27 41%	4 49%	1 47%	3 50%	-	-	-	22 37%	10 32%	12 44%	9 59%	9 64%	-
Health food store e.g. Holland & Barrett	24 33%	-	-	13 35%	8 30%	4 38%	-	19 29%	5 64%	1 53%	4 68%	-	-	-	21 36%	13 39%	8 31%	3 23%	2 16%	1 100%
Pharmacy e.g. Boots	23 31%	-	-	8 20%	9 35%	7 69%	-	20 30%	3 39%	-	3 51%	-	-	-	20 33%	16 51%	3 12%	4 24%	2 17%	1 100%
Online marketplace e.g. Amazon, eBay	10 13%	-	-	8 21%	2 8%	-	-	10 15%	-	-	-	-	-	-	8 13%	5 15%	3 12%	2 14%	2 15%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	3 4%	-	-	* 1%	3 11%	-	-	1 2%	2 21%	-	2 28%	-	-	-	2 4%	1 3%	1 4%	1 7%	1 7%	-
Mail order / catalogue	2 2%	1 100%	-	-	1 3%	-	-	1 1%	1 8%	-	1 10%	-	-	-	1 1%	-	1 2%	1 6%	1 7%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	12 16%	-	-	7 19%	4 18%	* 5%	-	12 19%	-	-	-	-	-	-	11 18%	5 17%	5 20%	1 10%	1 11%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 301

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Calcium**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	76	40	27	13	36	-	3	5	21	7	53	23	22	19	7	14	8	2
Weighted base	74*	39*	30**	9**	35*	**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
Supermarkets	31 42%	15 37%	11 37%	3 38%	16 47%	-	2 76%	3 43%	6 32%	6 80%	16 31%	15 65%	15 67%	13 72%	3 45%	12 78%	3 58%	2 74%
Health food store e.g. Holland & Barrett	24 33%	18 46% ^d	15 50%	3 34%	6 18%	-	1 26%	3 41%	2 13%	1 9%	14 27%	11 46%	10 45%	8 43%	4 54%	6 40%	2 32%	1 26%
Pharmacy e.g. Boots	23 31%	17 43% ^d	15 50%	2 20%	6 18%	-	1 50%	-	4 22%	1 10%	13 25%	10 46%	10 47%	6 35%	4 58%	5 34%	2 43%	-
Online marketplace e.g. Amazon, eBay	10 13%	9 22% ^d	6 19%	3 30%	1 4%	-	-	-	1 7%	-	6 12%	4 17%	4 17%	4 21%	-	3 22%	1 26%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	3 4%	2 5%	2 6%	* 4%	1 3%	-	-	-	1 5%	-	1 3%	2 8%	2 8%	1 6%	1 9%	1 8%	-	-
Mail order / catalogue	2 2%	1 2%	1 2%	-	1 3%	-	-	-	1 5%	-	1 2%	1 3%	1 3%	-	1 9%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	12 16%	3 9%	3 8%	1 9%	9 26%	-	-	2 37%	7 34%	-	12 24%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 302

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Calcium**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	76	10	49	41	2	6	17	7	-	10	1	9	13	14	12	7	5	4	3	21	9	16	7	3	54
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*
Supermarkets	31	4	22	18	2	2	5	4	-	1	-	4	6	5	3	5	2	3	-	10	4	7	3	1	20
	42%	43%	45%	42%	100%	42%	31%	64%	-	9%	-	47%	53%	36%	29%	57%	46%	81%	-	59%	58%	56%	50%	47%	37%
Health food store e.g. Holland & Barrett	24	2	17	15	1	2	5	2	-	3	-	3	5	3	4	4	1	3	1	2	2	1	-	1	21
	33%	28%	34%	35%	33%	28%	31%	31%	-	32%	-	35%	43%	26%	36%	46%	13%	77%	18%	13%	21%	5%	-	25%	38%
Pharmacy e.g. Boots	23	5	18	14	1	3	1	-	-	1	-	3	3	5	4	2	-	3	3	4	3	2	1	-	19
	31%	55%	36%	33%	67%	45%	5%	-	-	9%	-	34%	23%	38%	33%	28%	-	77%	82%	20%	38%	13%	23%	-	34%
Online marketplace e.g. Amazon, eBay	10	1	7	7	-	1	2	-	-	2	1	-	1	1	1	5	1	-	-	2	1	2	1	-	7
	13%	10%	14%	16%	-	11%	11%	-	-	19%	100%	-	5%	11%	6%	56%	26%	-	-	14%	16%	19%	16%	-	13%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	3	-	2	2	-	-	1	-	-	1	-	1	1	-	1	-	-	-	-	*	-	*	-	-	3
	4%	-	4%	5%	-	-	6%	-	-	10%	-	11%	5%	-	10%	-	-	-	-	2%	-	3%	-	-	5%
Mail order / catalogue	2	-	2	2	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	1	-	1	-	-	1
	2%	-	3%	4%	-	-	-	-	-	-	-	-	13%	-	-	-	-	-	-	5%	-	7%	-	-	1%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	12	1	7	7	-	1	4	2	-	3	-	2	2	1	1	2	1	-	-	3	1	3	1	1	9
	16%	10%	14%	15%	-	13%	26%	25%	-	27%	-	18%	14%	6%	11%	25%	16%	-	-	18%	9%	23%	27%	28%	16%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 303
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Calcium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	76	1	4	2	-	15	36	11	46	8	23	9	2
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**
Supermarkets	31 42%	1 100%	4 81%	-	-	8 50%	18 49%	4 40%	19 41%	2 33%	6 34%	4 61%	-
Health food store e.g. Holland & Barrett	24 33%	1 100%	1 23%	1 53%	-	6 35%	17 47%	1 15%	17 37%	2 32%	1 8%	2 34%	-
Pharmacy e.g. Boots	23 31%	-	1 23%	1 47%	-	7 40%	9 25%	4 44%	13 27%	5 63%	6 35%	4 51%	2 69%
Online marketplace e.g. Amazon, eBay	10 13%	-	-	-	-	1 8%	7 18%	-	8 17%	* 5%	1 7%	-	1 31%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	3 4%	1 100%	-	-	-	1 4%	2 6%	-	1 2%	1 14%	* 2%	-	-
Mail order / catalogue	2 2%	1 100%	-	-	-	1 4%	-	1 9%	1 2%	1 9%	1 5%	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	12 16%	-	1 19%	-	-	2 13%	3 9%	2 22%	9 18%	1 10%	6 33%	1 10%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 304

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Iron

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	93	24	69	13	14	26	21	10	9	28	26	24	15	8	3	10	9	7	8	5	10	14	5	12	2	18	40
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*
Supermarkets	45	15	30	7	11	11	9	5	2	11	11	13	10	3	3	4	5	4	3	3	-	7	3	6	3	5	24
	51%	68%	45%	72%	74%	46%	42%	49%	26%	49%	44%	48%	67%	44%	100%	49%	54%	55%	48%	83%	-	47%	81%	56%	62%	29%	60%
Pharmacy e.g. Boots	35	5	29	4	5	11	8	2	5	9	11	7	8	3	-	3	3	1	3	2	4	10	1	5	-	9	13
	39%	25%	44%	41%	34%	45%	39%	17%	54%	44%	43%	25%	49%	40%	-	30%	37%	8%	43%	41%	51%	68%	31%	43%	-	56%	33%
Health food store e.g. Holland & Barrett	23	4	19	4	6	6	5	1	1	8	6	6	4	2	1	3	1	3	2	-	1	6	1	2	2	6	7
	26%	17%	29%	40%	43%	24%	25%	8%	9%	37%	23%	21%	23%	33%	26%	36%	7%	46%	23%	-	12%	41%	20%	13%	38%	35%	17%
Online marketplace e.g. Amazon, eBay	7	1	5	-	2	2	2	1	1	3	3	1	-	-	-	2	1	1	*	-	-	2	1	1	-	1	1
	7%	7%	8%	-	12%	6%	8%	6%	10%	13%	12%	2%	-	-	-	21%	7%	9%	5%	-	-	10%	19%	8%	-	8%	4%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5	-	5	-	1	1	2	-	1	2	2	1	-	1	-	-	-	-	-	-	-	4	-	-	-	3	-
	6%	-	8%	-	6%	2%	11%	-	12%	11%	8%	2%	-	15%	-	-	-	-	-	-	-	25%	-	-	-	20%	-
Mail order / catalogue	4	1	3	1	-	*	1	-	1	1	2	1	-	1	-	-	-	1	*	-	-	1	-	-	-	2	1
	4%	4%	4%	12%	-	2%	6%	-	9%	6%	6%	3%	-	16%	-	-	-	13%	5%	-	-	9%	-	-	-	10%	3%
Gym	*	-	*	-	-	*	-	-	-	*	-	-	-	-	-	-	-	-	*	-	-	-	-	-	-	*	-
	*	-	1%	-	-	2%	-	-	-	-	1%	-	-	-	-	-	-	-	5%	-	-	-	-	-	-	2%	-
Other	12	1	11	-	-	2	3	4	2	2	2	5	3	1	-	2	1	1	-	-	3	-	-	3	-	1	6
	14%	6%	16%	-	-	9%	16%	44%	25%	9%	10%	20%	16%	19%	-	25%	15%	15%	-	-	37%	-	-	28%	-	6%	16%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 305
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Iron

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	93	1	-	48	29	12	3	83	10	4	4	2	-	-	70	45	25	23	20	3
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
Supermarkets	45 51%	2 100%	-	24 52%	13 46%	4 42%	2 100%	38 49%	6 65%	3 68%	2 58%	2 71%	-	-	32 51%	21 51%	11 51%	12 51%	9 45%	3 77%
Pharmacy e.g. Boots	35 39%	-	-	16 34%	16 57%	2 21%	1 31%	29 37%	6 56%	2 45%	1 42%	2 100%	-	-	26 40%	20 48%	5 25%	9 37%	9 45%	-
Health food store e.g. Holland & Barrett	23 26%	-	-	12 26%	9 30%	2 19%	-	19 24%	4 38%	3 60%	1 36%	-	-	-	20 32%	16 38%	4 20%	2 10%	2 12%	-
Online marketplace e.g. Amazon, eBay	7 7%	-	-	3 7%	2 6%	2 17%	-	6 8%	* 4%	-	* 10%	-	-	-	6 9%	3 7%	3 14%	1 3%	1 4%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 6%	-	-	3 7%	1 4%	1 9%	-	5 6%	-	-	-	-	-	-	5 8%	4 9%	1 6%	-	-	-
Mail order / catalogue	4 4%	-	-	3 7%	* 1%	-	-	3 4%	* 4%	-	* 10%	-	-	-	3 4%	* 1%	2 11%	1 4%	1 4%	-
Gym	* *	-	-	-	* 1%	-	-	-	* 4%	-	* 10%	-	-	-	* 1%	* -	-	-	-	-
Other	12 14%	-	-	8 17%	1 5%	3 30%	-	11 15%	1 8%	1 18%	-	-	-	-	8 13%	2 5%	6 27%	4 16%	3 15%	1 23%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 306

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Iron**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	93	58	33	25	35	5	12	1	6	11	56	37	33	31	14	17	16	7
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
Supermarkets	45 51%	29 51%	18 47%	11 60%	15 49%	5 79%	8 85%	-	1 14%	2 25%	31 56%	14 42%	13 45%	11 39%	3 31%	4 28%	9 57%	4 55%
Pharmacy e.g. Boots	35 39%	22 39%	15 41%	7 37%	12 39%	2 42%	4 39%	-	2 34%	4 44%	23 41%	12 36%	11 38%	10 33%	7 61%	6 41%	6 36%	3 46%
Health food store e.g. Holland & Barrett	23 26%	13 22%	7 18%	6 31%	10 32%	2 42%	3 28%	1 100%	-	4 46%	10 19%	13 38%	11 40%	12 39%	3 25%	7 42%	6 36%	1 14%
Online marketplace e.g. Amazon, eBay	7 7%	3 5%	2 6%	* 2%	4 12%	-	-	-	1 14%	3 32%	3 6%	3 10%	3 11%	2 7%	1 11%	1 6%	1 8%	1 11%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 6%	3 6%	2 6%	1 6%	2 5%	-	-	-	1 17%	1 6%	2 4%	2 9%	2 7%	1 8%	-	-	1 8%	1 14%
Mail order / catalogue	4 4%	3 5%	2 6%	* 2%	1 3%	-	-	1 100%	-	-	1 2%	3 8%	3 10%	3 9%	1 10%	1 7%	2 11%	-
Gym	* *	* 1%	-	* 2%	-	-	-	-	-	-	-	* 1%	* 1%	* 1%	-	-	* 2%	-
Other	12 14%	7 13%	5 13%	2 13%	5 15%	1 13%	1 9%	-	3 49%	-	7 14%	5 14%	2 8%	5 16%	-	1 6%	1 9%	2 31%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 307

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Iron**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	93	27	56	36	2	18	9	2	1	6	5	16	8	15	9	11	4	3	12	25	12	19	6	3	66
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
Supermarkets	45 51%	17 63%	21 42%	16 44%	-	6 40%	5 58%	2 100%	-	3 51%	5 83%	7 45%	2 26%	6 41%	7 66%	5 45%	2 68%	2 57%	5 40%	14 58%	7 62%	10 53%	4 55%	2 74%	30 48%
Pharmacy e.g. Boots	35 39%	12 44%	17 33%	13 38%	* 33%	3 20%	6 62%	2 100%	1 100%	2 37%	3 59%	3 24%	2 26%	3 24%	4 45%	3 30%	1 37%	3 100%	6 52%	5 22%	3 32%	2 13%	2 24%	-	28 45%
Health food store e.g. Holland & Barrett	23 26%	9 31%	13 26%	7 20%	1 100%	5 32%	1 12%	-	1 100%	-	2 33%	1 6%	2 28%	5 36%	4 37%	1 11%	2 69%	2 57%	1 11%	5 21%	3 30%	2 10%	-	-	16 26%
Online marketplace e.g. Amazon, eBay	7 7%	-	6 11%	4 12%	1 67%	1 4%	1 11%	1 38%	-	-	-	1 7%	1 18%	1 11%	-	1 12%	-	-	1 7%	2 8%	1 5%	1 8%	-	-	4 7%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 6%	1 5%	2 3%	-	1 67%	1 4%	2 25%	-	1 100%	1 21%	-	1 8%	-	1 4%	2 24%	-	-	-	-	2 8%	1 5%	1 7%	-	-	3 5%
Mail order / catalogue	4 4%	2 9%	1 2%	1 4%	-	-	-	-	-	-	-	-	1 19%	-	1 13%	-	1 32%	-	-	2 10%	1 11%	1 7%	-	-	1 2%
Gym	* 1*	-	* 1%	* 1%	-	-	-	-	-	-	-	-	* 6%	-	-	-	-	-	-	-	-	-	-	-	* 1%
Other	12 14%	2 8%	8 17%	5 13%	-	4 27%	2 17%	-	-	2 28%	1 17%	5 31%	1 22%	3 20%	-	1 14%	-	-	1 9%	7 28%	3 28%	7 35%	3 45%	1 26%	5 9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 308

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Iron**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	93	2	17	2	2	23	43	15	46	20	29	18	2
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
Supermarkets	45 51%	2 78%	8 56%	2 53%	1 43%	15 73%	21 50%	3 27%	24 54%	7 33%	15 51%	9 57%	1 49%
Pharmacy e.g. Boots	35 39%	2 100%	5 34%	1 47%	1 100%	7 37%	20 47%	2 14%	22 50%	6 31%	8 26%	4 27%	- -
Health food store e.g. Holland & Barrett	23 26%	2 78%	4 28%	- -	1 43%	7 37%	8 19%	4 33%	8 17%	6 32%	3 10%	6 34%	1 51%
Online marketplace e.g. Amazon, eBay	7 7%	- -	* 2%	- -	1 43%	2 9%	3 8%	1 7%	1 3%	1 4%	2 8%	1 3%	- -
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 6%	- -	1 7%	- -	1 43%	1 3%	2 5%	- -	2 5%	1 7%	- -	2 12%	- -
Mail order / catalogue	4 4%	- -	* 2%	- -	- -	* 2%	1 3%	2 11%	* 1%	2 12%	1 4%	2 15%	1 51%
Gym	* *	- -	* 2%	- -	- -	* 2%	- -	* 3%	* 1%	- -	- -	- -	- -
Other	12 14%	- -	3 21%	- -	- -	2 10%	4 10%	5 36%	4 8%	5 24%	8 27%	4 22%	- -

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 309
Q9. Where do you tend to buy ... from?
 Base: All respondents answering for ...
 Fish oils

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	198	111	87	15	19	20	33	43	68	54	58	48	38	10	10	27	19	12	15	12	24	26	24	17	2	22	71
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
Supermarkets	100	57	43	5	14	12	24	17	29	26	29	25	20	4	4	17	9	7	5	11	9	13	15	7	1	15	43
	50%	51%	50%	41%	59%	65%	63%	42%	43%	54%	48%	49%	51%	46%	38%	70%	50%	48%	39%	76%	39%	43%	60%	36%	49%	60%	55%
Pharmacy e.g. Boots	52	21	31	3	7	5	8	14	15	8	23	11	10	2	1	2	5	5	5	-	5	12	7	8	-	10	16
	26%	19%	35%a	23%	29%	30%	22%	34%	22%	16%	38%j	23%	24%	25%	11%	10%	27%	38%	36%	-	22%	41%	28%	41%	-	41%	21%
Health food store e.g. Holland & Barrett	43	22	21	3	2	4	13	10	10	9	11	16	7	3	1	5	3	4	3	1	4	9	5	4	1	8	15
	21%	19%	24%	19%	9%	22%	36%	26%	15%	18%	18%	31%	19%	29%	8%	21%	18%	26%	23%	5%	16%	31%	21%	24%	51%	32%	19%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	29	16	13	1	1	3	3	6	14	8	7	6	8	-	3	1	1	3	1	1	7	5	6	1	-	2	11
	15%	14%	15%	10%	4%	17%	9%	16%	21%	17%	11%	12%	19%	-	28%	4%	7%	22%	6%	10%	30%	18%	25%	4%	-	8%	15%
Online marketplace e.g. Amazon, eBay	17	15	2	1	3	1	7	3	3	4	4	3	6	-	2	4	1	-	-	1	1	2	4	3	-	2	10
	9%	14%b	2%	8%	11%	3%	19%	7%	4%	8%	7%	6%	14%	-	17%	17%	3%	-	-	5%	6%	7%	17%	14%	-	8%	13%
Mail order / catalogue	9	8	2	-	2	-	2	1	5	2	1	3	3	2	-	-	-	-	-	1	1	-	5	1	-	-	6
	5%	7%	2%	-	10%	-	5%	2%	7%	5%	2%	6%	7%	19%	-	-	-	-	-	5%	5%	-	19%	6%	-	-	7%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	6	2	4	1	-	-	1	3	1	2	1	1	1	-	1	-	1	-	1	1	1	-	1	-	-	-	2
	3%	1%	5%	4%	-	-	2%	7%	2%	4%	2%	3%	2%	-	6%	-	8%	-	7%	9%	3%	-	3%	-	-	-	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 310
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Fish oils

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	198	1	2	130	41	15	5	185	11	1	7	2	1	-	160	82	78	38	35	3
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
Supermarkets	100	2	1	65	23	5	1	93	3	-	3	-	-	-	87	39	48	14	13	1
	50%	100%	42%	50%	55%	35%	36%	50%	34%	-	58%	-	-	-	53%	47%	59%qr	37%	38%	27%
Pharmacy e.g. Boots	52	-	1	30	14	3	1	45	5	-	3	2	-	-	44	30	14	8	8	-
	26%	-	58%	22%	34%	19%	31%	24%	47%	-	46%	100%	-	-	27%	37%p	17%	21%	23%	-
Health food store e.g. Holland & Barrett	43	-	-	28	9	3	1	40	3	-	2	-	1	-	38	24	14	5	3	1
	21%	-	-	21%	22%	24%	33%	21%	27%	-	34%	-	100%	-	23%	29%r	18%	13%	10%	47%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	29	-	-	21	5	3	-	27	2	1	1	-	-	-	21	10	11	8	8	-
	15%	-	-	16%	12%	24%	-	15%	21%	100%	14%	-	-	-	13%	13%	13%	23%	24%	-
Online marketplace e.g. Amazon, eBay	17	-	-	12	3	2	-	17	-	-	-	-	-	-	13	6	7	5	4	1
	9%	-	-	9%	8%	17%	-	9%	-	-	-	-	-	-	8%	7%	8%	13%	12%	26%
Mail order / catalogue	9	-	-	2	8	-	-	9	-	-	-	-	-	-	9	2	7	1	1	-
	5%	-	-	1%	18% ^c	-	-	5%	-	-	-	-	-	-	5%	2%	9%	2%	2%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	6	-	-	4	1	-	-	6	-	-	-	-	-	-	6	1	4	-	-	-
	3%	-	-	3%	1%	-	-	3%	-	-	-	-	-	-	3%	2%	5%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 311
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Fish oils

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	198	93	67	26	105	5	10	16	59	15	154	44	37	37	9	19	18	11
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
Supermarkets	100	57	45	12	43	4	1	6	26	6	74	27	21	24	4	12	10	9
	50%	56%	58%	51%	44%	83%	15%	33%	48%	47%	48%	59%	56%	62%	45%	63%	56%	83%
Pharmacy e.g. Boots	52	26	22	4	26	1	2	5	16	3	39	13	11	11	1	8	4	3
	26%	26%	29%	15%	26%	17%	22%	29%	28%	20%	25%	28%	29%	30%	16%	42%	19%	22%
Health food store e.g. Holland & Barrett	43	23	20	3	20	-	2	3	9	6	26	16	13	16	1	6	8	4
	21%	22%	25%	13%	20%	-	27%	17%	16%	48%	17%	36% _j	34% _j	41% _j	13%	34%	41%	31%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	29	13	8	5	16	-	1	4	11	-	28	1	1	1	-	1	-	-
	15%	13%	10%	22%	16%	-	9%	26%	19%	-	18% _k _l _m	3%	4%	4%	-	7%	-	-
Online marketplace e.g. Amazon, eBay	17	12	11	1	5	-	2	-	3	-	17	1	1	-	1	-	-	-
	9%	12%	14%	4%	5%	-	26%	-	5%	-	11%	1%	2%	-	7%	-	-	-
Mail order / catalogue	9	6	6	-	4	-	-	1	2	1	7	2	2	-	2	-	-	-
	5%	5%	7%	-	4%	-	-	6%	4%	6%	5%	5%	6%	-	25%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	6	2	1	2	3	1	-	-	1	1	4	2	2	1	1	1	1	-
	3%	2%	1%	8%	3%	17%	-	-	3%	8%	2%	5%	6%	2%	14%	5%	5%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 312
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Fish oils

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	198	40	132	103	1	28	25	6	1	18	4	21	39	30	32	20	11	10	15	45	11	31	12	1	151
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
Supermarkets	100	19	71	48	-	22	9	4	-	5	1	10	12	16	17	13	3	6	11	23	4	16	5	1	75
	50%	47%	52%	46%	-	74%	41%	73%	-	33%	18%	58%	36%	52%	52%	62%	29%	55%	60%	57%	42%	55%	50%	100%	48%
Pharmacy e.g. Boots	52	11	33	27	-	6	6	3	-	3	-	4	9	5	11	5	2	3	7	5	2	3	2	-	47
	26%	27%	24%	26%	-	20%	28%	54%	-	21%	-	24%	26%	15%	34%	26%	13%	26%	37%	13%	21%	12%	22%	-	30% ^s
Health food store e.g. Holland & Barrett	43	5	34	32	-	2	3	1	1	1	2	1	7	6	5	4	4	2	4	10	3	8	2	-	32
	21%	13%	25%	30% ^a	-	7%	15%	12%	100%	9%	41%	7%	21%	21%	17%	21%	38%	16%	20%	26%	37%	26%	17%	-	21%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	29	7	19	14	-	4	4	-	-	4	1	1	7	7	2	1	1	1	5	4	-	4	2	-	24
	15%	17%	14%	14%	-	15%	19%	-	-	27%	20%	6%	22%	23%	5%	5%	12%	12%	29%	10%	-	14%	17%	-	16%
Online marketplace e.g. Amazon, eBay	17	6	11	7	1	2	1	-	-	1	2	1	2	-	3	2	-	-	6	2	1	1	-	-	15
	9%	15%	8%	7%	100%	8%	3%	-	-	5%	39%	8%	6%	-	10%	10%	-	-	30%	4%	11%	3%	-	-	10%
Mail order / catalogue	9	3	7	7	-	-	-	-	-	-	-	1	1	-	1	1	2	-	2	3	-	3	-	-	7
	5%	7%	5%	6%	-	-	-	-	-	-	-	6%	2%	-	3%	5%	14%	-	9%	7%	-	9%	-	-	4%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	6	-	4	4	-	1	1	-	-	1	-	1	1	-	1	1	1	-	1	1	1	1	1	-	5
	3%	-	3%	4%	-	2%	6%	-	-	9%	-	6%	2%	-	4%	6%	11%	-	2%	10%	3%	9%	-	-	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 313
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	198	1	4	1	1	27	101	26	130	12	46	11	5
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
Supermarkets	100 50%	-	1 31%	-	1 100%	13 50%	43 43%	11 47%	67 50%	8 69%	19 44%	4 39%	3 62%
Pharmacy e.g. Boots	52 26%	-	3 63%	1 100%	1 100%	8 32%	21 21%	7 30%	39 29%	2 16%	11 24%	1 6%	1 20%
Health food store e.g. Holland & Barrett	43 21%	-	1 22%	-	1 100%	5 17%	17 17%	5 21%	30 22%	3 25%	9 20%	3 35%	1 19%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	29 15%	1 100%	-	-	-	2 9%	17 17%	4 16%	21 16%	-	7 17%	1 8%	1 17%
Online marketplace e.g. Amazon, eBay	17 9%	-	-	-	-	-	14 14%	1 3%	11 8%	-	3 7%	1 10%	-
Mail order / catalogue	9 5%	-	-	-	-	3 10%	8 8%	-	8 6%	-	4 9%	1 11%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	6 3%	-	1 15%	-	-	2 6%	4 4%	2 7%	3 2%	1 8%	1 3%	1 10%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 314
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Amino acids

	Gender		Age					Social Grade				Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	16	12	4	4	7	-	4	1	6	4	4	2	1	2	2	-	3	2	2	1	3	-	2	11
Weighted base	16*	13**	4**	3**	8**	-.**	4**	1**	7**	3**	5**	2**	1**	2**	2**	-.**	4**	3**	2**	2**	2**	-.**	2**	12**
Supermarkets	8 46%	4 34%	3 85%	1 23%	5 62%	-	1 21%	1 100%	4 65%	-	2 49%	1 47%	-	1 58%	1 45%	-	2 59%	-	1 55%	2 100%	1 42%	-	2 72%	5 43%
Gym	6 34%	4 30%	2 45%	-	6 67%	-	-	-	3 41%	-	3 57%	-	-	1 58%	-	-	3 78%	-	-	2 100%	-	-	2 72%	4 32%
Health food store e.g. Holland & Barrett	5 33%	3 23%	3 66%	1 28%	2 29%	-	1 33%	1 100%	3 49%	* 16%	-	2 100%	-	1 42%	1 45%	-	1 22%	-	1 45%	2 100%	* 27%	-	2 100%	3 26%
Online marketplace e.g. Amazon, eBay	5 33%	4 29%	2 45%	-	4 52%	-	1 26%	-	3 51%	1 32%	1 21%	-	1 100%	2 100%	-	-	-	1 39%	-	2 100%	-	-	2 100%	3 25%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 32%	4 28%	2 45%	1 31%	2 21%	-	2 41%	1 100%	3 52%	1 34%	-	1 47%	-	-	1 55%	-	1 22%	2 61%	-	2 100%	-	-	2 72%	2 21%
Pharmacy e.g. Boots	4 24%	1 11%	3 66%	1 28%	2 21%	-	1 33%	-	3 39%	* 16%	-	1 53%	-	-	1 45%	-	-	-	1 45%	2 100%	* 27%	-	2 72%	2 19%
Mail order / catalogue	1 8%	1 11%	-	-	1 16%	-	-	-	-	-	1 26%	-	-	-	-	-	1 36%	-	-	-	-	-	-	1 11%
Other	1 3%	-	1 15%	1 17%	-	-	-	-	-	1 19%	-	-	-	-	-	-	-	-	-	-	1 32%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 315

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Amino acids**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	16	-	-	6	3	4	2	15	1	1	-	-	-	-	16	6	10	-	-	-
Weighted base	16*	-**	-**	6**	3**	4**	1**	16**	1**	1**	-**	-**	-**	-**	16**	6**	11**	-**	-**	-**
Supermarkets	8	-	-	3	-	4	1	7	1	1	-	-	-	-	8	3	4	-	-	-
	46%	-	-	43%	-	89%	57%	43%	100%	100%	-	-	-	-	46%	58%	39%	-	-	-
Gym	6	-	-	-	2	4	-	5	1	1	-	-	-	-	6	3	3	-	-	-
	34%	-	-	-	47%	89%	-	30%	100%	100%	-	-	-	-	34%	45%	27%	-	-	-
Health food store e.g. Holland & Barrett	5	-	-	2	1	2	-	5	-	-	-	-	-	-	5	2	3	-	-	-
	33%	-	-	26%	21%	49%	-	35%	-	-	-	-	-	-	33%	38%	31%	-	-	-
Online marketplace e.g. Amazon, eBay	5	-	-	2	1	3	-	4	1	1	-	-	-	-	5	4	2	-	-	-
	33%	-	-	31%	21%	60%	-	29%	100%	100%	-	-	-	-	33%	62%	16%	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5	-	-	2	1	2	-	5	-	-	-	-	-	-	5	3	2	-	-	-
	32%	-	-	38%	32%	39%	-	34%	-	-	-	-	-	-	32%	47%	24%	-	-	-
Pharmacy e.g. Boots	4	-	-	1	-	2	-	4	-	-	-	-	-	-	4	2	2	-	-	-
	24%	-	-	13%	-	49%	-	26%	-	-	-	-	-	-	24%	38%	17%	-	-	-
Mail order / catalogue	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	8%	-	-	-	-	30%	-	9%	-	-	-	-	-	-	8%	-	13%	-	-	-
Other	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	3%	-	-	-	-	43%	-	4%	-	-	-	-	-	-	3%	-	5%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 316
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Amino acids

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	13	10	3	3	-	3	-	-	-	13	3	3	3	1	3	2	-
Weighted base	16*	14**	12**	2**	2**	**	2**	**	**	**	12**	4**	4**	4**	2**	4**	3**	**
Supermarkets	8 46%	7 48%	5 43%	2 77%	1 32%	-	1 32%	-	-	-	4 28%	4 100%	4 100%	4 100%	2 100%	4 100%	3 100%	-
Gym	6 34%	6 39%	6 46%	-	-	-	-	-	-	-	2 12%	4 100%	4 100%	4 100%	2 100%	4 100%	3 100%	-
Health food store e.g. Holland & Barrett	5 33%	5 39%	3 28%	2 100%	-	-	-	-	-	-	4 30%	2 43%	2 43%	2 43%	2 100%	2 43%	2 57%	-
Online marketplace e.g. Amazon, eBay	5 33%	5 38%	5 45%	-	-	-	-	-	-	-	3 22%	3 67%	3 67%	3 67%	2 100%	3 67%	2 57%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 32%	4 30%	3 28%	1 39%	1 44%	-	1 44%	-	-	-	4 28%	2 43%	2 43%	2 43%	2 100%	2 43%	2 57%	-
Pharmacy e.g. Boots	4 24%	4 28%	3 22%	1 61%	-	-	-	-	-	-	2 18%	2 43%	2 43%	2 43%	2 100%	2 43%	2 57%	-
Mail order / catalogue	1 8%	1 9%	1 11%	-	-	-	-	-	-	-	-	1 33%	1 33%	1 33%	-	1 33%	1 43%	-
Other	1 3%	-	-	-	1 24%	-	1 24%	-	-	-	1 5%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 317

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Amino acids**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	7	9	6	-	3	-	-	-	-	2	1	1	4	-	-	1	2	3	3	1	2	2	-	13
Weighted base	16*	6**	11**	8**	-**	3**	-**	-**	-**	-**	1**	2**	1**	3**	-**	-**	1**	3**	4**	2**	1**	2**	2**	-**	14**
Supermarkets	8 46%	3 47%	5 46%	5 60%	-	-	-	-	-	-	1 63%	-	1 100%	1 33%	-	-	1 100%	-	4 100%	1 33%	-	1 42%	-	-	7 48%
Gym	6 34%	-	6 52%	6 69%	-	-	-	-	-	-	-	2 100%	-	-	-	-	-	-	4 100%	-	-	-	-	-	6 39%
Health food store e.g. Holland & Barrett	5 33%	3 50%	3 24%	3 32%	-	-	-	-	-	-	1 100%	-	-	1 19%	-	-	1 100%	-	2 43%	* 21%	-	-	* 31%	-	5 35%
Online marketplace e.g. Amazon, eBay	5 33%	1 11%	5 44%	3 33%	-	2 78%	-	-	-	-	-	-	-	2 50%	-	-	-	1 37%	3 67%	1 46%	1 100%	1 58%	1 69%	-	4 30%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 32%	2 32%	3 32%	3 42%	-	-	-	-	-	-	1 63%	-	-	-	-	-	-	2 63%	2 43%	-	-	-	-	-	5 37%
Pharmacy e.g. Boots	4 24%	1 24%	3 24%	3 32%	-	-	-	-	-	-	* 37%	-	-	-	-	-	1 100%	-	2 43%	* 21%	-	-	* 31%	-	4 25%
Mail order / catalogue	1 8%	-	1 13%	1 17%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 33%	-	-	-	-	-	1 9%
Other	1 3%	-	1 5%	-	-	1 22%	-	-	-	-	-	-	-	1 17%	-	-	-	-	-	-	-	-	-	-	1 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 318
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Amino acids

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	1	-	-	-	5	11	-	10	1	2	-	1
Weighted base	16*	2**	-**	-**	-**	4**	11**	-**	10**	1**	1**	-**	2**
Supermarkets	8 46%	-	-	-	-	2 49%	4 41%	-	4 34%	-	1 61%	-	2 100%
Gym	6 34%	2 100%	-	-	-	1 30%	2 23%	-	2 15%	-	-	-	2 100%
Health food store e.g. Holland & Barrett	5 33%	-	-	-	-	1 34%	3 26%	-	2 22%	1 100%	* 39%	-	2 100%
Online marketplace e.g. Amazon, eBay	5 33%	-	-	-	-	2 38%	3 24%	-	3 26%	-	-	-	2 100%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 32%	-	-	-	-	-	4 32%	-	4 34%	-	-	-	2 100%
Pharmacy e.g. Boots	4 24%	-	-	-	-	1 19%	1 12%	-	1 8%	1 100%	* 39%	-	2 100%
Mail order / catalogue	1 8%	-	-	-	-	1 30%	-	-	-	-	-	-	-
Other	1 3%	-	-	-	-	1 13%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 319

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Glucosamine

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	78	38	40	-	5	3	8	16	46	27	26	13	12	7	1	8	4	4	10	6	12	8	10	6	2	7	18
Weighted base	76*	38*	38*	-**	6**	3**	11**	14**	41*	25**	26**	13**	12**	5**	1**	8**	4**	4**	7**	5**	11**	8**	12**	6**	4**	7**	22**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27	14	13	-	1	-	3	4	19	9	7	5	6	2	1	3	2	3	1	3	2	2	3	4	2	2	8
	35%	37%	34%	-	16%	-	30%	28%	45%	37%	28%	35%	48%	44%	100%	35%	55%	71%	21%	48%	22%	21%	24%	61%	35%	25%	36%
Supermarkets	25	13	13	-	1	1	7	2	14	5	10	5	5	1	-	4	2	-	2	2	6	2	3	-	3	2	9
	33%	33%	33%	-	16%	34%	63%	16%	33%	21%	38%	37%	43%	21%	-	44%	45%	-	30%	37%	54%	30%	28%	-	65%	32%	41%
Pharmacy e.g. Boots	17	5	12	-	-	2	2	7	6	5	10	1	2	1	-	3	-	-	2	2	1	4	4	*	-	2	5
	23%	14%	32%	-	-	58%	21%	49%	15%	19%	38%	5%	19%	24%	-	33%	-	-	25%	30%	13%	51%	33%	7%	-	32%	21%
Health food store e.g. Holland & Barrett	15	9	6	-	1	1	2	2	7	4	4	4	3	1	-	1	-	-	1	1	3	2	3	*	2	4	2
	19%	23%	16%	-	18%	42%	21%	17%	18%	16%	15%	29%	25%	16%	-	15%	-	-	8%	22%	26%	30%	29%	7%	35%	56%	10%
Mail order / catalogue	8	3	5	-	2	-	-	3	3	5	2	-	1	-	-	-	-	1	-	-	1	2	3	1	-	-	3
	10%	8%	13%	-	35%	-	-	18%	7%	18%	8%	-	9%	-	-	-	-	29%	-	-	6%	23%	26%	17%	-	-	15%
Online marketplace e.g. Amazon, eBay	4	3	1	-	-	-	-	2	2	1	-	1	1	1	-	-	-	-	*	1	-	-	2	-	-	-	3
	5%	8%	2%	-	-	-	-	14%	4%	5%	-	10%	10%	11%	-	-	-	-	5%	15%	-	-	17%	-	-	-	12%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3	2	2	-	1	-	-	-	2	1	1	1	1	-	-	-	-	-	1	-	-	1	-	1	-	-	-
	4%	4%	4%	-	15%	-	-	-	5%	3%	3%	7%	7%	-	-	-	-	-	19%	-	-	10%	-	15%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 320
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Glucosamine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	78	-	-	52	22	4	-	77	1	1	-	-	-	-	50	27	23	28	25	3
Weighted base	76*	**	**	51*	21**	4**	**	75*	1**	1**	**	**	**	**	49*	25**	25**	27**	22**	4**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27	-	-	18	8	1	-	27	-	-	-	-	-	-	18	6	12	9	8	1
	35%	-	-	35%	38%	20%	-	36%	-	-	-	-	-	-	35%	23%	48%	36%	38%	24%
Supermarkets	25	-	-	20	3	2	-	25	-	-	-	-	-	-	16	9	7	10	7	3
	33%	-	-	40%	14%	46%	-	33%	-	-	-	-	-	-	31%	36%	27%	36%	31%	63%
Pharmacy e.g. Boots	17	-	-	11	6	1	-	17	1	1	-	-	-	-	12	10	2	6	6	-
	23%	-	-	21%	26%	27%	-	22%	100%	100%	-	-	-	-	24%	39%	8%	21%	26%	-
Health food store e.g. Holland & Barrett	15	-	-	10	3	1	-	14	1	1	-	-	-	-	9	8	1	6	6	-
	19%	-	-	20%	16%	34%	-	19%	100%	100%	-	-	-	-	18%	33%	3%	22%	26%	-
Mail order / catalogue	8	-	-	4	4	-	-	8	-	-	-	-	-	-	7	2	5	1	1	-
	10%	-	-	7%	19%	-	-	10%	-	-	-	-	-	-	14%	8%	21%	2%	3%	-
Online marketplace e.g. Amazon, eBay	4	-	-	4	-	-	-	4	-	-	-	-	-	-	2	-	2	2	1	1
	5%	-	-	7%	-	-	-	5%	-	-	-	-	-	-	3%	-	7%	8%	7%	13%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3	-	-	2	1	-	-	3	-	-	-	-	-	-	2	2	-	1	1	-
	4%	-	-	5%	3%	-	-	4%	-	-	-	-	-	5%	10%	-	3%	3%	-	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 321

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Glucosamine**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	78	25	16	9	53	3	-	7	38	5	73	5	4	3	4	2	-	1
Weighted base	76*	29**	22**	7**	47*	2**	**	6**	34*	4**	69*	7**	5**	4**	5**	2**	**	2**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27 35%	10 33%	5 21%	5 73%	17 37%	1 33%	-	2 33%	14 42%	-	27 39%	-	-	-	-	-	-	-
Supermarkets	25 33%	11 39%	10 45%	1 19%	14 30%	1 33%	-	2 33%	10 28%	2 37%	24 34%	2 24%	-	2 44%	-	-	-	2 100%
Pharmacy e.g. Boots	17 23%	7 24%	6 28%	1 11%	11 23%	1 33%	-	-	7 22%	2 58%	15 22%	2 35%	1 14%	2 64%	1 14%	1 36%	-	2 100%
Health food store e.g. Holland & Barrett	15 19%	6 22%	6 26%	1 8%	8 18%	1 66%	-	1 20%	6 17%	-	12 17%	3 43%	1 25%	3 80%	1 25%	1 64%	-	2 100%
Mail order / catalogue	8 10%	3 11%	3 15%	-	5 10%	-	-	1 17%	3 10%	-	6 8%	2 33%	2 43%	-	2 43%	-	-	-
Online marketplace e.g. Amazon, eBay	4 5%	3 9%	1 6%	1 19%	1 2%	1 34%	-	* 6%	-	-	4 5%	-	-	-	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3 4%	-	-	-	3 7%	-	-	1 24%	1 2%	1 22%	2 3%	1 14%	1 18%	-	1 18%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 322

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Glucosamine**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	78	10	52	40	-	12	16	4	1	11	3	11	15	6	19	6	6	1	5	17	1	14	4	1	60
Weighted base	76*	8**	54*	40*	**	14**	14**	3**	1**	10**	3**	10**	14**	5**	17**	8**	5**	1**	6**	15**	1**	13**	3**	1**	61*
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27	1	21	15	-	6	5	-	-	5	2	2	6	1	7	-	4	-	2	3	-	3	1	-	24
	35%	16%	38%	37%	-	41%	37%	-	-	51%	59%	24%	41%	25%	39%	-	66%	-	40%	20%	-	24%	26%	-	40%
Supermarkets	25	3	17	14	-	2	5	2	-	3	1	4	4	2	3	6	1	-	2	4	-	4	-	-	21
	33%	35%	31%	36%	-	18%	40%	78%	-	31%	41%	44%	26%	47%	16%	83%	21%	-	28%	27%	-	31%	-	-	35%
Pharmacy e.g. Boots	17	3	13	10	-	2	2	-	1	1	-	2	3	2	5	1	1	-	2	4	1	3	2	-	13
	23%	33%	23%	26%	-	16%	15%	-	100%	13%	-	23%	23%	47%	27%	17%	14%	-	41%	29%	100%	22%	74%	-	21%
Health food store e.g. Holland & Barrett	15	2	12	9	-	2	2	-	-	2	-	3	1	2	2	-	1	-	5	*	-	*	-	-	14
	19%	19%	21%	23%	-	18%	11%	-	-	16%	-	28%	6%	33%	14%	-	16%	-	86%	3%	-	4%	-	-	22%
Mail order / catalogue	8	1	5	4	-	1	2	1	-	1	-	2	-	-	1	-	-	1	-	1	-	1	-	-	7
	10%	13%	9%	9%	-	8%	14%	22%	-	13%	-	23%	-	-	8%	-	-	100%	-	4%	-	5%	-	-	12%
Online marketplace e.g. Amazon, eBay	4	1	2	2	-	*	-	-	*	-	-	1	2	-	1	-	-	-	-	1	-	1	-	-	2
	5%	15%	4%	5%	-	3%	-	-	4%	-	-	6%	18%	-	4%	-	-	-	-	9%	-	10%	-	-	4%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3	-	3	3	-	-	-	-	-	-	-	1	1	1	1	-	-	-	-	2	-	1	-	1	1
	4%	-	6%	8%	-	-	-	-	-	-	-	8%	7%	14%	4%	-	-	-	-	11%	-	7%	-	100%	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 323
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Glucosamine

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	78	1	3	-	-	17	43	9	52	3	30	3	3
Weighted base	76*	1**	3**	-.**	-.**	18**	44*	7**	52*	3**	28**	3**	2**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27 35%	1 100%	-	-	-	9 50%	14 32%	4 58%	18 34%	1 44%	9 34%	1 30%	-
Supermarkets	25 33%	-	1 27%	-	-	6 35%	17 38%	1 10%	17 33%	-	7 26%	-	2 84%
Pharmacy e.g. Boots	17 23%	-	1 44%	-	-	3 17%	8 18%	1 21%	13 25%	1 28%	8 29%	1 28%	-
Health food store e.g. Holland & Barrett	15 19%	-	1 29%	-	-	6 34%	8 17%	1 21%	9 18%	1 28%	7 24%	-	1 52%
Mail order / catalogue	8 10%	-	-	-	-	2 12%	7 15%	1 10%	6 12%	-	2 8%	1 42%	-
Online marketplace e.g. Amazon, eBay	4 5%	-	-	-	-	-	3 6%	1 11%	3 5%	1 28%	1 3%	-	* 16%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3 4%	-	-	-	-	1 4%	1 2%	-	1 3%	-	2 6%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 324

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Garlic

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	69	52	17	1	4	2	8	19	35	16	15	18	20	6	2	5	7	11	9	6	2	8	9	2	2	5	19
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
Supermarkets	28 41%	23 44%	5 31%	-	1 24%	1 55%	5 49%	9 51%	13 37%	6 40%	5 32%	9 51%	9 41%	3 62%	1 50%	1 40%	3 44%	2 22%	6 65%	4 69%	-	3 28%	3 33%	-	1 48%	2 30%	9 47%
Pharmacy e.g. Boots	12 17%	7 14%	4 26%	-	2 34%	1 45%	1 9%	-	8 24%	1 9%	4 28%	4 25%	2 7%	-	-	1 24%	1 17%	1 8%	1 10%	1 18%	1 48%	3 35%	3 27%	-	-	1 15%	3 16%
Health food store e.g. Holland & Barrett	11 16%	9 17%	2 10%	-	1 21%	-	2 17%	3 16%	5 16%	2 17%	3 16%	4 21%	2 9%	-	1 50%	1 39%	1 11%	2 16%	2 20%	2 31%	-	1 7%	1 9%	1 44%	-	2 32%	3 13%
Mail order / catalogue	11 16%	9 16%	2 13%	-	-	-	3 30%	3 20%	4 13%	3 23%	2 11%	3 18%	3 12%	1 14%	-	1 15%	-	2 21%	1 10%	2 32%	1 52%	-	2 21%	-	1 52%	-	4 22%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 14%	8 15%	2 10%	-	-	-	-	3 19%	7 19%	1 8%	3 16%	2 13%	4 17%	1 24%	-	1 21%	1 10%	2 17%	1 8%	-	-	2 25%	2 22%	-	-	-	2 8%
Online marketplace e.g. Amazon, eBay	5 8%	5 9%	1 3%	-	1 21%	-	3 29%	1 4%	1 2%	2 11%	-	-	4 17%	-	1 50%	-	-	2 15%	-	-	-	-	2 17%	1 56%	-	2 37%	2 12%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	5 7%	3 6%	2 11%	1 100%	-	-	-	1 6%	3 8%	1 5%	1 7%	-	3 14%	-	-	-	1 17%	-	2 18%	-	-	2 21%	-	-	-	-	1 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 325

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Garlic**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	69	2	-	47	14	4	-	67	2	1	1	-	-	-	50	32	18	19	15	4
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
Supermarkets	28 41%	2 100%	-	21 46%	4 32%	1 25%	-	28 43%	-	-	-	-	-	-	21 42%	10 32%	11 61%	7 39%	6 40%	1 32%
Pharmacy e.g. Boots	12 17%	-	-	5 11%	4 26%	-	-	10 15%	2 60%	2 100%	-	-	-	-	8 16%	8 25%	-	4 19%	4 24%	-
Health food store e.g. Holland & Barrett	11 16%	1 51%	-	7 16%	3 20%	-	-	10 15%	1 40%	-	1 100%	-	-	-	8 16%	7 23%	1 3%	3 15%	2 13%	1 20%
Mail order / catalogue	11 16%	1 51%	-	6 12%	3 21%	1 27%	-	11 16%	-	-	-	-	-	-	7 13%	4 12%	3 15%	4 22%	3 18%	1 38%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 14%	-	-	9 19%	1 8%	-	-	10 15%	-	-	-	-	-	-	7 13%	3 10%	3 19%	3 15%	2 12%	1 30%
Online marketplace e.g. Amazon, eBay	5 8%	-	-	1 3%	3 20%	1 24%	-	5 8%	-	-	-	-	-	-	5 11%	5 14%	1 3%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	5 7%	-	-	4 8%	-	1 23%	-	5 7%	-	-	-	-	-	-	3 6%	2 6%	1 5%	2 10%	2 13%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 326

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Garlic**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	69	24	16	8	45	2	1	10	25	7	59	9	8	9	1	5	4	2
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
Supermarkets	28 41%	11 43%	9 44%	2 39%	18 40%	1 30%	1 100%	5 40%	8 35%	4 55%	22 38%	6 60%	5 54%	6 60%	-	3 51%	2 48%	3 100%
Pharmacy e.g. Boots	12 17%	4 16%	2 12%	2 28%	8 18%	2 70%	-	2 14%	5 20%	-	10 17%	1 9%	1 10%	1 9%	-	1 16%	-	-
Health food store e.g. Holland & Barrett	11 16%	5 18%	3 17%	1 21%	6 14%	-	-	-	5 24%	1 12%	8 14%	3 28%	3 32%	3 28%	1 100%	3 49%	1 21%	-
Mail order / catalogue	11 16%	4 17%	3 15%	1 21%	7 15%	-	-	2 14%	5 22%	-	11 18%	-	-	-	-	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 14%	2 6%	2 9%	-	8 18%	-	-	2 15%	5 25%	1 11%	10 17%	-	-	-	-	-	-	-
Online marketplace e.g. Amazon, eBay	5 8%	5 18%	4 20%	1 12%	1 1%	-	-	-	-	1 9%	4 7%	1 12%	1 14%	1 12%	-	-	1 31%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	5 7%	1 5%	1 6%	-	4 8%	-	-	3 24%	-	1 14%	5 8%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 327

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Garlic**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	69	14	39	31	-	8	15	5	-	10	1	15	16	8	6	10	4	1	4	25	4	19	6	2	42
Weighted base	69*	16**	39*	30**	-**	9**	13**	5**	-**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
Supermarkets	28 41%	2 16%	18 46%	12 39%	-	7 71%	7 50%	3 62%	-	4 44%	-	7 46%	9 57%	4 43%	3 40%	4 42%	1 33%	-	1 24%	12 47%	1 26%	10 56%	1 21%	1 31%	15 36%
Pharmacy e.g. Boots	12 17%	3 16%	8 20%	7 23%	-	1 10%	1 11%	-	-	1 17%	-	2 11%	-	2 28%	1 20%	3 31%	-	-	-	5 19%	1 21%	3 18%	-	2 69%	5 13%
Health food store e.g. Holland & Barrett	11 16%	4 23%	6 16%	4 12%	-	2 27%	1 8%	-	-	1 13%	-	1 5%	3 21%	2 19%	-	1 8%	1 38%	-	1 18%	1 4%	-	1 5%	-	-	10 24%
Mail order / catalogue	11 16%	3 22%	6 16%	5 17%	-	1 13%	1 7%	1 11%	-	-	-	1 7%	1 6%	2 20%	1 11%	1 10%	1 33%	1 100%	3 58%	3 11%	-	2 10%	1 16%	-	8 19%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 14%	3 22%	4 10%	4 13%	-	-	2 18%	-	-	2 27%	1 100%	2 16%	4 23%	2 23%	-	1 11%	-	-	-	2 10%	-	2 13%	2 27%	-	7 18%
Online marketplace e.g. Amazon, eBay	5 8%	2 15%	3 7%	3 9%	-	-	-	-	-	-	-	1 5%	-	-	1 19%	1 6%	1 28%	-	2 32%	1 2%	-	1 3%	-	-	5 11%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	5 7%	1 8%	2 6%	2 8%	-	-	1 10%	1 28%	-	-	-	3 20%	1 8%	-	1 11%	-	-	-	-	3 14%	2 53%	1 5%	2 36%	-	1 4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 328
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Garlic

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	69	-	6	-	-	14	34	9	43	4	23	3	1
Weighted base	69*	-**	7**	-**	-**	14**	34*	7**	46*	4**	21**	3**	1**
Supermarkets	28 41%	-	2 25%	-	-	5 39%	16 49%	2 33%	18 39%	2 54%	12 60%	1 33%	-
Pharmacy e.g. Boots	12 17%	-	3 35%	-	-	3 20%	5 16%	-	8 17%	-	2 12%	-	-
Health food store e.g. Holland & Barrett	11 16%	-	1 12%	-	-	3 20%	9 27%	1 13%	10 22%	-	2 9%	-	-
Mail order / catalogue	11 16%	-	1 7%	-	-	2 13%	6 17%	1 13%	9 19%	-	4 19%	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	10 14%	-	-	-	-	1 6%	4 11%	2 35%	6 14%	1 21%	2 11%	-	1 100%
Online marketplace e.g. Amazon, eBay	5 8%	-	1 17%	-	-	1 8%	-	1 19%	3 6%	-	1 3%	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	5 7%	-	1 16%	-	-	2 12%	2 6%	1 13%	4 9%	1 25%	-	2 67%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 329

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginseng

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	16	9	7	-	4	3	4	3	2	4	4	3	5	1	1	4	1	-	1	4	3	-	-	1	1	10
Weighted base	16*	8**	8**	-**	6**	3**	3**	2**	2**	3**	4**	2**	6**	***	1**	4**	1**	-**	1**	5**	2**	-**	-**	1**	1**	12**
Supermarkets	9	4	5	-	5	2	1	1	-	2	2	*	4	*	1	1	-	-	-	5	1	-	-	-	1	7
	59%	55%	63%	-	78%	71%	38%	56%	-	82%	47%	21%	71%	100%	100%	39%	-	-	-	100%	61%	-	-	-	100%	60%
Pharmacy e.g. Boots	7	5	2	-	1	3	2	1	-	1	4	2	1	*	-	2	1	-	-	1	1	-	-	1	-	6
	47%	64%	30%	-	22%	100%	61%	56%	-	30%	100%	76%	8%	100%	-	64%	100%	-	-	21%	37%	-	-	100%	-	55%
Health food store e.g. Holland & Barrett	5	5	1	-	2	-	2	1	1	2	1	2	1	-	1	1	1	-	1	1	1	-	-	-	1	3
	34%	59%	7%	-	37%	-	57%	44%	37%	70%	13%	79%	13%	-	100%	36%	100%	-	100%	11%	24%	-	-	-	100%	29%
Mail order / catalogue	5	2	3	-	5	-	1	-	-	1	-	1	3	-	-	1	-	-	-	3	1	-	-	-	1	5
	32%	24%	42%	-	74%	-	20%	-	-	20%	-	55%	52%	-	-	100%	-	-	-	65%	24%	-	-	-	100%	39%
Online marketplace e.g. Amazon, eBay	3	2	1	-	1	-	1	-	1	2	-	-	1	-	1	-	-	-	-	-	2	-	-	-	1	1
	16%	19%	13%	-	16%	-	20%	-	63%	52%	-	-	16%	-	100%	-	-	-	-	-	63%	-	-	-	100%	8%
Gym	1	1	-	-	1	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	1
	8%	16%	-	-	22%	-	-	-	-	-	-	55%	-	-	-	100%	-	-	-	-	-	-	-	-	-	11%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	6%	11%	-	-	-	27%	-	-	-	30%	-	-	-	-	-	-	-	-	-	-	37%	-	-	-	-	8%
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 330
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginseng

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	16	-	-	6	6	4	-	13	3	-	1	1	1	-	14	6	8	2	2	-
Weighted base	16*	-.**	-.**	5**	5**	6**	-.**	13**	2**	-.**	1**	1**	1**	-.**	12**	5**	7**	4**	4**	-.**
Supermarkets	9	-	-	3	1	5	-	7	2	-	1	1	1	-	6	2	3	4	4	-
	59%	-	-	67%	28%	78%	-	51%	100%	-	100%	100%	100%	-	46%	51%	44%	100%	100%	-
Pharmacy e.g. Boots	7	-	-	2	4	1	-	7	1	-	-	-	1	-	7	2	5	1	1	-
	47%	-	-	53%	73%	22%	-	49%	37%	-	-	-	100%	-	58%	51%	62%	14%	14%	-
Health food store e.g. Holland & Barrett	5	-	-	1	1	3	-	4	2	-	1	1	-	-	5	3	2	-	-	-
	34%	-	-	23%	27%	48%	-	28%	63%	-	100%	100%	-	-	44%	61%	34%	-	-	-
Mail order / catalogue	5	-	-	-	-	5	-	5	1	-	-	1	-	-	2	-	2	3	3	-
	32%	-	-	-	-	84%	-	34%	24%	-	-	100%	-	-	16%	-	26%	86%	86%	-
Online marketplace e.g. Amazon, eBay	3	-	-	1	-	2	-	1	2	-	1	1	-	-	3	1	2	-	-	-
	16%	-	-	21%	-	26%	-	7%	63%	-	100%	100%	-	-	21%	21%	21%	-	-	-
Gym	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	8%	-	-	-	-	22%	-	10%	-	-	-	-	-	-	11%	-	18%	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	-	-	-	1	-	-	-	1	-	-	-	1	-	1	1	-	-	-	-
	6%	-	-	-	18%	-	-	-	37%	-	-	-	100%	-	7%	19%	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 331

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Ginseng**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	11	9	2	5	1	1	1	-	2	8	7	7	7	-	7	4	-
Weighted base	16*	12**	11**	1**	3**	1**	1**	1**	-.*	1**	7**	9**	9**	9**	-.*	9**	4**	-.*
Supermarkets	9	8	7	*	2	1	1	-	-	1	3	6	6	6	-	6	*	-
	59%	62%	63%	47%	49%	100%	100%	-	-	39%	49%	64%	64%	64%	-	64%	14%	-
Pharmacy e.g. Boots	7	6	6	*	1	-	1	-	-	1	3	4	4	4	-	4	3	-
	47%	52%	53%	47%	30%	-	100%	-	-	39%	49%	43%	43%	43%	-	43%	78%	-
Health food store e.g. Holland & Barrett	5	4	3	1	1	-	1	-	-	1	2	3	3	3	-	3	2	-
	34%	33%	31%	53%	38%	-	100%	-	-	61%	26%	36%	36%	36%	-	36%	60%	-
Mail order / catalogue	5	5	5	-	-	-	-	-	-	-	1	5	5	5	-	5	1	-
	32%	42%	46%	-	-	-	-	-	-	-	9%	52%	52%	52%	-	52%	37%	-
Online marketplace e.g. Amazon, eBay	3	2	2	-	1	-	-	1	-	-	2	1	1	1	-	1	-	-
	16%	13%	14%	-	28%	-	-	100%	-	-	24%	11%	11%	11%	-	11%	-	-
Gym	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	1	-
	8%	11%	12%	-	-	-	-	-	-	-	-	15%	15%	15%	-	15%	37%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	-	-
	6%	7%	8%	-	-	-	-	-	-	-	-	10%	10%	10%	-	10%	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 332

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Ginseng**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	6	8	6	-	2	2	1	-	1	1	2	1	2	2	-	1	3	2	3	1	3	1	-	12
Weighted base	16*	8**	7**	5**	-**	1**	1**	1**	-**	1**	1**	1**	1**	4**	-**	1**	2**	2**	2**	2**	1**	2**	1**	-**	13**
Supermarkets	9	6	3	2	-	1	1	-	-	1	1	1	1	3	-	-	1	1	1	1	1	1	1	-	8
	59%	76%	45%	45%	-	45%	34%	-	100%	100%	34%	100%	49%	71%	-	-	60%	42%	67%	100%	67%	100%	100%	-	56%
Pharmacy e.g. Boots	7	3	4	4	-	-	1	-	-	1	1	1	1	1	-	-	2	1	1	1	-	1	-	-	6
	47%	43%	55%	70%	-	-	34%	-	100%	-	34%	100%	49%	29%	-	-	100%	58%	29%	-	29%	-	-	-	48%
Health food store e.g. Holland & Barrett	5	2	4	3	-	1	-	-	-	-	-	-	1	-	-	1	-	2	1	-	1	-	-	-	4
	34%	22%	55%	55%	-	55%	-	-	-	-	-	-	100%	-	-	100%	-	100%	33%	-	33%	-	-	-	31%
Mail order / catalogue	5	4	1	1	-	-	-	-	-	-	-	-	-	3	-	-	-	1	-	-	-	-	-	-	5
	32%	50%	20%	25%	-	-	-	-	-	-	-	-	-	71%	-	-	-	58%	-	-	-	-	-	-	38%
Online marketplace e.g. Amazon, eBay	3	1	1	1	-	-	1	1	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	3
	16%	8%	15%	19%	-	-	66%	100%	-	-	66%	-	-	-	-	-	-	42%	-	-	-	-	-	-	19%
Gym	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	8%	-	20%	25%	-	-	-	-	-	-	-	-	-	-	-	-	-	58%	-	-	-	-	-	-	10%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1
	6%	-	14%	17%	-	-	-	-	-	-	-	-	-	-	-	-	38%	-	-	-	-	-	-	-	7%
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 333
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginseng

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	-	2	-	-	3	6	3	9	2	3	1	-
Weighted base	16*	-**	2**	-**	-**	2**	4**	2**	11**	1**	2**	1**	-**
Supermarkets	9 59%	-	1 29%	-	-	1 47%	2 46%	2 100%	6 58%	1 100%	1 65%	1 100%	-
Pharmacy e.g. Boots	7 47%	-	2 100%	-	-	2 74%	2 55%	1 61%	4 34%	1 45%	1 65%	-	-
Health food store e.g. Holland & Barrett	5 34%	-	1 29%	-	-	1 53%	2 45%	1 31%	3 27%	1 45%	1 68%	-	-
Mail order / catalogue	5 32%	-	-	-	-	1 53%	1 14%	-	4 35%	-	-	-	-
Online marketplace e.g. Amazon, eBay	3 16%	-	-	-	-	-	1 14%	-	3 23%	-	-	-	-
Gym	1 8%	-	-	-	-	1 53%	-	-	-	-	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1 6%	-	-	-	-	-	1 21%	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 334

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Protein**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	58	42	16	14	23	12	6	2	1	24	15	11	8	3	3	10	4	4	5	4	1	15	7	1	1	6	41
Weighted base	62*	44*	18**	13**	25**	14**	6**	2**	1**	25**	16**	12**	8**	3**	4**	10**	3**	5**	4**	3**	1**	18**	7**	2**	1**	7**	46*
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27	19	9	7	12	6	2	1	-	14	8	2	3	2	-	5	2	-	2	2	-	10	2	2	-	4	19
	45%	43%	49%	49%	48%	40%	41%	38%	-	55%	50%	18%	41%	69%	-	46%	72%	-	58%	65%	-	55%	30%	100%	-	67%	42%
Online marketplace e.g. Amazon, eBay	27	19	8	5	12	6	3	1	1	10	5	6	5	1	4	3	*	4	2	1	-	8	3	2	-	3	21
	44%	43%	47%	34%	49%	41%	42%	38%	100%	40%	33%	50%	69%	27%	100%	34%	15%	73%	42%	17%	-	43%	36%	100%	-	51%	45%
Health food store e.g. Holland & Barrett	15	8	7	1	11	1	1	-	-	6	1	5	3	-	-	2	-	1	1	-	-	6	2	2	1	3	11
	24%	18%	39%	10%	44%	8%	20%	-	-	22%	7%	39%	42%	-	-	18%	-	24%	16%	-	-	33%	24%	100%	100%	40%	23%
Supermarkets	12	8	4	2	6	2	1	-	-	3	2	6	1	1	1	2	1	1	-	1	1	4	1	-	-	3	8
	19%	18%	22%	18%	24%	17%	17%	-	-	14%	13%	44%	11%	31%	29%	21%	28%	24%	-	17%	100%	20%	12%	-	-	40%	17%
Gym	7	6	1	2	4	-	1	-	-	4	2	-	1	-	-	1	-	-	-	-	-	6	-	-	-	2	5
	12%	14%	7%	16%	15%	-	21%	-	-	17%	13%	-	9%	-	-	10%	-	-	-	-	-	35%	-	-	-	37%	11%
Pharmacy e.g. Boots	5	2	3	-	2	-	1	1	1	2	-	2	1	-	-	1	-	1	-	-	-	2	1	-	-	1	2
	8%	6%	16%	-	8%	-	17%	62%	100%	8%	-	19%	10%	-	-	8%	-	27%	-	-	-	12%	10%	-	-	17%	5%
Mail order / catalogue	5	3	2	1	3	-	1	-	-	5	-	-	-	-	-	1	-	-	1	-	-	3	-	-	-	2	2
	8%	7%	10%	7%	11%	-	21%	-	-	19%	-	-	-	-	-	10%	-	-	16%	-	-	18%	-	-	-	37%	5%
Other	2	2	-	2	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	2
	4%	5%	-	16%	-	-	-	-	-	-	13%	-	-	-	-	-	-	-	-	-	-	12%	-	-	-	-	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 335
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Protein

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	58	1	-	21	27	7	2	48	10	1	6	1	1	1	54	35	19	4	4	-
Weighted base	62*	1**	-**	23**	29**	8**	1**	51*	10**	1**	6**	1**	1**	1**	57*	39*	18**	4**	4**	-**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27 45%	-	-	9 37%	14 50%	4 49%	1 54%	23 45%	4 41%	-	2 29%	-	1 100%	1 100%	25 44%	20 50%	5 29%	2 56%	2 56%	-
Online marketplace e.g. Amazon, eBay	27 44%	1 100%	-	12 50%	11 37%	3 41%	1 46%	23 46%	3 34%	-	2 44%	1 100%	-	-	27 47%	17 43%	10 56%	-	-	-
Health food store e.g. Holland & Barrett	15 24%	-	-	5 22%	6 22%	3 43%	-	9 18%	6 54%	1 100%	2 38%	1 100%	1 100%	-	14 24%	9 24%	4 23%	1 26%	1 26%	-
Supermarkets	12 19%	1 100%	-	2 10%	7 23%	2 25%	-	10 20%	1 14%	-	1 26%	-	-	-	12 21%	10 25%	2 12%	-	-	-
Gym	7 12%	-	-	2 9%	1 2%	4 58%	-	6 11%	2 16%	-	2 29%	-	-	-	7 13%	7 18%	-	-	-	-
Pharmacy e.g. Boots	5 8%	-	-	2 10%	2 6%	1 15%	-	5 10%	-	-	-	-	-	-	4 8%	4 9%	1 5%	1 18%	1 18%	-
Mail order / catalogue	5 8%	-	-	-	2 5%	3 44%	-	2 5%	2 24%	-	2 45%	-	-	-	5 9%	4 11%	1 4%	-	-	-
Other	2 4%	-	-	2 9%	-	-	-	2 4%	-	-	-	-	-	-	2 4%	2 6%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 336

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Protein**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	58	47	40	7	11	3	6	-	-	2	39	18	17	15	6	10	7	3
Weighted base	62*	53*	47*	6**	9**	3**	5**	**	**	2**	41*	19**	18**	17**	6**	11**	8**	3**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27 45%	24 45%	23 50%	* 7%	4 43%	1 52%	3 53%	-	-	-	19 45%	9 46%	9 48%	7 42%	6 86%	6 52%	5 60%	2 68%
Online marketplace e.g. Amazon, eBay	27 44%	24 46%	21 46%	3 46%	3 32%	1 25%	1 30%	-	-	1 52%	19 47%	8 39%	8 41%	8 45%	-	6 51%	3 36%	-
Health food store e.g. Holland & Barrett	15 24%	13 25%	10 22%	3 54%	2 17%	1 23%	1 19%	-	-	-	9 21%	5 27%	5 29%	5 28%	2 29%	3 30%	4 44%	1 38%
Supermarkets	12 19%	10 20%	8 16%	3 49%	1 15%	1 23%	1 16%	-	-	-	6 15%	6 29%	5 25%	6 34%	-	2 17%	4 48%	1 32%
Gym	7 12%	7 14%	7 14%	1 11%	-	-	-	-	-	-	3 7%	4 23%	4 24%	4 26%	1 20%	4 39%	1 14%	-
Pharmacy e.g. Boots	5 8%	4 7%	4 8%	-	2 18%	-	-	-	-	2 100%	3 7%	2 11%	1 6%	2 13%	-	1 10%	1 14%	1 32%
Mail order / catalogue	5 8%	5 9%	5 10%	-	-	-	-	-	-	-	-	5 25%	5 27%	3 20%	3 43%	3 30%	1 14%	-
Other	2 4%	2 4%	2 5%	-	-	-	-	-	-	-	2 5%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 337

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Protein**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	58	25	31	19	2	10	2	-	2	-	3	5	7	5	7	5	4	7	10	7	5	4	2	1	49
Weighted base	62*	26**	34**	20**	2**	11**	1**	**	1**	**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27	9	17	9	-	9	1	-	1	-	2	-	2	3	4	3	6	5	2	2	2	1	-	-	25
	45%	35%	51%	42%	-	75%	63%	-	63%	-	73%	-	31%	44%	33%	66%	84%	70%	37%	33%	48%	25%	-	-	46%
Online marketplace e.g. Amazon, eBay	27	15	12	7	1	3	1	-	1	-	1	1	2	2	5	1	1	2	7	3	2	2	1	1	24
	44%	56%	34%	35%	52%	28%	37%	-	37%	-	68%	42%	34%	39%	58%	17%	16%	21%	58%	36%	35%	43%	43%	100%	45%
Health food store e.g. Holland & Barrett	15	8	6	5	-	1	-	-	-	-	-	-	2	1	2	1	-	1	5	1	1	-	-	-	13
	24%	32%	19%	25%	-	11%	-	-	-	-	-	-	34%	19%	30%	23%	-	15%	41%	17%	25%	-	-	-	24%
Supermarkets	12	7	4	3	1	-	-	-	-	-	-	1	1	1	1	-	-	3	3	-	-	-	-	-	12
	19%	28%	13%	17%	48%	-	-	-	-	-	-	41%	21%	17%	16%	-	30%	23%	-	-	-	-	-	-	22%
Gym	7	3	4	4	-	-	-	-	-	-	-	1	-	1	-	-	-	-	3	-	-	-	-	-	7
	12%	11%	13%	22%	-	-	-	-	-	-	-	19%	-	24%	-	-	-	-	25%	-	-	-	-	-	14%
Pharmacy e.g. Boots	5	-	5	4	1	-	-	-	-	-	-	1	-	-	-	-	-	-	4	3	1	2	1	1	2
	8%	-	15%	21%	48%	-	-	-	-	-	-	22%	-	-	-	-	-	-	28%	43%	16%	51%	57%	100%	4%
Mail order / catalogue	5	-	5	5	-	-	-	-	-	-	-	-	1	1	-	1	-	-	2	-	-	-	-	-	5
	8%	-	14%	24%	-	-	-	-	-	-	-	-	10%	24%	-	17%	-	-	17%	-	-	-	-	-	9%
Other	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	4%	8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 338

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Protein

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	58	3	5	-	-	11	41	4	43	3	3	5	1
Weighted base	62*	3**	4**	-.**	-.**	13**	46*	4**	46*	3**	3**	5**	1**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	27 45%	2 71%	4 83%	-	-	8 62%	23 49%	2 60%	19 42%	3 100%	1 30%	2 50%	1 100%
Online marketplace e.g. Amazon, eBay	27 44%	-	* 9%	-	-	5 38%	19 42%	1 16%	21 46%	-	1 26%	1 33%	-
Health food store e.g. Holland & Barrett	15 24%	1 24%	-	-	-	2 14%	11 24%	-	11 23%	1 22%	-	1 26%	-
Supermarkets	12 19%	-	-	-	-	2 14%	8 17%	-	9 20%	-	-	1 19%	-
Gym	7 12%	1 47%	1 28%	-	-	2 16%	5 10%	-	6 13%	-	-	-	-
Pharmacy e.g. Boots	5 8%	1 29%	1 17%	-	-	-	3 6%	-	1 2%	-	2 70%	1 17%	-
Mail order / catalogue	5 8%	2 71%	1 28%	-	-	1 5%	2 5%	1 23%	3 7%	1 22%	-	-	-
Other	2 4%	-	-	-	-	2 16%	2 5%	-	2 5%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 339

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Caffeine**

	Gender		Age						Social Grade					Region								Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	26	15	11	6	9	5	3	2	1	8	9	4	5	3	1	2	2	1	1	1	1	6	6	2	3	16
Weighted base	25*	16**	9**	6**	9**	5**	2**	2**	1**	8**	8**	5**	4**	3**	1**	2**	2**	1**	1**	1**	1**	7**	5**	2**	3**	17**
Supermarkets	14	9	5	4	6	1	*	1	1	5	4	1	3	2	-	-	2	1	-	1	1	4	3	-	2	7
	53%	54%	53%	63%	75%	16%	20%	44%	100%	67%	52%	29%	58%	72%	-	-	100%	100%	-	100%	100%	53%	64%	-	67%	42%
Online marketplace e.g. Amazon, eBay	7	5	2	2	2	1	-	1	-	2	2	1	1	1	1	1	-	-	-	-	-	2	-	1	-	6
	26%	28%	23%	29%	25%	27%	-	56%	-	27%	26%	30%	22%	28%	100%	64%	-	-	-	-	-	32%	-	75%	-	36%
Pharmacy e.g. Boots	5	3	1	2	-	2	1	-	-	*	1	2	1	-	-	-	-	1	-	-	1	2	*	-	4	
	19%	20%	16%	32%	-	37%	41%	-	-	6%	12%	49%	20%	-	-	-	-	100%	-	-	21%	36%	25%	-	26%	
Online specialist retailers e.g. Vitabiotics, Simply Supplements	4	4	-	-	-	2	-	1	-	-	1	2	-	-	-	1	-	-	-	-	-	1	-	1	1	3
	15%	24%	-	-	-	46%	-	56%	-	-	17%	51%	-	-	-	64%	-	-	-	-	-	15%	-	75%	33%	17%
Mail order / catalogue	2	1	1	-	1	1	-	-	-	1	-	1	-	-	-	-	-	-	-	-	2	-	-	1	1	
	8%	6%	12%	-	13%	19%	-	-	-	14%	-	21%	-	-	-	-	-	-	-	-	32%	-	-	33%	7%	
Health food store e.g. Holland & Barrett	2	1	1	-	-	1	1	-	-	-	1	1	-	-	-	1	-	-	-	-	-	1	-	-	-	2
	7%	6%	9%	-	-	19%	39%	-	-	-	10%	21%	-	-	-	36%	-	-	-	-	-	-	19%	-	-	11%
Gym	1	1	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	1	-	
	4%	6%	-	-	-	19%	-	-	-	-	-	21%	-	-	-	-	-	-	-	-	15%	-	-	33%	-	
Other	2	-	2	-	-	2	-	-	-	-	1	-	1	-	-	-	1	-	-	-	-	1	-	-	1	
	7%	-	20%	-	-	35%	-	-	-	-	12%	-	20%	-	-	-	100%	-	-	-	-	18%	-	-	6%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 340
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Caffeine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	26	-	-	14	9	3	-	24	2	-	1	1	-	-	24	14	10	2	2	-
Weighted base	25*	**	**	14**	8**	3**	**	23**	2**	**	1**	1**	**	**	24**	14**	10**	2**	2**	**
Supermarkets	14	-	-	8	3	2	-	12	1	-	1	-	-	13	9	3	1	1	-	-
	53%	-	-	58%	41%	65%	-	53%	58%	-	100%	-	-	54%	66%	35%	48%	48%	-	-
Online marketplace e.g. Amazon, eBay	7	-	-	2	3	1	-	6	1	-	1	-	-	7	3	4	-	-	-	-
	26%	-	-	17%	38%	35%	-	25%	42%	-	-	100%	-	28%	21%	40%	-	-	-	-
Pharmacy e.g. Boots	5	-	-	4	1	-	-	3	1	-	1	-	-	4	-	4	1	1	-	-
	19%	-	-	28%	11%	-	-	15%	58%	-	100%	-	-	16%	-	39%	52%	52%	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	4	-	-	2	1	-	-	4	-	-	-	-	-	4	1	3	-	-	-	-
	15%	-	-	18%	17%	-	-	17%	-	-	-	-	-	16%	7%	30%	-	-	-	-
Mail order / catalogue	2	-	-	1	-	1	-	2	-	-	-	-	-	2	2	-	-	-	-	-
	8%	-	-	7%	-	35%	-	9%	-	-	-	-	-	9%	15%	-	-	-	-	-
Health food store e.g. Holland & Barrett	2	-	-	1	1	-	-	2	-	-	-	-	-	2	1	1	-	-	-	-
	7%	-	-	8%	10%	-	-	8%	-	-	-	-	-	8%	6%	11%	-	-	-	-
Gym	1	-	-	1	-	-	-	1	-	-	-	-	-	1	1	-	-	-	-	-
	4%	-	-	7%	-	-	-	4%	-	-	-	-	-	4%	7%	-	-	-	-	-
Other	2	-	-	1	1	-	-	2	-	-	-	-	-	-	-	-	2	2	-	-
	7%	-	-	6%	11%	-	-	8%	-	-	-	-	-	-	-	-	100%	100%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 341

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Caffeine**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	26	19	13	6	7	2	2	-	1	2	20	6	6	6	2	5	2	2
Weighted base	25*	20**	15**	5**	6**	1**	2**	**	1**	2**	20**	6**	6**	6**	2**	5**	2**	2**
Supermarkets	14	9	7	2	5	1	1	-	1	2	12	2	2	2	1	2	-	1
	53%	46%	47%	41%	79%	58%	55%	-	100%	100%	60%	31%	31%	31%	47%	37%	-	47%
Online marketplace e.g. Amazon, eBay	7	6	5	1	1	-	1	-	-	-	6	1	1	1	-	1	-	-
	26%	30%	34%	21%	12%	-	45%	-	-	-	28%	20%	20%	20%	-	24%	-	-
Pharmacy e.g. Boots	5	4	3	1	*	*	-	-	-	-	4	1	1	1	1	1	-	-
	19%	22%	22%	21%	8%	42%	-	-	-	-	19%	18%	18%	18%	53%	21%	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	4	4	4	-	-	-	-	-	-	-	3	1	1	1	-	-	1	1
	15%	20%	26%	-	-	-	-	-	-	-	15%	17%	17%	17%	-	-	55%	53%
Mail order / catalogue	2	2	2	-	-	-	-	-	-	-	-	2	2	2	-	1	1	1
	8%	11%	14%	-	-	-	-	-	-	-	-	37%	37%	37%	-	24%	55%	53%
Health food store e.g. Holland & Barrett	2	2	1	1	-	-	-	-	-	-	-	2	2	2	1	2	1	-
	7%	9%	7%	18%	-	-	-	-	-	-	-	32%	32%	32%	53%	39%	45%	-
Gym	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	-	1	1
	4%	5%	7%	-	-	-	-	-	-	-	-	17%	17%	17%	-	-	55%	53%
Other	2	1	-	1	1	-	1	-	-	-	1	1	1	1	-	1	-	1
	7%	5%	-	21%	15%	-	55%	-	-	-	5%	15%	15%	15%	-	18%	-	47%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 342

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Caffeine**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	26	12	12	5	1	6	2	-	-	2	2	6	2	5	1	2	1	2	4	8	6	5	3	-	16
Weighted base	25*	12**	12**	5**	**	6**	1**	**	**	1**	1**	6**	2**	5**	1**	2**	1**	2**	4**	8**	6**	5**	3**	**	15**
Supermarkets	14	7	5	1	-	4	1	-	-	1	1	2	2	3	-	2	-	1	2	6	5	3	2	-	7
	53%	58%	43%	20%	-	69%	100%	-	-	100%	48%	37%	100%	59%	-	100%	-	62%	49%	66%	76%	70%	53%	-	45%
Online marketplace e.g. Amazon, eBay	7	4	3	3	-	-	-	-	-	-	1	3	-	2	-	-	-	-	1	3	1	1	1	-	4
	26%	34%	21%	46%	-	-	-	-	-	-	52%	49%	-	41%	-	-	-	-	27%	34%	24%	30%	47%	-	25%
Pharmacy e.g. Boots	5	2	2	1	*	1	-	-	-	-	-	1	-	1	-	1	1	-	-	-	-	-	-	-	4
	19%	19%	20%	16%	100%	17%	-	-	-	-	-	57%	-	100%	-	100%	38%	-	-	-	-	-	-	-	28%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	4	1	2	2	-	-	-	-	-	-	3	-	-	-	-	-	-	1	3	3	1	1	1	-	1
	15%	12%	20%	44%	-	-	-	-	-	-	49%	-	-	-	-	-	-	24%	34%	24%	30%	47%	-	7%	
Mail order / catalogue	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-	-	-	-	-	2
	8%	-	18%	39%	-	-	-	-	-	-	-	-	-	-	-	-	-	51%	-	-	-	-	-	-	14%
Health food store e.g. Holland & Barrett	2	-	2	-	-	2	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	2
	7%	-	16%	-	-	31%	-	-	-	-	-	14%	-	100%	-	-	-	-	-	-	-	-	-	-	12%
Gym	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
	4%	-	8%	18%	-	-	-	-	-	-	-	-	-	-	-	-	-	24%	-	-	-	-	-	-	7%
Other	2	1	-	-	-	1	-	-	1	-	-	-	1	-	-	1	-	-	1	1	1	1	1	-	1
	7%	8%	-	-	-	67%	-	-	67%	-	-	-	18%	-	-	100%	-	-	10%	14%	18%	30%	-	6%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 343
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Caffeine

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	26	-	3	-	-	7	14	1	14	6	8	8	-
Weighted base	25*	-**	3**	-**	-**	7**	14**	1**	14**	5**	8**	8**	-**
Supermarkets	14 53%	-	3 100%	-	-	2 23%	9 63%	1 100%	10 71%	2 45%	4 49%	5 62%	-
Online marketplace e.g. Amazon, eBay	7 26%	-	-	-	-	2 36%	2 17%	-	2 15%	2 39%	3 34%	1 19%	-
Pharmacy e.g. Boots	5 19%	-	-	-	-	2 29%	2 13%	-	2 17%	-	* 6%	1 19%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	4 15%	-	-	-	-	1 21%	2 17%	-	2 17%	-	1 19%	1 19%	-
Mail order / catalogue	2 8%	-	-	-	-	-	1 7%	-	1 7%	1 21%	1 15%	-	-
Health food store e.g. Holland & Barrett	2 7%	-	-	-	-	2 28%	-	-	-	1 15%	1 11%	-	-
Gym	1 4%	-	-	-	-	-	1 7%	-	1 7%	-	-	-	-
Other	2 7%	-	-	-	-	-	1 7%	-	1 7%	1 16%	1 11%	1 12%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 344
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Folic acid

	Gender		Age							Social Grade				Region									Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ireland (y)	Public (A)	Private (B)
Unweighted base	47	14	33	5	11	10	6	7	8	12	10	14	11	5	1	1	4	7	3	7	5	6	7	1	6	19
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**
Pharmacy e.g. Boots	24	9	15	1	6	2	4	5	6	5	6	10	4	1	1	1	3	*	2	6	3	4	1	5	11	
	49%	66%	42%	27%	47%	24%	59%	66%	71%	39%	57%	57%	38%	29%	100%	100%	18%	41%	14%	50%	85%	46%	46%	100%	75%	46%
Supermarkets	16	5	11	2	6	5	2	-	1	4	2	6	3	-	-	1	2	5	2	1	1	2	2	-	2	8
	31%	34%	30%	33%	49%	50%	24%	-	12%	32%	25%	37%	26%	-	-	100%	54%	64%	63%	26%	15%	27%	19%	-	36%	33%
Health food store e.g. Holland & Barrett	8	5	4	1	1	4	1	1	1	4	3	1	-	1	-	-	1	1	1	3	-	1	-	3	3	
	17%	35%	10%	16%	8%	36%	20%	9%	12%	38%	27%	7%	-	27%	-	-	17%	23%	13%	49%	-	12%	-	45%	14%	
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5	1	4	1	1	-	2	-	1	3	1	-	1	1	-	1	1	-	-	1	-	-	-	1	3	
	10%	6%	11%	16%	5%	-	38%	-	12%	23%	10%	-	10%	15%	-	100%	28%	8%	-	19%	-	-	-	20%	11%	
Online marketplace e.g. Amazon, eBay	4	2	2	2	-	1	-	-	1	1	2	-	1	2	-	1	-	-	-	-	-	1	-	-	-	3
	7%	12%	6%	40%	-	8%	-	-	12%	6%	21%	-	8%	37%	-	100%	-	-	-	-	-	12%	-	-	-	12%
Mail order / catalogue	1	-	1	1	-	-	-	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	1
	2%	-	3%	24%	-	-	-	-	-	-	12%	-	-	22%	-	-	-	-	-	-	-	-	-	-	-	5%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	8	1	7	-	2	2	-	2	1	3	1	1	3	1	-	-	1	-	1	-	2	3	-	-	2	
	15%	5%	20%	-	14%	20%	-	34%	17%	28%	5%	6%	25%	22%	-	-	12%	-	25%	-	26%	31%	-	-	8%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 345
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	47	2	-	27	11	7	-	44	3	-	-	2	1	-	37	16	21	10	9	1
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
Pharmacy e.g. Boots	24 49%	1 57%	-	11 42%	4 32%	8 87%	-	21 47%	3 74%	-	-	1 56%	2 100%	-	18 47%	7 47%	11 47%	6 55%	5 48%	1 100%
Supermarkets	16 31%	1 43%	-	7 27%	5 41%	3 28%	-	13 29%	2 60%	-	-	2 100%	-	-	13 33%	6 36%	7 31%	3 25%	3 29%	-
Health food store e.g. Holland & Barrett	8 17%	-	-	5 19%	2 19%	1 11%	-	7 16%	1 26%	-	-	1 44%	-	-	8 20%	4 27%	3 15%	1 6%	1 7%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 10%	-	-	4 15%	1 6%	-	-	5 10%	-	-	-	-	-	-	5 12%	1 9%	3 15%	-	-	-
Online marketplace e.g. Amazon, eBay	4 7%	1 43%	-	2 8%	1 6%	-	-	4 8%	-	-	-	-	-	-	4 10%	1 5%	3 13%	-	-	-
Mail order / catalogue	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	8 15%	-	-	6 22%	2 16%	-	-	8 17%	-	-	-	-	-	-	6 14%	3 21%	2 10%	2 19%	2 22%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 346
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Folic acid

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	47	25	19	6	22	2	5	-	8	7	27	20	18	16	9	12	5	2
Weighted base	50*	30**	24**	6**	20**	2**	4**	**	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**
Pharmacy e.g. Boots	24 49%	16 53%	13 53%	3 51%	8 43%	2 100%	1 18%	-	5 67%	1 13%	14 54%	10 43%	10 47%	8 44%	4 33%	5 37%	3 48%	-
Supermarkets	16 31%	10 34%	8 34%	2 33%	5 28%	-	-	-	1 13%	5 70%	6 22%	10 42%	8 39%	7 38%	5 46%	6 42%	2 35%	2 71%
Health food store e.g. Holland & Barrett	8 17%	6 20%	6 25%	-	2 11%	1 30%	1 14%	-	1 13%	-	2 9%	6 26%	5 26%	6 33%	1 12%	4 31%	4 54%	1 29%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 10%	4 13%	2 9%	2 30%	1 5%	-	-	-	1 13%	-	3 13%	1 6%	1 6%	1 7%	-	-	1 19%	-
Online marketplace e.g. Amazon, eBay	4 7%	3 9%	3 11%	-	1 5%	-	-	-	1 13%	-	3 10%	1 5%	1 5%	1 6%	1 10%	1 9%	-	-
Mail order / catalogue	1 2%	1 4%	1 5%	-	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	1 10%	1 9%	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	8 15%	2 6%	1 3%	1 20%	6 30%	-	3 68%	-	2 29%	1 17%	5 18%	3 13%	3 14%	3 16%	1 10%	3 23%	1 17%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 347
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Folic acid

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	47	14	25	18	1	6	8	5	-	3	2	11	7	5	4	3	5	3	5	19	8	11	6	3	28
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	-**	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**
Pharmacy e.g. Boots	24 49%	10 69%	9 32%	9 42%	-	-	5 74%	5 88%	-	1 40%	-	6 62%	5 70%	-	4 82%	-	1 29%	-	6 80%	5 29%	*	2 26%	2 38%	1 39%	19 60%
Supermarkets	16 31%	2 15%	12 44%	8 39%	1 100%	3 54%	1 13%	1 18%	-	-	-	3 33%	* 6%	1 22%	2 48%	4 100%	2 48%	1 39%	2 20%	4 21%	-	2 20%	-	2 61%	12 37%
Health food store e.g. Holland & Barrett	8 17%	2 13%	6 21%	5 23%	-	1 16%	1 9%	1 12%	-	-	-	1 6%	1 9%	1 20%	1 30%	1 39%	-	2 68%	1 13%	2 11%	1 9%	1 14%	-	-	6 20%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 10%	1 9%	3 9%	1 7%	-	1 19%	1 13%	1 18%	-	-	1 60%	1 9%	-	-	1 30%	-	1 12%	1 29%	-	2 11%	-	1 14%	-	1 21%	3 9%
Online marketplace e.g. Amazon, eBay	4 7%	2 14%	1 3%	1 4%	-	-	1 13%	1 18%	-	-	-	2 18%	-	-	-	-	1 23%	1 29%	-	1 7%	1 17%	-	-	-	3 8%
Mail order / catalogue	1 2%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 23%	-	1 7%	1 17%	-	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	8 15%	2 13%	4 16%	4 18%	-	1 12%	1 17%	-	-	1 60%	1 40%	2 15%	1 15%	3 58%	-	-	1 13%	1 32%	-	7 40%	5 69%	5 54%	4 62%	-	1 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 348
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	47	-	4	10	1	12	19	14	15	12	19	10	2
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
Pharmacy e.g. Boots	24 49%	-	2 44%	4 39%	-	5 38%	13 58%	3 27%	12 65%	4 27%	8 47%	2 19%	2 61%
Supermarkets	16 31%	-	2 37%	5 44%	* 100%	5 33%	8 37%	2 13%	5 27%	3 20%	1 5%	1 10%	1 39%
Health food store e.g. Holland & Barrett	8 17%	-	-	1 6%	-	-	5 21%	1 5%	5 30%	1 10%	-	2 21%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	5 10%	-	-	1 6%	-	1 8%	4 19%	-	2 10%	2 19%	1 6%	1 15%	-
Online marketplace e.g. Amazon, eBay	4 7%	-	-	-	-	1 6%	2 8%	1 10%	2 10%	1 9%	1 7%	2 22%	-
Mail order / catalogue	1 2%	-	-	-	-	-	-	1 10%	-	1 9%	1 7%	1 13%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	8 15%	-	1 18%	2 17%	-	3 25%	1 3%	5 44%	-	5 36%	7 39%	5 52%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 349

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Peppermint oil**

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	14	7	7	3	1	4	2	2	2	5	4	3	2	-	2	1	1	1	1	1	2	3	1	1	1	7
Weighted base	14*	7**	7**	3**	1**	5**	2**	2**	2**	4**	5**	4**	2**	-**	2**	1**	1**	1**	1**	1**	1**	3**	***	2**	1**	8**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	3	3	-	1	4	-	-	-	-	3	3	-	-	1	1	-	-	-	-	1	-	2	1	4	
	41%	45%	37%	-	100%	92%	-	-	-	-	67%	70%	-	-	74%	100%	-	-	-	-	43%	-	100%	100%	57%	
Pharmacy e.g. Boots	4	3	2	-	1	2	-	-	2	2	1	1	-	-	1	-	-	-	-	-	3	*	-	1	2	
	32%	42%	22%	-	100%	32%	-	-	100%	52%	26%	32%	-	-	100%	-	-	-	-	-	100%	100%	-	100%	20%	
Supermarkets	3	1	2	1	1	-	1	-	-	1	-	1	1	-	-	1	-	-	1	-	1	-	-	1	2	
	23%	18%	29%	44%	100%	-	45%	-	-	23%	-	32%	68%	-	-	100%	-	-	100%	-	62%	-	-	100%	26%	
Health food store e.g. Holland & Barrett	3	*	3	-	-	2	1	-	*	1	1	1	-	-	-	1	-	-	-	-	2	*	-	-	2	
	23%	7%	38%	-	-	32%	55%	-	28%	22%	26%	30%	-	-	-	100%	-	-	-	-	57%	100%	-	-	20%	
Online marketplace e.g. Amazon, eBay	3	2	1	-	-	1	-	2	-	-	2	-	1	-	-	-	1	-	-	1	1	-	-	-	1	
	20%	23%	17%	-	-	24%	-	100%	-	-	48%	-	32%	-	-	-	100%	-	-	38%	43%	-	-	-	15%	
Mail order / catalogue	*	*	-	*	-	-	-	-	-	*	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	
	4%	7%	-	19%	-	-	-	-	-	-	11%	-	-	-	26%	-	-	-	-	-	-	-	-	-	-	
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Other	1	-	1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1	
	7%	-	14%	37%	-	-	-	-	-	25%	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	12%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 350

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Peppermint oil**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	14	-	1	4	5	4	-	13	1	-	1	-	-	-	10	6	4	4	4	-
Weighted base	14*	-**	2**	3**	5**	4**	-**	13**	1**	-**	1**	-**	-**	-**	11**	6**	5**	3**	3**	-**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	-	2	-	1	3	-	4	1	-	1	-	-	-	6	3	3	-	-	-
	41%	-	100%	-	25%	64%	-	35%	100%	-	100%	-	-	-	53%	52%	53%	-	-	-
Pharmacy e.g. Boots	4	-	-	*	3	1	-	3	1	-	1	-	-	-	3	2	1	2	2	-
	32%	-	-	14%	58%	29%	-	25%	100%	-	100%	-	-	-	26%	27%	24%	53%	53%	-
Supermarkets	3	-	-	1	1	1	-	2	1	-	1	-	-	-	3	2	1	-	-	-
	23%	-	-	36%	25%	22%	-	16%	100%	-	100%	-	-	-	30%	36%	24%	-	-	-
Health food store e.g. Holland & Barrett	3	-	-	2	*	1	-	3	-	-	-	-	-	-	3	*	2	*	*	-
	23%	-	-	49%	8%	29%	-	25%	-	-	-	-	-	-	25%	7%	47%	15%	15%	-
Online marketplace e.g. Amazon, eBay	3	-	-	-	1	2	-	3	-	-	-	-	-	-	3	2	1	-	-	-
	20%	-	-	-	21%	43%	-	22%	-	-	-	-	-	-	25%	26%	24%	-	-	-
Mail order / catalogue	*	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	*	*	-
	4%	-	-	15%	-	-	-	4%	-	-	-	-	-	-	-	-	-	16%	16%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	1	-	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-	1	1	-
	7%	-	-	-	21%	-	-	8%	-	-	-	-	-	-	-	-	-	31%	31%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 351

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Peppermint oil**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	14	8	4	4	6	1	1	-	3	1	8	6	6	1	5	-	1	-
Weighted base	14*	9**	5**	4**	5**	1**	***	..	3**	1**	7**	7**	7**	1**	5**	..	1**	..
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 41%	6 62%	4 82%	1 33%	-	-	-	-	-	-	1 16%	4 69%	4 69%	1 100%	3 60%	-	1 100%	-
Pharmacy e.g. Boots	4 32%	3 31%	1 22%	2 43%	2 34%	-	-	-	2 62%	-	3 38%	2 24%	2 24%	-	2 31%	-	-	-
Supermarkets	3 23%	3 36%	1 22%	2 57%	-	-	-	-	-	-	1 12%	2 36%	2 36%	-	2 46%	-	-	-
Health food store e.g. Holland & Barrett	3 23%	2 17%	-	2 43%	2 33%	-	-	-	* 17%	1 100%	3 37%	* 6%	* 6%	-	* 8%	-	-	-
Online marketplace e.g. Amazon, eBay	3 20%	1 13%	-	1 33%	2 32%	1 100%	-	-	1 38%	-	3 37%	-	-	-	-	-	-	-
Mail order / catalogue	* 4%	-	-	-	* 10%	-	* 100%	-	-	-	-	* 8%	* 8%	-	* 10%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	1 7%	1 11%	1 18%	-	-	-	-	-	-	-	1 13%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 352

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Peppermint oil**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	14	4	7	7	-	-	3	1	1	1	2	2	3	2	2	-	-	1	2	4	1	4	2	1	10
Weighted base	14*	4**	7**	7**	**	**	3**	1**	**	1**	1**	2**	3**	3**	2**	**	**	1**	2**	4**	1**	4**	2**	1**	10**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	1	3	3	-	-	1	1	-	-	-	2	1	2	-	-	-	-	3	1	3	1	-	3	
	41%	35%	43%	43%	-	-	46%	100%	-	-	-	86%	56%	80%	-	-	-	-	64%	100%	64%	54%	-	31%	
Pharmacy e.g. Boots	4	-	3	3	-	-	2	1	*	-	-	3	-	*	-	-	-	1	2	-	2	1	-	3	
	32%	-	39%	39%	-	-	61%	100%	100%	-	-	100%	-	20%	-	-	-	57%	40%	-	40%	54%	-	28%	
Supermarkets	3	1	2	2	-	-	-	-	-	-	1	1	-	-	-	-	-	1	-	-	-	-	-	3	
	23%	28%	29%	29%	-	-	-	-	-	-	54%	43%	-	-	-	-	-	43%	-	-	-	-	-	33%	
Health food store e.g. Holland & Barrett	3	-	2	2	-	-	2	1	*	-	-	2	1	*	-	-	-	-	2	-	2	1	-	2	
	23%	-	22%	22%	-	-	61%	100%	100%	-	-	57%	44%	20%	-	-	-	-	40%	-	40%	54%	-	15%	
Online marketplace e.g. Amazon, eBay	3	1	-	-	-	-	2	1	-	1	1	1	-	-	-	-	-	-	2	-	2	2	1	1	
	20%	13%	-	-	-	-	85%	100%	-	53%	46%	43%	-	-	-	-	-	-	54%	-	54%	100%	100%	6%	
Mail order / catalogue	*	-	*	*	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-	-	-	*	
	4%	-	7%	7%	-	-	-	-	-	47%	-	-	-	-	-	-	-	-	-	-	-	-	-	5%	
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Other	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	
	7%	24%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	10%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 353

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Peppermint oil**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	14	1	1	-	-	2	7	1	6	3	5	1	1
Weighted base	14*	1**	***	..**	..**	2**	8**	1**	6**	3**	5**	1**	1**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 41%	-	-	-	-	1 52%	4 59%	-	3 42%	1 44%	3 53%	1 100%	-
Pharmacy e.g. Boots	4 32%	-	* 100%	-	-	1 52%	3 36%	-	3 44%	1 44%	2 33%	-	-
Supermarkets	3 23%	1 100%	-	-	-	1 52%	1 16%	-	1 19%	-	1 18%	-	-
Health food store e.g. Holland & Barrett	3 23%	-	* 100%	-	-	1 48%	2 20%	-	2 24%	1 44%	2 33%	-	-
Online marketplace e.g. Amazon, eBay	3 20%	-	-	-	-	-	-	1 100%	-	2 82%	2 44%	-	1 100%
Mail order / catalogue	* 4%	-	-	-	-	-	* 6%	-	-	* 18%	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	1 7%	-	-	-	-	-	-	-	1 16%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 354

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginkgo Biloba

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	17	10	7	-	3	2	5	2	5	6	3	3	5	1	1	-	3	1	1	1	-	5	3	1	3	10
Weighted base	16*	8**	8**	-**	3**	2**	3**	3**	4**	6**	2**	3**	5**	1**	1**	-**	2**	1**	2**	2**	-**	6**	2**	1**	3**	9**
Pharmacy e.g. Boots	6	3	3	-	2	-	*	2	1	2	2	-	2	-	-	-	-	2	-	-	3	*	-	2	3	
	35%	33%	37%	-	56%	-	14%	72%	29%	30%	81%	-	39%	-	-	-	-	100%	-	-	53%	26%	-	51%	29%	
Mail order / catalogue	4	1	3	-	2	-	1	-	1	2	1	-	-	-	-	-	-	-	-	-	4	-	-	2	-	
	22%	7%	37%	-	56%	-	18%	-	29%	41%	59%	-	-	-	-	-	-	-	-	-	64%	-	-	68%	-	
Online marketplace e.g. Amazon, eBay	3	2	1	-	1	1	-	-	2	2	-	1	1	1	1	-	-	-	-	-	1	-	1	-	2	
	20%	29%	12%	-	30%	34%	-	-	36%	31%	-	21%	18%	100%	100%	-	-	-	-	-	17%	-	100%	-	26%	
Supermarkets	3	1	2	-	-	2	1	-	1	-	-	2	1	-	-	-	-	-	-	2	-	-	1	-	2	
	18%	8%	28%	-	-	66%	20%	-	16%	-	-	79%	13%	-	-	-	-	-	-	100%	-	-	74%	-	25%	
Health food store e.g. Holland & Barrett	3	3	-	-	*	1	2	-	-	2	1	-	-	-	-	-	1	-	-	-	1	*	1	1	2	
	18%	36%	-	-	13%	34%	48%	-	-	34%	41%	-	-	-	-	-	54%	-	-	-	10%	26%	100%	17%	25%	
Online specialist retailers e.g. Vitabiotics, Simply Supplements	2	1	1	-	-	-	1	1	-	1	-	-	1	-	-	-	1	-	-	-	1	-	-	1	1	
	12%	10%	13%	-	-	-	32%	28%	-	19%	-	-	15%	-	-	-	100%	-	-	-	19%	-	-	32%	9%	
Gym	1	1	-	-	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	
	6%	12%	-	-	30%	-	-	-	-	16%	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	10%	
Other	1	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	
	5%	-	10%	-	-	-	-	-	19%	-	-	-	15%	-	-	-	46%	-	-	-	-	-	-	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 355

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Gingko Biloba**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	17	-	-	10	3	4	-	15	2	1	-	1	-	-	16	10	6	1	-	1
Weighted base	16*	-**	-**	8**	4**	4**	-**	15**	2**	1**	-**	1**	-**	-**	16**	11**	4**	1**	-**	1**
Pharmacy e.g. Boots	6	-	-	2	1	2	-	6	-	-	-	-	-	-	6	6	-	-	-	-
	35%	-	-	25%	33%	59%	-	39%	-	-	-	-	-	-	36%	49%	-	-	-	-
Mail order / catalogue	4	-	-	-	1	2	-	3	1	-	-	1	-	-	4	3	1	-	-	-
	22%	-	-	-	33%	62%	-	21%	39%	-	-	100%	-	-	23%	27%	14%	-	-	-
Online marketplace e.g. Amazon, eBay	3	-	-	2	-	1	-	2	1	1	-	-	-	-	3	2	1	1	-	1
	20%	-	-	28%	-	25%	-	16%	61%	100%	-	-	-	-	17%	15%	23%	100%	-	100%
Supermarkets	3	-	-	1	2	-	-	3	-	-	-	-	-	-	3	2	1	-	-	-
	18%	-	-	16%	40%	-	-	20%	-	-	-	-	-	-	19%	14%	33%	-	-	-
Health food store e.g. Holland & Barrett	3	-	-	2	-	1	-	2	1	-	-	1	-	-	3	2	1	-	-	-
	18%	-	-	21%	-	29%	-	15%	39%	-	-	100%	-	-	18%	16%	24%	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	12%	-	-	10%	28%	-	-	13%	-	-	-	-	-	-	12%	9%	20%	-	-	-
Gym	1	-	-	-	-	1	-	-	1	1	-	-	-	-	1	1	-	-	-	-
	6%	-	-	-	-	25%	-	-	61%	100%	-	-	-	-	6%	8%	-	-	-	-
Other	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	1	-	-	-	-
	5%	-	-	10%	-	-	-	6%	-	-	-	-	-	-	5%	7%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 356

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginkgo Biloba

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	17	13	8	5	4	1	-	2	1	-	13	4	3	4	1	2	2	1
Weighted base	16*	12**	9**	3**	4**	1**	**	2**	1**	**	12**	4**	3**	4**	2**	3**	2**	1**
Pharmacy e.g. Boots	6	4	4	*	1	-	-	-	1	-	4	2	2	2	2	2	2	-
	35%	35%	43%	14%	34%	-	-	-	100%	-	33%	39%	52%	39%	100%	65%	72%	-
Mail order / catalogue	4	2	2	-	1	-	-	-	1	-	2	2	2	2	2	2	2	-
	22%	19%	26%	-	34%	-	-	-	100%	-	16%	39%	52%	39%	100%	65%	72%	-
Online marketplace e.g. Amazon, eBay	3	2	2	1	1	-	-	1	-	-	2	1	1	1	-	1	-	-
	20%	19%	19%	17%	26%	-	-	54%	-	-	20%	21%	28%	21%	-	35%	-	-
Supermarkets	3	2	2	-	1	1	-	-	-	-	2	1	1	1	-	-	1	-
	18%	18%	25%	-	19%	100%	-	-	-	-	19%	15%	20%	15%	-	-	28%	-
Health food store e.g. Holland & Barrett	3	3	2	1	-	-	-	-	-	-	3	-	-	-	-	-	-	-
	18%	23%	22%	26%	-	-	-	-	-	-	24%	-	-	-	-	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	2	2	-	2	-	-	-	-	-	-	1	1	-	1	-	-	-	1
	12%	15%	-	56%	-	-	-	-	-	-	7%	24%	-	24%	-	-	-	100%
Gym	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	-	-
	6%	8%	10%	-	-	-	-	-	-	-	-	21%	28%	21%	-	35%	-	-
Other	1	-	-	-	1	-	-	1	-	-	1	-	-	-	-	-	-	-
	5%	-	-	-	22%	-	-	46%	-	-	7%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 357

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Gingko Biloba**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	17	7	5	4	-	1	5	2	1	2	2	6	1	1	4	-	-	-	2	3	1	1	1	-	12
Weighted base	16*	5**	7**	6**	-**	**	5**	2**	1**	2**	1**	6**	1**	1**	4**	-**	-**	-**	3**	2**	1**	1**	**	-**	12**
Pharmacy e.g. Boots	6	*	4	4	-	-	1	-	-	1	*	3	-	-	-	-	-	-	2	*	-	-	*	-	3
	35%	11%	57%	61%	-	-	26%	-	-	65%	37%	52%	-	-	-	-	-	-	65%	28%	-	-	100%	-	25%
Mail order / catalogue	4	1	2	2	-	-	1	-	-	1	-	1	-	-	-	-	-	-	2	-	-	-	-	-	4
	22%	13%	26%	27%	-	-	26%	-	-	65%	-	20%	-	-	-	-	-	-	65%	-	-	-	-	-	30%
Online marketplace e.g. Amazon, eBay	3	1	1	1	-	-	1	1	-	-	-	2	1	-	-	-	-	-	1	1	-	1	-	-	3
	20%	31%	14%	15%	-	-	20%	54%	-	-	-	24%	100%	-	-	-	-	-	35%	34%	-	100%	-	-	23%
Supermarkets	3	1	2	2	-	-	1	-	-	1	-	1	-	-	2	-	-	-	-	1	1	-	-	-	2
	18%	15%	23%	24%	-	-	14%	-	-	35%	-	11%	-	-	60%	-	-	-	-	39%	100%	-	-	-	19%
Health food store e.g. Holland & Barrett	3	2	*	-	-	*	-	-	-	-	*	-	1	1	*	-	-	-	-	*	-	-	*	-	2
	18%	54%	6%	-	-	100%	-	-	-	-	37%	-	100%	100%	11%	-	-	-	-	28%	-	-	100%	-	16%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	2	1	-	-	-	-	1	-	1	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	2
	12%	18%	-	-	-	-	22%	-	100%	-	63%	-	-	-	29%	-	-	-	-	-	-	-	-	-	16%
Gym	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	6%	-	14%	15%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35%	-	-	-	-	-	8%
Other	1	-	-	-	-	-	1	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	5%	-	-	-	-	-	17%	46%	-	-	-	13%	-	-	-	-	-	-	-	-	-	-	-	-	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 358
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Ginkgo Biloba

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	17	-	2	-	-	1	9	2	8	1	2	-	3
Weighted base	16*	-**	1**	-**	-**	1**	8**	2**	7**	1**	1**	-**	4**
Pharmacy e.g. Boots	6 35%	-	-	-	-	-	4 50%	-	1 19%	-	* 41%	-	2 44%
Mail order / catalogue	4 22%	-	-	-	-	-	2 24%	-	2 28%	-	-	-	2 44%
Online marketplace e.g. Amazon, eBay	3 20%	-	-	-	-	-	2 20%	1 53%	2 24%	1 100%	-	-	-
Supermarkets	3 18%	-	-	-	-	1 100%	-	1 47%	-	-	1 59%	-	2 56%
Health food store e.g. Holland & Barrett	3 18%	-	* 28%	-	-	-	2 26%	1 53%	1 15%	1 100%	* 41%	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	2 12%	-	1 72%	-	-	-	1 11%	-	2 29%	-	-	-	-
Gym	1 6%	-	-	-	-	-	1 12%	-	-	-	-	-	-
Other	1 5%	-	-	-	-	-	-	-	1 13%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 359

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Magnesium**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	66	18	48	3	7	15	11	11	19	22	21	13	10	10	3	3	5	7	3	6	7	9	4	8	1	6	34
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**
Health food store e.g. Holland & Barrett	23 34%	4 22%	18 40%	-	3 31%	5 38%	4 40%	3 35%	7 36%	7 30%	5 27%	5 38%	6 50%	3 37%	-	1 28%	1 12%	1 12%	-	2 30%	3 38%	2 25%	4 86%	5 67%	2 100%	2 42%	10 27%
Pharmacy e.g. Boots	17 25%	7 37%	9 20%	1 56%	4 38%	3 25%	1 15%	2 21%	5 23%	6 27%	4 23%	3 24%	4 28%	-	1 41%	2 72%	2 37%	1 16%	*	2 27%	3 38%	3 45%	1 25%	1 10%	-	3 64%	9 26%
Supermarkets	16 23%	3 16%	12 27%	-	6 54%	4 33%	1 13%	2 16%	3 13%	1 7%	5 25%	4 34%	5 40%	3 35%	2 59%	1 25%	-	2 18%	-	*	6 64%	1 17%	-	1 20%	-	2 43%	10 29%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 21%	6 28%	8 18%	*	5 44%	1 11%	1 6%	*	7 31%	6 26%	4 20%	1 5%	4 32%	2 18%	-	-	3 51%	1 15%	-	2 36%	5 53%	-	-	1 16%	-	-	10 28%
Online marketplace e.g. Amazon, eBay	7 11%	2 9%	5 12%	-	-	3 22%	1 9%	2 25%	1 5%	2 10%	3 17%	2 15%	-	-	-	-	-	-	2 83%	-	-	4 54%	-	1 16%	-	* 7%	4 11%
Mail order / catalogue	2 3%	-	2 4%	-	-	-	-	-	2 9%	2 8%	-	-	-	-	-	-	2 20%	-	-	-	-	-	-	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	4 7%	2 8%	3 6%	1 25%	-	-	2 17%	1 9%	1 6%	1 3%	1 6%	2 13%	1 7%	1 10%	-	-	-	2 18%	-	-	1 8%	-	1 14%	1 8%	-	-	3 7%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 360
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Magnesium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	66	-	-	37	14	11	3	62	4	1	1	1	1	-	51	24	27	15	14	1
Weighted base	66*	**	**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	**	49*	26**	24**	17**	16**	1**
Health food store e.g. Holland & Barrett	23 34%	-	-	14 36%	5 41%	3 21%	1 55%	19 31%	4 86%	-	1 100%	1 100%	1 100%	-	17 34%	7 28%	10 41%	6 36%	6 38%	-
Pharmacy e.g. Boots	17 25%	-	-	7 19%	4 30%	6 46%	-	15 24%	2 39%	1 100%	-	1 100%	-	13 27%	8 30%	6 24%	3 20%	3 22%	-	-
Supermarkets	16 23%	-	-	7 18%	4 34%	4 37%	-	14 22%	2 45%	1 100%	-	-	1 100%	-	8 16%	4 17%	3 15%	8 45%	8 48%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 21%	-	-	8 20%	1 8%	5 40%	* 20%	14 23%	-	-	-	-	-	-	7 13%	3 12%	4 15%	7 44%	6 40%	1 100%
Online marketplace e.g. Amazon, eBay	7 11%	-	-	5 13%	-	2 18%	-	7 12%	-	-	-	-	-	-	6 13%	4 17%	2 7%	1 6%	1 7%	-
Mail order / catalogue	2 3%	-	-	-	-	2 15%	-	2 3%	-	-	-	-	-	-	2 4%	2 7%	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	4 7%	-	-	3 8%	-	-	1 26%	4 7%	-	-	-	-	-	-	4 9%	3 10%	2 8%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 361

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Magnesium**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	66	40	23	17	26	1	5	7	10	3	48	18	17	16	4	12	5	3
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
Health food store e.g. Holland & Barrett	23 34%	12 29%	8 26%	4 37%	11 43%	1 100%	2 61%	4 51%	3 25%	1 29%	16 33%	7 38%	6 34%	6 35%	1 28%	5 36%	1 30%	1 41%
Pharmacy e.g. Boots	17 25%	12 31%	10 33%	3 24%	5 17%	-	1 14%	2 22%	2 21%	-	11 24%	5 29%	5 31%	4 26%	2 64%	3 23%	1 17%	1 43%
Supermarkets	16 23%	12 31%	11 36%	2 15%	3 12%	-	1 14%	1 19%	1 11%	-	8 16%	8 43%	8 46%	8 44%	* 11%	6 47%	3 70%	* 15%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 21%	10 24%	8 26%	2 20%	4 16%	-	* 11%	1 11%	2 22%	1 29%	9 20%	5 25%	5 26%	5 27%	-	5 34%	-	-
Online marketplace e.g. Amazon, eBay	7 11%	4 10%	2 6%	3 23%	3 12%	-	-	-	2 20%	1 41%	5 11%	2 9%	2 10%	2 10%	1 25%	2 13%	-	-
Mail order / catalogue	2 3%	-	-	-	2 7%	-	-	-	2 17%	-	2 4%	-	-	-	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	4 7%	3 6%	2 6%	1 8%	2 7%	-	1 14%	1 8%	1 7%	-	4 9%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 362

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Magnesium**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	66	15	38	25	2	11	12	-	3	9	2	10	11	8	6	4	6	5	7	14	5	10	8	-	50
Weighted base	66*	17**	37*	23**	3**	11**	11**	**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	**	51*
Health food store e.g. Holland & Barrett	23 34%	3 17%	17 46%	11 47%	1 37%	5 45%	3 28%	-	-	3 36%	1 73%	4 47%	3 28%	2 24%	1 16%	2 30%	1 22%	3 55%	3 48%	5 38%	2 49%	3 32%	4 38%	-	17 34%
Pharmacy e.g. Boots	17 25%	4 26%	10 27%	6 27%	-	4 36%	2 20%	-	1 33%	1 16%	*	1 15%	3 32%	3 39%	1 19%	2 42%	1 14%	1 13%	4 52%	6 44%	1 18%	3 33%	5 57%	-	9 18%
Supermarkets	16 23%	5 32%	9 24%	5 21%	-	4 38%	1 10%	-	1 20%	1 6%	-	1 6%	2 23%	2 29%	4 53%	1 28%	2 32%	2 43%	1 18%	2 16%	2 33%	2 17%	2 19%	-	13 26%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 21%	5 28%	5 12%	2 8%	-	3 26%	5 42%	-	2 80%	3 30%	-	3 29%	1 10%	1 16%	4 59%	-	-	1 29%	1 19%	3 23%	1 18%	2 27%	1 8%	-	11 21%
Online marketplace e.g. Amazon, eBay	7 11%	2 14%	4 11%	4 18%	-	-	-	-	-	-	-	-	1 12%	1 13%	1 13%	-	1 14%	-	1 13%	*	-	*	-	-	7 13%
Mail order / catalogue	2 3%	-	2 5%	-	2 63%	-	-	-	-	-	-	-	-	-	-	-	2 32%	-	-	-	-	-	-	-	2 4%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	4 7%	2 10%	1 3%	1 3%	-	1 5%	2 14%	-	-	2 18%	-	1 9%	1 6%	2 27%	-	-	-	-	-	-	-	-	-	-	4 9%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 363

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Magnesium**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	66	-	4	-	-	18	29	11	40	5	16	6	3
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
Health food store e.g. Holland & Barrett	23 34%	-	1 51%	-	-	8 45%	10 32%	6 55%	14 33%	2 63%	3 18%	2 44%	1 47%
Pharmacy e.g. Boots	17 25%	-	1 33%	-	-	7 36%	8 25%	3 25%	9 20%	1 15%	5 38%	1 27%	1 53%
Supermarkets	16 23%	-	* 15%	-	-	7 37%	9 29%	* 4%	13 30%	1 27%	4 25%	2 40%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	14 21%	-	1 33%	-	-	1 3%	5 16%	3 30%	9 22%	* 10%	3 21%	1 16%	-
Online marketplace e.g. Amazon, eBay	7 11%	-	-	-	-	1 5%	2 6%	2 14%	4 9%	1 32%	2 16%	-	* 26%
Mail order / catalogue	2 3%	-	-	-	-	-	2 6%	-	2 4%	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	4 7%	-	-	-	-	1 3%	3 11%	-	3 7%	-	1 5%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 364

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Eye health supplements

	Gender		Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	23	11	12	1	2	4	-	4	12	7	7	5	4	3	1	4	1	2	2	2	2	4	1	1	2	8
Weighted base	23*	10**	12**	***	2**	3**	-.**	4**	13**	7**	6**	6**	3**	4**	***	2**	1**	2**	1**	2**	3**	4**	1**	2**	1**	9**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	8	4	4	-	-	2	-	1	5	3	4	2	-	2	-	-	-	-	*	-	-	2	1	2	*	5
	35%	37%	34%	-	-	47%	-	35%	39%	35%	58%	30%	-	67%	-	-	-	-	27%	-	-	56%	100%	100%	29%	61%
Online marketplace e.g. Amazon, eBay	5	4	1	-	2	1	-	-	2	1	3	1	-	1	-	-	-	1	1	-	-	2	-	-	-	3
	23%	39%	10%	-	100%	36%	-	-	16%	14%	52%	16%	-	33%	-	-	-	53%	73%	-	-	52%	-	-	-	37%
Mail order / catalogue	5	1	4	-	-	-	-	1	4	1	-	3	1	-	-	1	-	-	-	2	2	-	-	-	-	-
	22%	5%	36%	-	-	-	-	35%	27%	19%	-	46%	29%	-	-	20%	-	-	-	100%	76%	-	-	-	-	-
Health food store e.g. Holland & Barrett	4	1	3	-	1	2	-	1	-	3	2	-	-	-	-	-	1	*	-	1	2	-	-	-	1	2
	18%	10%	25%	-	52%	72%	-	17%	-	34%	24%	-	-	-	-	-	53%	27%	-	24%	51%	-	-	-	100%	25%
Pharmacy e.g. Boots	4	4	*	*	1	-	-	2	1	1	2	*	1	-	*	1	-	1	-	-	-	1	-	-	-	3
	18%	34%	4%	100%	52%	-	-	48%	5%	14%	30%	9%	18%	-	100%	44%	-	53%	-	-	-	100%	-	-	-	34%
Supermarkets	2	1	1	-	-	1	-	*	-	1	*	*	-	-	*	-	1	*	-	-	-	-	-	-	*	1
	8%	9%	7%	-	-	38%	-	13%	-	12%	6%	9%	-	-	100%	-	47%	27%	-	-	-	-	-	-	29%	16%
Gym	1	1	*	-	1	*	-	-	-	1	*	-	-	-	-	-	-	1	*	-	-	-	-	-	*	1
	6%	10%	3%	-	52%	11%	-	-	-	14%	6%	-	-	-	-	-	53%	27%	-	-	-	-	-	-	29%	12%
Other	2	-	2	-	-	-	-	-	2	-	-	-	2	-	-	1	1	-	-	-	-	-	-	-	-	-
	8%	-	14%	-	-	-	-	-	13%	-	-	-	52%	-	-	35%	100%	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 365

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Eye health supplements**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	23	-	-	12	8	3	-	21	2	-	2	-	-	-	16	8	8	7	6	1
Weighted base	23*	-**	-**	11**	8**	3**	-**	21**	1**	-**	1**	-**	-**	-**	16**	7**	8**	7**	6**	1**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	8	-	-	2	4	1	-	8	*	-	*	-	-	-	5	*	5	3	3	-
	35%	-	-	22%	51%	38%	-	36%	26%	-	26%	-	-	-	35%	5%	60%	36%	43%	-
Online marketplace e.g. Amazon, eBay	5	-	-	2	1	2	-	4	1	-	1	-	-	-	4	2	2	1	-	1
	23%	-	-	19%	12%	71%	-	20%	74%	-	74%	-	-	-	26%	27%	26%	17%	-	100%
Mail order / catalogue	5	-	-	4	1	-	-	5	-	-	-	-	-	-	4	3	1	1	1	-
	22%	-	-	32%	17%	-	-	23%	-	-	-	-	-	-	23%	35%	12%	20%	24%	-
Health food store e.g. Holland & Barrett	4	-	-	1	1	2	-	3	1	-	1	-	-	-	3	2	1	1	1	-
	18%	-	-	6%	14%	71%	-	13%	100%	-	100%	-	-	-	21%	28%	14%	12%	15%	-
Pharmacy e.g. Boots	4	-	-	3	-	1	-	3	1	-	1	-	-	-	3	1	2	1	1	-
	18%	-	-	27%	-	33%	-	14%	74%	-	74%	-	-	-	19%	14%	23%	15%	19%	-
Supermarkets	2	-	-	*	*	1	-	1	*	-	*	-	-	-	2	1	*	-	-	-
	8%	-	-	5%	4%	29%	-	7%	26%	-	26%	-	-	-	11%	18%	6%	-	-	-
Gym	1	-	-	-	*	1	-	-	1	-	1	-	-	-	1	1	-	-	-	-
	6%	-	-	-	4%	33%	-	-	100%	-	100%	-	-	-	9%	19%	-	-	-	-
Other	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	8%	-	-	8%	10%	-	-	8%	-	-	-	-	-	-	11%	12%	10%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 366

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Eye health supplements

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	23	10	5	5	13	-	1	3	9	-	18	5	5	4	1	1	4	1
Weighted base	23*	10**	6**	4**	13**	**	***	2**	10**	**	19**	3**	3**	3**	***	***	3**	1**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	8 35%	6 57%	3 51%	3 66%	2 18%	-	-	-	2 23%	-	8 39%	* 11%	* 11%	* 13%	-	-	* 13%	-
Online marketplace e.g. Amazon, eBay	5 23%	3 32%	2 34%	1 30%	2 16%	-	-	-	2 21%	-	4 22%	1 31%	1 31%	1 37%	-	-	1 37%	-
Mail order / catalogue	5 22%	-	-	-	5 39%	-	-	-	5 49%	-	5 25%	-	-	-	-	-	-	-
Health food store e.g. Holland & Barrett	4 18%	3 35%	1 17%	2 61%	1 5%	-	-	-	1 7%	-	3 14%	1 42%	1 42%	1 50%	-	-	1 50%	-
Pharmacy e.g. Boots	4 18%	3 30%	2 41%	* 13%	1 9%	-	* 100%	1 26%	-	-	2 10%	2 61%	2 61%	2 55%	* 100%	* 100%	2 55%	-
Supermarkets	2 8%	2 18%	1 15%	1 22%	-	-	-	-	-	-	2 54%	2 54%	2 63%	-	* 100%	2 63%	1 100%	
Gym	1 6%	1 14%	1 17%	* 9%	-	-	-	-	-	-	1 42%	1 42%	1 50%	-	-	1 50%	-	
Other	2 8%	-	-	-	2 13%	-	-	2 74%	-	-	2 9%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 367

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Eye health supplements**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	23	2	17	16	-	1	4	3	-	1	1	4	4	2	2	1	2	3	2	9	-	7	4	-	14
Weighted base	23*	1**	18**	17**	-**	1**	3**	3**	-**	1**	***	3**	4**	2**	1**	1**	3**	2**	3**	10**	-**	8**	4**	-**	13**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	8	-	7	7	-	-	1	1	-	-	-	1	2	1	1	-	2	-	2	4	-	3	3	-	4
	35%	-	38%	40%	-	-	35%	47%	-	-	-	42%	43%	43%	54%	-	63%	-	60%	43%	-	38%	62%	-	29%
Online marketplace e.g. Amazon, eBay	5	1	3	2	-	1	1	1	-	-	-	-	3	-	-	-	1	-	1	1	-	1	1	-	4
	23%	60%	18%	13%	-	100%	35%	47%	-	-	-	-	90%	-	-	-	37%	-	40%	12%	-	16%	29%	-	32%
Mail order / catalogue	5	-	4	4	-	-	1	1	-	-	-	1	-	1	-	1	-	-	-	4	-	3	1	-	1
	22%	-	25%	26%	-	-	15%	20%	-	-	-	15%	-	57%	-	100%	-	-	-	36%	-	34%	23%	-	11%
Health food store e.g. Holland & Barrett	4	-	3	3	-	-	1	1	-	-	-	2	-	1	-	-	1	1	2	-	2	1	-	2	
	18%	-	16%	17%	-	-	35%	47%	-	-	-	43%	-	46%	-	-	38%	40%	19%	-	24%	29%	-	18%	
Pharmacy e.g. Boots	4	1	3	3	-	-	-	-	-	-	*	2	-	-	-	-	*	1	2	-	1	2	-	2	
	18%	40%	19%	20%	-	-	-	-	-	-	100%	60%	-	-	-	-	22%	40%	20%	-	8%	48%	-	16%	
Supermarkets	2	-	2	2	-	-	-	-	-	-	-	*	-	-	-	-	1	-	-	-	-	-	-	2	
	8%	-	10%	11%	-	-	-	-	-	-	-	10%	-	-	-	-	62%	-	-	-	-	-	-	-	14%
Gym	1	-	1	1	-	-	-	-	-	-	-	*	-	-	-	-	-	1	-	-	-	-	-	-	1
	6%	-	8%	8%	-	-	-	-	-	-	-	10%	-	-	-	-	-	40%	-	-	-	-	-	-	11%
Other	2	-	-	-	-	-	2	1	-	1	-	1	-	-	-	-	-	-	1	-	1	-	-	-	1
	8%	-	-	-	-	-	50%	33%	-	100%	-	25%	-	-	-	-	-	-	9%	-	12%	-	-	-	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 368
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Eye health supplements

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	23	-	1	-	-	7	11	3	12	2	9	-	2
Weighted base	23*	-**	***	-.**	-.**	7**	11**	2**	12**	2**	9**	-.**	3**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	8 35%	-	*	-	-	6 80%	3 33%	*	5 43%	1 71%	5 60%	-	-
Online marketplace e.g. Amazon, eBay	5 23%	-	-	-	-	-	3 28%	-	3 26%	1 71%	1 13%	-	1 33%
Mail order / catalogue	5 22%	-	-	-	-	-	1 13%	-	1 12%	-	1 16%	-	2 67%
Health food store e.g. Holland & Barrett	4 18%	-	*	-	-	1 16%	1 8%	1 63%	2 16%	1 71%	2 20%	-	1 33%
Pharmacy e.g. Boots	4 18%	-	-	-	-	2 27%	1 9%	1 37%	1 12%	*	1 7%	-	1 33%
Supermarkets	2 8%	-	*	-	-	*	1 13%	*	*	-	-	-	-
Gym	1 6%	-	*	-	-	*	-	*	3%	-	-	-	1 33%
Other	2 8%	-	-	-	-	-	-	-	1 7%	-	1 10%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 369

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Weight loss supplement**

	Gender		Age					Social Grade				Region							Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	13	4	9	1	4	4	3	1	3	4	2	4	-	4	-	2	-	1	3	1	2	6	5
Weighted base	14*	4**	10**	2**	3**	5**	4**	1**	2**	8**	2**	3**	-**	4**	-**	1**	-**	1**	5**	1**	3**	7**	6**
Health food store e.g. Holland & Barrett	4	1	3	-	-	4	-	-	1	3	-	-	-	-	-	*	-	3	-	-	3	*	
	25%	23%	25%	-	-	76%	-	-	60%	32%	-	-	-	-	-	35%	-	59%	-	-	49%	6%	
Online marketplace e.g. Amazon, eBay	3	-	3	-	1	-	2	1	1	2	-	1	-	-	-	1	-	1	-	-	2	1	2
	19%	-	27%	-	20%	-	42%	100%	40%	20%	-	18%	-	-	-	65%	-	100%	-	-	59%	10%	25%
Pharmacy e.g. Boots	3	-	3	-	-	-	2	1	-	2	-	1	-	1	-	-	-	1	-	-	2	1	2
	19%	-	27%	-	-	-	58%	100%	-	20%	-	39%	-	15%	-	-	-	100%	-	-	59%	9%	25%
Supermarkets	2	-	2	-	-	1	1	1	-	-	1	1	-	1	-	-	-	1	-	-	1	1	-
	15%	-	22%	-	-	24%	16%	100%	-	-	54%	39%	-	15%	-	-	-	100%	-	-	41%	9%	-
Mail order / catalogue	2	-	2	-	1	-	2	-	-	2	-	1	-	2	-	-	-	-	-	-	-	2	-
	15%	-	21%	-	16%	-	42%	-	-	20%	-	19%	-	54%	-	-	-	-	-	-	-	32%	-
Gym	1	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	1
	8%	27%	-	-	35%	-	-	-	-	-	-	42%	-	31%	-	-	-	-	-	-	-	-	19%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	-	1	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	1
	7%	-	9%	-	28%	-	-	-	-	-	46%	-	-	-	-	-	-	-	100%	-	-	-	15%
Other	2	2	-	2	-	-	-	-	-	2	-	-	-	-	-	-	-	2	-	-	-	-	2
	15%	50%	-	100%	-	-	-	-	-	28%	-	-	-	-	-	-	-	41%	-	-	-	-	35%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 370

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Weight loss supplement**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	13	-	-	9	3	-	-	11	2	-	-	2	-	-	11	7	4	2	2	-
Weighted base	14*	-**	-**	12**	2**	-**	-**	11**	3**	-**	-**	3**	-**	-**	12**	9**	3**	2**	2**	-**
Health food store e.g. Holland & Barrett	4	-	-	3	1	-	-	3	100%	-	-	3	-	-	4	3	1	-	-	-
Online marketplace e.g. Amazon, eBay	3	-	-	2	1	-	-	3	-	-	-	-	-	-	1	1	-	2	2	-
Pharmacy e.g. Boots	3	-	-	2	1	-	-	3	-	-	-	-	-	-	1	1	-	2	2	-
Supermarkets	2	-	-	2	1	-	-	2	-	-	-	-	-	-	2	2	-	1	1	-
Mail order / catalogue	2	-	-	2	1	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
Gym	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
Other	2	-	-	2	-	-	-	2	-	-	-	-	-	-	2	2	-	-	-	-
	15%	-	-	18%	-	-	-	19%	-	-	-	-	-	-	18%	24%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 371

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Weight loss supplement**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	13	11	7	4	2	-	-	-	-	2	5	8	7	8	3	3	4	2
Weighted base	14*	13**	11**	2**	2**	**	**	**	**	2**	6**	9**	7**	9**	2**	3**	4**	2**
Health food store e.g. Holland & Barrett	4	4	3	*	-	-	-	-	-	-	*	3	3	3	1	1	3	-
	25%	28%	30%	17%	-	-	-	-	-	-	6%	37%	45%	37%	30%	24%	58%	-
Online marketplace e.g. Amazon, eBay	3	2	2	1	1	-	-	-	-	1	2	1	1	1	-	-	1	1
	19%	18%	15%	31%	32%	-	-	-	-	32%	36%	8%	10%	8%	-	-	15%	30%
Pharmacy e.g. Boots	3	2	2	1	1	-	-	-	-	1	2	1	1	1	-	-	1	-
	19%	17%	15%	27%	32%	-	-	-	-	32%	36%	7%	8%	7%	-	-	14%	-
Supermarkets	2	1	-	1	2	-	-	-	-	2	1	2	2	2	-	1	1	-
	15%	5%	-	27%	100%	-	-	-	-	100%	9%	20%	24%	20%	-	41%	14%	-
Mail order / catalogue	2	2	2	1	-	-	-	-	-	-	-	2	1	2	1	-	1	2
	15%	16%	15%	25%	-	-	-	-	-	-	-	24%	8%	24%	26%	-	13%	70%
Gym	1	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	8%	9%	11%	-	-	-	-	-	-	-	20%	-	-	-	-	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	1	1	-	-	-	-	-	-	-	-	1	1	1	1	1	-	-
	7%	7%	9%	-	-	-	-	-	-	-	-	11%	13%	11%	44%	35%	-	-
Other	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	15%	17%	21%	-	-	-	-	-	-	-	38%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 372

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Weight loss supplement**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	13	5	6	5	1	-	2	-	-	2	-	2	3	1	4	-	-	-	1	4	2	3	-	-	9
Weighted base	14*	5**	7**	5**	3**	-**	2**	-**	-**	2**	-**	1**	3**	1**	5**	-**	-**	-**	2**	3**	2**	2**	-**	-**	11**
Health food store e.g. Holland & Barrett	4	*	3	1	3	-	-	-	-	-	-	*	-	-	3	-	-	-	-	-	-	-	-	-	4
	25%	7%	43%	13%	100%	-	-	-	-	-	-	41%	-	-	66%	-	-	-	-	-	-	-	-	-	32%
Online marketplace e.g. Amazon, eBay	3	-	2	2	-	-	1	-	-	1	-	1	-	-	1	-	-	-	2	1	-	1	-	-	2
	19%	-	30%	45%	-	-	25%	-	-	25%	-	59%	-	-	14%	-	-	-	100%	15%	-	23%	-	-	20%
Pharmacy e.g. Boots	3	1	2	2	-	-	1	-	-	1	-	1	-	-	-	-	-	-	2	1	-	1	-	-	2
	19%	12%	21%	32%	-	-	25%	-	-	25%	-	59%	20%	-	-	-	-	-	100%	32%	-	50%	-	-	14%
Supermarkets	2	1	1	1	-	-	1	-	-	1	-	1	2	-	-	-	-	-	-	2	1	2	-	-	-
	15%	12%	15%	22%	-	-	25%	-	-	25%	-	59%	59%	-	-	-	-	-	-	65%	48%	100%	-	-	-
Mail order / catalogue	2	1	-	-	-	-	2	-	-	2	-	-	1	-	-	-	-	-	-	-	-	-	-	-	2
	15%	11%	-	-	-	-	75%	-	-	75%	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	19%
Gym	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	1	1	-	-	-	-
	8%	24%	-	-	-	-	-	-	-	-	-	41%	-	-	-	-	-	-	-	35%	52%	-	-	-	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	7%	-	13%	19%	-	-	-	-	-	-	-	-	-	20%	-	-	-	-	-	-	-	-	-	-	9%
Other	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	15%	45%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	20%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 373

Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Weight loss supplement

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	13	-	-	-	-	11	5	3	4	4	3	2	-
Weighted base	14*	-**	-**	-**	-**	12**	8**	3**	8**	3**	2**	2**	-**
Health food store e.g. Holland & Barrett	4 25%	-	-	-	-	4 29%	3 30%	-	3 32%	-	-	-	-
Online marketplace e.g. Amazon, eBay	3 19%	-	-	-	-	3 22%	2 26%	1 20%	2 20%	-	1 23%	-	-
Pharmacy e.g. Boots	3 19%	-	-	-	-	3 22%	2 18%	1 20%	2 20%	1 18%	1 50%	-	-
Supermarkets	2 15%	-	-	-	-	2 18%	-	2 63%	-	2 53%	2 100%	1 48%	-
Mail order / catalogue	2 15%	-	-	-	-	2 17%	2 18%	-	2 20%	1 17%	-	-	-
Gym	1 8%	-	-	-	-	-	-	-	-	-	-	1 52%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	1 7%	-	-	-	-	-	-	1 37%	-	1 30%	-	-	-
Other	2 15%	-	-	-	-	2 18%	2 26%	-	2 28%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 374

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Sports performance enhancer**

	Gender		Age						Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)	
Unweighted base	9	8	1	2	4	-	1	2	3	2	2	2	2	1	-	-	1	1	-	2	2	-	2	5	
Weighted base	10*	9**	1**	2**	4**	-.**	2**	3**	3**	2**	2**	3**	2**	1**	-.**	-.**	2**	2**	-.**	2**	2**	-.**	2**	7**	
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	5	1	1	1	-	2	3	3	1	-	3	1	-	-	-	-	2	-	2	2	-	1	3	
	62%	58%	100%	61%	23%	-	100%	100%	80%	57%	-	100%	49%	-	-	-	-	100%	-	100%	67%	-	59%	50%	
Online marketplace e.g. Amazon, eBay	2	2	-	-	2	-	-	-	1	1	-	-	1	1	-	-	-	-	-	-	-	-	1	1	
	16%	17%	-	-	40%	-	-	-	20%	43%	-	-	51%	100%	-	-	-	-	-	-	-	-	41%	15%	
Gym	2	2	-	-	2	-	-	-	-	-	2	-	-	-	-	-	2	-	-	-	-	-	-	2	
	15%	16%	-	-	37%	-	-	-	-	-	65%	-	-	-	-	-	100%	-	-	-	-	-	-	23%	
Health food store e.g. Holland & Barrett	1	1	-	1	1	-	-	-	1	-	1	-	-	1	-	-	-	-	-	-	1	-	1	1	
	14%	16%	-	39%	16%	-	-	-	20%	-	35%	-	-	100%	-	-	-	-	-	-	33%	-	41%	12%	
Supermarkets	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Pharmacy e.g. Boots	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 375

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Sports performance enhancer**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	9	-	-	5	3	1	-	8	1	-	-	-	-	1	9	5	4	-	-	-
Weighted base	10*	-.**	-.**	6**	3**	1**	-.**	9**	1**	-.**	-.**	-.**	-.**	1**	10**	6**	5**	-.**	-.**	-.**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	-	-	5	1	1	-	5	1	-	-	-	-	1	6	5	2	-	-	-
	62%	-	-	72%	29%	100%	-	56%	100%	-	-	-	-	100%	62%	83%	35%	-	-	-
Online marketplace e.g. Amazon, eBay	2	-	-	1	1	-	-	2	-	-	-	-	-	-	2	1	1	-	-	-
	16%	-	-	15%	22%	-	-	18%	-	-	-	-	-	-	16%	17%	14%	-	-	-
Gym	2	-	-	-	2	-	-	2	-	-	-	-	-	-	2	-	2	-	-	-
	15%	-	-	-	50%	-	-	17%	-	-	-	-	-	-	15%	-	33%	-	-	-
Health food store e.g. Holland & Barrett	1	-	-	1	1	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	14%	-	-	13%	22%	-	-	16%	-	-	-	-	-	-	14%	-	32%	-	-	-
Supermarkets	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pharmacy e.g. Boots	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 376
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Sports performance enhancer

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pension only (g)	Ret-ired private pension (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	9	7	5	2	2	1	1	-	-	-	9	-	-	-	-	-	-	-
Weighted base	10*	8**	6**	2**	2**	1**	1**	10**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	4	3	1	2	1	1	-	-	-	6	-	-	-	-	-	-	-
	62%	52%	51%	53%	100%	100%	100%	-	-	-	62%	-	-	-	-	-	-	-
Online marketplace e.g. Amazon, eBay	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	16%	20%	25%	-	-	-	-	-	-	-	16%	-	-	-	-	-	-	-
Gym	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	15%	19%	24%	-	-	-	-	-	-	-	15%	-	-	-	-	-	-	-
Health food store e.g. Holland & Barrett	1	1	1	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	14%	18%	10%	47%	-	-	-	-	-	-	14%	-	-	-	-	-	-	-
Supermarkets	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pharmacy e.g. Boots	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 377

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Sports performance enhancer**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	9	5	4	3	-	1	-	-	-	-	1	1	1	2	-	-	-	2	2	1	-	1	-	-	8
Weighted base	10*	5**	6**	5**	..	1**	1**	2**	1**	2**	3**	2**	1**	..	1**	9**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	3	3	3	-	-	-	-	-	-	1	-	1	2	-	-	-	2	1	1	-	1	-	-	5
	62%	68%	57%	68%	-	-	-	-	-	-	100%	-	100%	71%	-	-	-	63%	53%	100%	-	100%	-	-	58%
Online marketplace e.g. Amazon, eBay	2	1	1	-	-	1	-	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	2
	16%	14%	17%	-	-	100%	-	-	-	-	-	-	-	29%	-	-	-	37%	-	-	-	-	-	-	17%
Gym	2	-	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
	15%	-	26%	32%	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	-	-	-	-	-	-	16%
Health food store e.g. Holland & Barrett	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	1
	14%	32%	-	-	-	-	-	-	-	-	-	-	29%	-	-	-	-	-	47%	-	-	-	-	-	16%
Supermarkets	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pharmacy e.g. Boots	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 378

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Sports performance enhancer**

Q13. Which of the following apply to you?

	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	9	1	-	-	-	3	8	-	9	-	1	-	-
Weighted base	10*	2**	-**	-**	-**	3**	10**	-**	10**	-**	1**	-**	-**
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 62%	-	-	-	-	2 50%	6 58%	-	6 62%	-	1 100%	-	-
Online marketplace e.g. Amazon, eBay	2 16%	-	-	-	-	2 50%	2 17%	-	2 16%	-	-	-	-
Gym	2 15%	2 100%	-	-	-	-	2 16%	-	2 15%	-	-	-	-
Health food store e.g. Holland & Barrett	1 14%	-	-	-	-	1 20%	1 16%	-	1 14%	-	-	-	-
Supermarkets	-	-	-	-	-	-	-	-	-	-	-	-	-
Pharmacy e.g. Boots	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 379

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Other(s)**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	35	10	25	4	3	2	3	8	15	14	14	2	5	2	-	3	5	2	3	4	4	2	3	4	3	4	10
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
Health food store e.g. Holland & Barrett	13	5	8	2	4	-	-	2	5	8	4	-	1	-	-	3	-	2	1	2	1	2	3	-	1	6	
	37%	50%	31%	77%	100%	-	-	26%	31%	61%	30%	-	11%	-	-	82%	-	78%	33%	41%	34%	62%	59%	-	19%	53%	
Supermarkets	8	2	7	-	-	1	-	2	5	3	5	-	-	2	-	1	-	-	1	2	-	1	-	2	1	2	
	24%	18%	26%	-	-	48%	-	24%	37%	27%	34%	-	-	100%	-	23%	-	-	20%	56%	-	38%	-	40%	31%	17%	
Pharmacy e.g. Boots	8	2	6	1	-	-	2	3	3	3	3	1	1	-	-	1	2	1	2	-	-	-	2	-	2	2	
	22%	19%	23%	23%	-	-	52%	33%	19%	26%	18%	58%	13%	-	-	26%	42%	52%	22%	46%	-	-	41%	-	50%	14%	
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	-	6	-	-	-	2	3	2	2	2	1	1	-	-	2	-	1	-	1	-	-	-	2	-	2	
	17%	-	25%	-	-	-	48%	38%	10%	12%	16%	42%	25%	-	-	74%	-	37%	-	19%	-	-	-	60%	-	14%	
Online marketplace e.g. Amazon, eBay	3	1	2	-	-	1	-	-	2	2	1	-	1	-	-	-	1	1	1	1	-	-	-	-	-	2	
	10%	11%	9%	-	-	52%	-	-	15%	12%	5%	-	20%	-	-	-	48%	37%	21%	19%	-	-	-	-	-	17%	
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Other	3	1	2	-	-	-	-	-	3	-	1	-	2	-	-	-	-	-	-	1	2	-	-	-	-	-	
	8%	9%	7%	-	-	-	-	-	19%	-	7%	-	31%	-	-	-	-	-	-	26%	66%	-	-	-	-	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 380

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Other(s)**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	35	-	-	17	11	4	2	33	2	-	2	-	-	-	24	13	11	11	11	-
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
Health food store e.g. Holland & Barrett	13	-	-	5	7	1	1	13	-	-	-	-	-	-	11	6	4	2	2	-
	37%	-	-	27%	60%	21%	52%	40%	-	-	-	-	-	-	44%	44%	45%	20%	20%	-
Supermarkets	8	-	-	7	1	1	-	8	-	-	-	-	-	-	7	5	2	2	2	-
	24%	-	-	39%	9%	21%	-	26%	-	-	-	-	-	-	28%	35%	19%	14%	14%	-
Pharmacy e.g. Boots	8	-	-	4	1	2	1	6	1	-	1	-	-	-	4	3	2	3	3	-
	22%	-	-	25%	11%	41%	48%	20%	52%	-	52%	-	-	-	18%	19%	16%	31%	31%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6	-	-	1	3	2	-	6	-	-	-	-	-	-	2	-	2	4	4	-
	17%	-	-	5%	26%	59%	-	19%	-	-	-	-	-	-	9%	-	23%	35%	35%	-
Online marketplace e.g. Amazon, eBay	3	-	-	3	1	-	-	2	1	-	1	-	-	-	2	-	2	2	2	-
	10%	-	-	17%	6%	-	-	7%	48%	-	48%	-	-	-	8%	-	20%	14%	14%	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3	-	-	1	-	-	-	3	-	-	-	-	-	-	3	3	-	-	-	-
	8%	-	-	6%	-	-	-	9%	-	-	-	-	-	-	12%	20%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 381

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Other(s)**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	35	14	8	6	21	2	3	3	11	2	26	9	8	8	3	4	4	2
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
Health food store e.g. Holland & Barrett	13 37%	7 45%	4 37%	3 59%	6 31%	1 37%	1 37%	1 17%	4 39%	-	8 31%	5 50%	5 54%	4 44%	4 100%	4 90%	-	-
Supermarkets	8 24%	3 20%	3 30%	-	5 27%	-	-	2 38%	4 39%	-	7 30%	1 10%	1 11%	1 12%	-	-	1 25%	-
Pharmacy e.g. Boots	8 22%	3 23%	2 21%	1 25%	4 22%	-	1 63%	-	2 20%	1 58%	5 21%	3 24%	2 18%	3 27%	-	* 10%	2 39%	1 33%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	2 11%	2 16%	-	5 22%	1 63%	-	-	2 23%	1 42%	5 18%	2 15%	2 16%	2 17%	-	-	2 36%	2 67%
Online marketplace e.g. Amazon, eBay	3 10%	2 13%	1 12%	1 16%	2 7%	-	-	-	2 15%	-	3 14%	-	-	-	-	-	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3 8%	-	-	-	3 14%	-	-	2 45%	1 10%	-	3 11%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 382

Q9. Where do you tend to buy ... from?**Base: All respondents answering for ...****Other(s)**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	35	10	18	16	-	2	7	1	-	6	-	6	9	6	5	4	1	2	1	11	3	6	6	2	23
Weighted base	35*	10**	19**	16**	-**	3**	6**	1**	-**	5**	-**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
Health food store e.g. Holland & Barrett	13 37%	5 50%	7 35%	4 24%	-	3 100%	1 22%	-	-	1 27%	-	2 25%	2 28%	2 30%	4 62%	1 21%	1 100%	2 100%	-	2 14%	-	2 26%	2 28%	-	10 47%
Supermarkets	8 24%	2 17%	5 26%	5 31%	-	-	2 27%	-	-	2 34%	-	1 14%	4 46%	1 20%	-	1 23%	-	-	-	4 32%	1 47%	2 34%	2 25%	-	4 17%
Pharmacy e.g. Boots	8 22%	2 15%	4 22%	4 26%	-	-	2 31%	1 100%	-	1 14%	-	1 23%	3 33%	1 14%	2 38%	-	-	-	*	2 13%	1 28%	1 12%	2 24%	1 44%	5 24%
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	2 22%	3 16%	3 19%	-	-	1 13%	-	-	1 17%	-	1 23%	-	1 27%	1 13%	2 56%	-	-	-	2 18%	1 25%	-	1 23%	-	4 18%
Online marketplace e.g. Amazon, eBay	3 10%	1 7%	2 8%	2 10%	-	-	1 19%	-	-	1 23%	-	-	1 9%	2 36%	1 13%	-	-	-	-	-	-	-	-	-	3 16%
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3 8%	3 29%	-	-	-	-	-	-	-	-	-	2 29%	1 12%	-	-	-	-	-	-	3 23%	-	2 28%	-	1 56%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 383
Q9. Where do you tend to buy ... from?
Base: All respondents answering for ...
Other(s)

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	35	-	4	-	-	9	18	7	23	4	14	5	1
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
Health food store e.g. Holland & Barrett	13 37%	-	1 26%	-	-	2 30%	6 34%	4 51%	10 43%	1 18%	3 22%	1 21%	1 100%
Supermarkets	8 24%	-	2 51%	-	-	3 42%	3 16%	2 31%	5 22%	2 51%	3 21%	2 46%	-
Pharmacy e.g. Boots	8 22%	-	2 45%	-	-	3 39%	4 24%	2 31%	5 23%	2 35%	4 24%	2 58%	-
Online specialist retailers e.g. Vitabiotics, Simply Supplements	6 17%	-	-	-	-	1 9%	3 19%	1 9%	3 14%	1 32%	5 31%	1 17%	-
Online marketplace e.g. Amazon, eBay	3 10%	-	-	-	-	1 9%	3 16%	-	3 12%	-	1 5%	-	-
Gym	-	-	-	-	-	-	-	-	-	-	-	-	-
Mail order / catalogue	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	3 8%	-	-	-	-	-	2 11%	-	-	-	3 19%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 384

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Summary table**

	Total Supplem ents	Multivi tamins	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Calcium	Iron	Fish oils	Amino acids	Glucosa mine	Garlic	Ginseng	Protein	Caffein e	Folic acid	Pepperm int oil	Gingko Biloba	Magnesi um	Eye health supplem ents	Weight loss supplem ent	Sports perform ance enhance r	Other(s)
Unweighted base	1586	247	39	86	154	167	39	76	93	198	16	78	69	16	58	26	47	14	17	66	23	13	9	35
Weighted base	1586	247	40	82	157	169	36	74	88	200	16	76	69	16	62	25	50	14	16	66	23	14	10	35
On a daily basis / as part of my regular routine	1342 85%	226 92%	25 63%	68 83%	116 74%	152 90%	26 73%	59 80%	74 85%	184 92%	10 61%	72 94%	64 92%	9 54%	47 77%	20 77%	43 85%	7 51%	14 87%	55 83%	19 83%	13 93%	9 84%	30 85%
Before a particular event	69 4%	2 1%	2 5%	3 4%	14 9%	5 3%	3 7%	4 5%	1 1%	- -	4 24%	- -	- -	5 29%	11 18%	4 14%	3 6%	2 11%	* 3%	2 4%	3 13%	- -	2 16%	1 4%
When I feel like I'm coming down with something	86 5%	7 3%	5 14%	2 2%	28 18%	2 1%	1 3%	5 7%	5 6%	4 2%	- -	- -	4 5%	3 21%	4 7%	1 4%	1 2%	4 27%	3 17%	4 5%	- -	- -	- -	4 12%
After I've been unwell	55 3%	6 2%	7 16%	5 6%	16 10%	* *	1 3%	3 4%	4 5%	1 1%	2 14%	- -	2 3%	- -	1 2%	- -	2 4%	2 18%	- -	- -	1 5%	- -	- -	1 2%
When I remember	151 10%	20 8%	10 26%	8 9%	25 16%	14 8%	7 20%	10 13%	10 12%	12 6%	2 11%	5 7%	2 3%	2 11%	2 3%	2 8%	4 8%	2 18%	1 8%	9 14%	1 4%	1 7%	- -	2 4%

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 385

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Multivitamins**

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	247	110	137	21	50	50	62	32	32	73	66	51	57	20	14	23	22	12	19	12	28	31	35	25	6	45	114
Weighted base	247	110*	137	20**	60*	50*	58*	29**	32**	71*	69*	48*	59*	15**	15**	25**	19**	17**	19**	10**	28**	30**	36**	26**	6**	50*	121*
On a daily basis / as part of my regular routine	226	101	126	19	49	47	54	29	28	62	65	45	54	15	13	24	17	17	17	8	25	27	33	23	5	50	109
	92%	92%	92%	96%	83%	96%	93%	100%	89%	87%	94%	93%	93%	95%	85%	96%	92%	100%	94%	88%	90%	90%	91%	90%	84%	100%B	90%
Before a particular event	2	2	-	-	1	-	1	-	-	1	1	-	-	-	-	-	-	-	-	-	1	1	-	-	-	-	1
	1%	1%	-	-	2%	-	1%	-	-	1%	1%	-	-	-	-	-	-	-	-	-	2%	3%	-	-	-	-	1%
When I feel like I'm coming down with something	7	4	2	*	2	1	3	-	1	2	2	2	1	*	1	-	1	-	-	1	2	-	1	1	-	-	6
	3%	4%	2%	2%	3%	2%	5%	-	2%	3%	3%	4%	1%	2%	5%	-	5%	-	-	12%	7%	-	2%	3%	-	-	5%
After I've been unwell	6	2	4	1	3	-	1	-	-	2	2	1	1	*	-	-	1	-	1	-	2	-	-	2	-	-	5
	2%	2%	3%	6%	6%	-	2%	-	-	3%	3%	2%	1%	2%	-	-	4%	-	6%	-	7%	-	-	6%	-	-	4%
When I remember	20	7	13	-	10	4	3	1	3	9	5	1	6	2	2	1	2	-	-	-	3	5	4	1	1	1	11
	8%	6%	10%	-	16%	8%	5%	3%	9%	12%	7%	3%	10%	15%	10%	4%	9%	-	-	-	10%	16%	12%	4%	16%	2%	9%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 386
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Multivitamins

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	247	1	1	140	68	27	7	229	16	3	10	3	-	-	202	112	90	45	40	5
Weighted base	247	1**	1**	140	69*	27**	5**	226	17**	3**	11**	3**	-**	-**	204	111*	93*	43*	36*	8**
On a daily basis / as part of my regular routine	226 92%	1 100%	1 100%	132 94%	59 86%	26 96%	5 85%	207 92%	16 92%	3 100%	11 100%	1 51%	-	-	188 92%	102 92%	86 92%	38 89%	31 86%	8 100%
Before a particular event	2 1%	-	-	1 *	-	1 4%	-	2 1%	-	-	-	-	-	-	2 1%	2 1%	-	-	-	-
When I feel like I'm coming down with something	7 3%	-	-	4 3%	3 4%	-	-	7 3%	-	-	-	-	-	-	4 2%	3 3%	1 1%	2 6%	2 7%	-
After I've been unwell	6 2%	-	-	1 1%	4 5%	-	1 15%	6 3%	-	-	-	-	-	-	4 2%	2 2%	1 1%	2 5%	2 6%	-
When I remember	20 8%	-	-	11 8%	8 11%	2 7%	-	18 8%	2 13%	1 28%	-	1 49%	-	-	14 7%	7 6%	7 7%	6 14%	6 17% ⁿ	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 387
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Multivitamins

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Ret-ired state pension only (g)	Ret-ired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	247	159	111	48	88	11	19	6	29	23	150	95	82	81	34	45	35	22
Weighted base	247	171	135*	35*	76*	9**	15**	7**	27**	19**	151	95*	81*	83*	33**	47*	36**	23**
On a daily basis / as part of my regular routine	226	158	127	32	68	8	13	6	25	16	142	83	72	72	28	40	33	20
	92%	93%	94%	90%	89%	90%	91%	84%	94%	83%	94%	88%	88%	87%	83%	85%	91%	87%
Before a particular event	2	1	1	-	1	-	1	-	-	-	-	1	1	1	-	1	1	-
	1%	1%	1%	-	1%	-	4%	-	-	-	-	1%	1%	1%	-	2%	3%	-
When I feel like I'm coming down with something	7	6	3	3	1	-	1	-	-	-	3	4	2	4	1	1	1	2
	3%	4%	2%	9% ^d	1%	-	4%	-	-	-	2%	4%	3%	4%	3%	3%	2%	9%
After I've been unwell	6	5	3	2	1	-	1	-	-	-	3	2	2	2	-	-	2	1
	2%	3%	2%	5%	2%	-	9%	-	-	-	2%	2%	3%	2%	-	-	6%	4%
When I remember	20	11	7	4	9	2	1	1	2	3	10	10	9	10	6	8	2	2
	8%	7%	5%	12%	12%	19%	9%	16%	6%	17%	6%	11%	12%	12%	19%	17% ^j	6%	9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 388

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Multivitamins**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	247	65	148	102	2	44	32	10	6	16	9	29	43	33	38	27	15	15	27	60	28	41	21	3	183
Weighted base	247	68*	150	103*	3**	44*	26**	7**	4**	15**	7**	26**	40*	28**	38*	32**	14**	18**	32**	49*	22**	33*	17**	3**	194
On a daily basis / as part of my regular routine	226	58	141	96	3	42	24	7	4	14	6	23	37	26	37	26	13	16	28	41	19	28	16	3	181
	92%	86%	94%	93%	100%	96%	91%	100%	90%	88%	87%	90%	95%	93%	98%	84%	93%	88%	90%	85%	86%	85%	95%	100%	93%
Before a particular event	2	1	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	1
	1%	1%	1%	1%	-	-	-	-	-	-	-	-	-	2%	-	-	-	-	3%	-	-	-	-	-	1%
When I feel like I'm coming down with something	7	4	3	2	-	*	-	-	-	-	-	1	1	1	-	3	-	-	1	2	-	2	-	-	4
	3%	6%	2%	2%	-	1%	-	-	-	-	-	3%	2%	5%	-	9%	-	-	3%	5%	-	7%	-	-	2%
After I've been unwell	6	4	2	2	-	*	-	-	-	-	-	1	-	1	-	2	-	1	1	2	-	2	-	-	3
	2%	5%	2%	2%	-	1%	-	-	-	-	-	3%	-	3%	-	5%	-	7%	3%	5%	-	7% _x	-	-	2%
When I remember	20	8	10	7	-	3	3	-	*	3	1	2	3	2	2	5	1	1	2	7	4	5	1	-	12
	8%	11%	6%	7%	-	6%	12%	-	10%	17%	13%	7%	7%	7%	6%	16%	7%	5%	7%	15% _x	18%	15%	5%	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 389

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Multivitamins**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	247	1	25	4	-	58	106	31	147	35	54	30	7
Weighted base	247	1**	22**	4**	-**	59*	113*	28**	156	30*	48*	26**	7**
On a daily basis / as part of my regular routine	226 92%	1 100%	21 93%	4 100%	-	51 87%	103 91%	26 91%	147 94% _j	28 92%	39 83%	25 97%	7 100%
Before a particular event	2 1%	-	1 2%	-	-	-	-	1 2%	-	1 2%	2 3% _h	-	-
When I feel like I'm coming down with something	7 3%	-	1 2%	-	-	1 2%	4 3%	1 4%	3 2%	2 6%	3 6%	-	-
After I've been unwell	6 2%	-	1 2%	-	-	1 2%	2 2%	2 6%	1 *	2 6% _h	3 6% _h	-	-
When I remember	20 8%	-	2 11%	-	-	8 13%	10 9%	3 9%	9 6%	4 14%	8 17% _h	1 3%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 390

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin A

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	39	21	18	6	13	4	5	5	6	17	5	8	9	3	2	4	3	3	-	2	5	8	7	2	5	21
Weighted base	40*	22**	18**	6**	14**	5**	5**	4**	6**	17**	5**	8**	10**	3**	1**	5**	3**	4**	-**	3**	4**	9**	5**	2**	6**	23**
On a daily basis / as part of my regular routine	25 63%	12 56%	13 71%	2 34%	9 63%	3 54%	3 51%	3 70%	6 100%	10 59%	2 49%	5 67%	8 72%	2 61%	* 31%	3 75%	2 54%	2 54%	-	3 100%	4 80%	3 29%	5 100%	1 64%	2 40%	11 50%
Before a particular event	2 5%	2 8%	-	1 14%	1 8%	-	-	-	-	2 11%	-	-	-	-	-	-	-	1 29%	-	-	-	-	-	1 36%	1 18%	1 4%
When I feel like I'm coming down with something	5 14%	4 20%	1 6%	2 38%	1 6%	-	1 24%	1 30%	-	3 17%	-	1 17%	1 11%	-	-	1 25%	-	-	-	-	1 20%	3 28%	-	1 36%	2 40%	3 14%
After I've been unwell	7 16%	4 19%	2 13%	2 28%	4 27%	-	1 25%	-	-	5 31%	-	1 16%	-	3 78%	-	-	-	2 46%	-	-	-	2 24%	-	-	2 42%	4 18%
When I remember	10 26%	8 34%	3 16%	2 28%	5 38%	2 46%	1 24%	-	-	6 37%	2 51%	-	2 17%	-	1 69%	-	1 46%	3 75%	-	-	-	5 56%	-	-	3 58%	7 31%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 391

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin A**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	39	-	-	18	10	10	1	36	3	-	2	1	-	-	39	22	17	-	-	-
Weighted base	40*	-**	-**	18**	10**	11**	1**	36*	4**	-**	2**	2**	-**	-**	40*	23**	17**	-**	-**	-**
On a daily basis / as part of my regular routine	25 63%	-	-	11 61%	9 91%	4 39%	1 100%	24 67%	1 26%	-	1 43%	-	-	-	25 63%	14 61%	11 66%	-	-	-
Before a particular event	2 5%	-	-	1 4%	1 11%	-	-	1 2%	1 26%	-	1 43%	-	-	-	2 5%	2 8%	-	-	-	-
When I feel like I'm coming down with something	5 14%	-	-	3 18%	1 9%	1 11%	-	4 11%	1 34%	-	1 57%	-	-	-	5 14%	2 9%	3 20%	-	-	-
After I've been unwell	7 16%	-	-	1 7%	-	5 46%	-	5 14%	2 40%	-	-	2 100%	-	-	7 16%	7 28%	-	-	-	-
When I remember	10 26%	-	-	2 13%	1 11%	7 61%	-	8 21%	3 66%	-	1 43%	2 100%	-	-	10 26%	8 35%	2 14%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 392

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin A

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	26	21	5	13	-	1	3	3	6	22	17	16	15	6	12	5	2
Weighted base	40*	29**	25**	3**	12**	**	1**	4**	2**	4**	23**	17**	16**	15**	6**	12**	6**	2**
On a daily basis / as part of my regular routine	25 63%	14 48%	11 44%	3 76%	12 100%	-	1 100%	4 100%	2 100%	4 100%	15 64%	10 61%	9 59%	9 63%	4 63%	8 63%	2 38%	1 51%
Before a particular event	2 5%	2 6%	1 4%	1 24%	-	-	-	-	-	-	1 3%	1 6%	1 7%	1 18%	1 9%	-	-	-
When I feel like I'm coming down with something	5 14%	5 19%	5 19%	1 24%	-	-	-	-	-	-	2 9%	3 19%	3 21%	2 16%	2 37%	1 10%	1 20%	-
After I've been unwell	7 16%	7 23%	7 26%	-	-	-	-	-	-	-	4 18%	2 14%	2 15%	2 15%	-	2 19%	2 41%	-
When I remember	10 26%	10 37%	10 41%	-	-	-	-	-	-	-	5 21%	6 33%	6 35%	6 37%	2 40%	6 46%	2 41%	1 49%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 393

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin A**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	23	17	2	4	3	3	-	-	1	3	7	6	7	3	1	2	5	6	2	5	1	-	33
Weighted base	40*	13**	22**	16**	2**	4**	4**	4**	**	**	1**	4**	8**	5**	7**	3**	1**	3**	5**	6**	2**	5**	1**	**	35**
On a daily basis / as part of my regular routine	25 63%	6 46%	14 64%	9 58%	1 43%	4 100%	4 100%	4 100%	-	-	1 100%	4 100%	3 44%	3 57%	5 63%	3 100%	1 100%	1 45%	2 41%	5 80%	2 100%	4 77%	1 100%	-	21 60%
Before a particular event	2 5%	2 14%	-	-	-	-	-	-	-	-	-	-	1 14%	-	-	-	-	-	1 15%	-	-	-	-	-	2 5%
When I feel like I'm coming down with something	5 14%	2 17%	3 15%	3 21%	-	-	-	-	-	-	-	-	1 19%	1 24%	1 12%	-	-	-	1 15%	1 20%	-	1 23%	-	-	4 13%
After I've been unwell	7 16%	2 12%	5 23%	2 15%	1 57%	1 33%	-	-	-	-	-	-	1 18%	-	-	-	-	3 100%	2 44%	-	-	-	-	-	7 19%
When I remember	10 26%	6 45%	5 21%	5 29%	-	-	-	-	-	-	-	-	3 33%	2 43%	2 25%	-	-	2 55%	2 44%	-	-	-	-	-	10 30%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 394

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin A**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	2	4	1	-	5	17	4	22	4	8	2	2
Weighted base	40*	3**	5**	1**	-**	4**	17**	5**	24**	4**	7**	2**	2**
On a daily basis / as part of my regular routine	25 63%	- -	3 73%	1 100%	- -	3 78%	11 68%	3 65%	13 54%	4 100%	7 100%	2 100%	2 100%
Before a particular event	2 5%	- -	- -	- -	- -	1 26%	2 11%	- -	2 8%	- -	- -	- -	- -
When I feel like I'm coming down with something	5 14%	1 43%	1 27%	- -	- -	1 22%	3 18%	- -	5 23%	- -	- -	- -	- -
After I've been unwell	7 16%	2 57%	1 29%	- -	- -	- -	2 15%	2 35%	3 11%	- -	- -	- -	- -
When I remember	10 26%	3 100%	1 27%	- -	- -	1 26%	3 21%	2 35%	8 33%	- -	- -	- -	- -

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 395

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin B

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	86	35	51	10	15	16	12	18	15	28	16	14	28	11	3	13	3	7	3	6	10	14	6	8	2	11	39
Weighted base	82*	34**	48*	10**	17**	14**	9**	14**	16**	25**	15**	14**	27**	11**	2**	13**	3**	6**	2**	5**	8**	16**	6**	8**	3**	12**	35*
On a daily basis / as part of my regular routine	68 83%	24 70%	44 93%	7 70%	11 66%	13 87%	6 68%	14 100%	16 100%	21 83%	11 75%	11 80%	25 90%	7 63%	2 100%	10 78%	1 53%	6 100%	2 100%	4 90%	7 89%	12 78%	5 90%	8 100%	3 100%	8 65%	27 78%
Before a particular event	3 4%	2 6%	1 2%	-	2 14%	-	1 6%	-	-	-	1 10%	1 6%	1 2%	1 14%	-	-	-	-	-	-	-	1 6%	1 10%	-	-	-	2 7%
When I feel like I'm coming down with something	2 2%	1 3%	1 2%	-	-	2 12%	-	-	-	1 4%	-	-	1 3%	-	-	-	1 15%	-	-	-	-	1 6%	-	-	-	-	1 3%
After I've been unwell	5 6%	5 14%	1 1%	-	3 20%	2 13%	-	-	-	2 9%	2 12%	1 7%	-	2 17%	-	1 4%	-	-	-	-	1 11%	2 12%	-	-	-	1 8%	4 10%
When I remember	8 9%	4 10%	4 8%	4 42%	-	-	2 26%	-	1 4%	3 11%	* 3%	2 15%	2 8%	1 7%	-	4 28%	1 47%	-	-	* 10%	1 9%	1 4%	-	-	-	3 27%	3 8%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 396

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin B

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	86	1	1	54	21	7	1	79	7	3	3	1	-	-	74	36	38	12	12	-
Weighted base	82*	2**	1**	51*	20**	6**	1**	74*	8**	3**	3**	2**	-**	-**	72*	37*	34*	10**	10**	-**
On a daily basis / as part of my regular routine	68 83%	-	-	46 90%	16 80%	4 61%	1 100%	63 85%	5 69%	3 100%	1 18%	2 100%	-	-	58 81%	31 83%	27 79%	10 100%	10 100%	-
Before a particular event	3 4%	-	1 100%	-	1 5%	1 24%	-	3 4%	-	-	-	-	-	-	3 4%	3 8%	-	-	-	-
When I feel like I'm coming down with something	2 2%	-	-	1 2%	-	1 15%	-	1 1%	1 12%	-	1 30%	-	-	-	1 1%	-	1 3%	1 9%	1 9%	-
After I've been unwell	5 6%	-	-	3 6%	1 7%	1 15%	-	4 6%	1 12%	-	1 30%	-	-	-	5 7%	3 8%	2 7%	-	-	-
When I remember	8 9%	2 100%	-	2 5%	4 18%	-	-	6 8%	2 20%	-	2 52%	-	-	-	8 11%	1 2%	7 20%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 397

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin B**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	86	50	31	19	36	5	8	8	7	8	61	24	23	20	8	12	11	5
Weighted base	82*	47*	35**	12**	34*	5**	6**	8**	8**	7**	59*	21**	21**	19**	7**	12**	10**	5**
On a daily basis / as part of my regular routine	68 83%	35 75%	25 70%	11 91%	32 95%a	4 88%	5 91%	8 100%	8 100%	6 89%	54 92%	13 59%	12 58%	11 62%	3 45%	9 69%	5 55%	2 50%
Before a particular event	3 4%	2 5%	2 7%	-	1 2%	1 12%	-	-	-	-	1 2%	1 7%	1 7%	1 8%	-	1 12%	-	-
When I feel like I'm coming down with something	2 2%	1 2%	1 3%	-	1 3%	-	1 15%	-	-	-	-	2 8%	2 9%	2 10%	1 13%	2 14%	1 9%	1 19%
After I've been unwell	5 6%	5 10%	5 13%	-	1 2%	-	1 9%	-	-	-	2 4%	3 13%	3 13%	2 10%	2 26%	1 7%	2 20%	1 22%
When I remember	8 9%	6 13%	5 14%	1 9%	1 4%	-	-	-	1 9%	1 11%	3 5%	4 21%	4 21%	4 20%	2 29%	2 12%	2 25%	1 28%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 398

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin B

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	86	24	45	31	1	13	16	4	2	10	5	19	10	13	9	4	6	3	8	29	16	23	8	1	53
Weighted base	82*	24**	43*	30**	1**	11**	14**	4**	2**	8**	4**	19**	9**	11**	9**	4**	5**	3**	7**	25**	12**	21**	7**	1**	50*
On a daily basis / as part of my regular routine	68 83%	20 85%	33 77%	22 75%	-	11 92%	14 100%	4 100%	2 100%	8 100%	4 89%	16 85%	8 83%	6 58%	8 90%	4 100%	4 86%	3 100%	5 73%	23 89%	11 90%	19 90%	6 92%	1 100%	39 78%
Before a particular event	3 4%	1 2%	2 6%	-	1 100%	1 8%	-	-	-	-	-	2 11%	-	1 8%	-	-	-	-	-	1 2%	-	1 3%	-	-	2 5%
When I feel like I'm coming down with something	2 2%	-	1 2%	1 3%	-	-	1 6%	-	-	1 12%	-	-	-	1 8%	-	-	-	-	1 13%	1 3%	1 7%	1 4%	1 13%	-	1 2%
After I've been unwell	5 6%	-	5 12%	5 17%	-	-	-	-	-	-	-	-	2 22%	1 10%	-	-	-	2 27%	1 2%	1 4%	1 3%	1 8%	-	5 9%	
When I remember	8 9%	5 21%	2 6%	2 8%	-	-	-	-	-	-	* 11%	1 4%	2 17%	2 18%	-	-	2 41%	-	2 6%	1 6%	1 4%	-	-	6 12%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 399

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin B**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	86	3	11	2	1	19	28	14	38	13	26	15	4
Weighted base	82*	3**	12**	1**	1**	19**	26**	14**	37*	11**	22**	12**	4**
On a daily basis / as part of my regular routine	68 83%	1 24%	10 85%	1 56%	1 100%	15 82%	20 78%	12 91%	31 84%	9 88%	19 88%	10 82%	3 79%
Before a particular event	3 4%	-	-	-	-	1 3%	2 9%	-	2 6%	1 5%	1 3%	1 7%	-
When I feel like I'm coming down with something	2 2%	-	-	-	-	-	1 3%	-	-	1 8%	1 4%	-	-
After I've been unwell	5 6%	2 55%	2 15%	1 44%	-	1 5%	3 11%	-	2 5%	-	1 3%	1 5%	-
When I remember	8 9%	1 21%	-	-	-	3 15%	* 2%	1 9%	3 8%	1 7%	2 10%	1 6%	1 21%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 400

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin C

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	154	67	87	25	16	42	27	21	23	48	35	36	35	12	6	19	17	13	8	7	22	26	12	11	1	23	83
Weighted base	157	76*	81*	25**	20**	44*	26**	18**	25**	47*	38**	35*	38**	11**	7**	22**	19**	13**	6**	6**	20**	27**	13**	12**	1**	24**	88*
On a daily basis / as part of my regular routine	116	56	60	14	15	30	21	16	19	34	29	22	30	7	4	17	18	9	4	5	16	17	11	8	1	19	61
	74%	73%	74%	56%	78%	69%	80%	90%	76%	73%	78%	62%	80%	62%	56%	78%	93%	66%	64%	81%	78%	63%	84%	68%	100%	76%	69%
Before a particular event	14	12	2	6	2	4	1	-	2	7	3	2	2	2	1	5	1	2	-	-	1	1	-	2	-	-	14
	9%	16%b	3%	23%	9%	9%	5%	-	6%	15%	8%	4%	6%	16%	17%	23%	7%	14%	-	-	3%	3%	-	13%	-	-	15%
When I feel like I'm coming down with something	28	10	17	6	3	8	3	2	5	8	7	9	4	-	1	3	1	4	2	-	3	7	2	4	-	5	17
	18%	14%	21%	26%	13%	18%	13%	13%	20%	17%	18%	26%	9%	-	14%	15%	7%	32%	25%	-	16%	28%	15%	32%	-	19%	19%
After I've been unwell	16	8	8	4	3	5	3	-	2	5	4	4	3	-	-	3	1	2	1	-	3	4	1	2	-	1	12
	10%	11%	10%	15%	13%	11%	11%	-	8%	11%	10%	12%	8%	-	-	15%	7%	14%	11%	-	14%	13%	7%	14%	-	6%	14%
When I remember	25	17	8	7	2	11	4	2	-	8	5	5	7	3	2	4	3	4	1	1	1	4	1	2	-	4	19
	16%	22%	10%	27%	8%	25%	14%	9%	-	16%	14%	15%	17%	22%	27%	18%	14%	30%	11%	19%	7%	14%	8%	14%	-	16%	21%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 401

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin C

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	154	1	-	83	49	17	3	142	12	1	7	1	2	1	125	76	49	29	24	5
Weighted base	157	1**	-**	85*	49*	19**	2**	144	13**	1**	8**	1**	2**	1**	128	79*	48*	30**	25**	4**
On a daily basis / as part of my regular routine	116 74%	1 100%	-	67 79%	33 68%	13 68%	1 34%	111 77%	5 39%	1 100%	2 25%	-	1 62%	1 100%	92 72%	57 72%	35 73%	23 78%	20 79%	3 74%
Before a particular event	14 9%	-	-	8 9%	4 8%	3 14%	-	13 9%	1 7%	-	-	-	1 38%	-	13 10%	12 15%p	1 1%	2 5%	2 6%	-
When I feel like I'm coming down with something	28 18%	-	-	11 12%	13 26%	4 19%	1 32%	22 15%	6 44%	-	6 70%	-	-	-	22 17%	15 18%	7 15%	6 20%	3 13%	3 57%
After I've been unwell	16 10%	-	-	6 7%	10 21% ^c	-	-	14 10%	2 15%	-	1 13%	-	1 38%	-	15 12%	10 13%	5 10%	1 3%	1 3%	-
When I remember	25 16%	-	-	10 12%	10 21%	3 14%	1 66%	22 15%	2 18%	-	* 5%	1 100%	1 38%	-	22 17%	15 19%	7 14%	3 9%	3 11%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 402

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin C**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	154	106	69	37	48	3	9	8	14	14	94	60	53	53	18	32	20	15
Weighted base	157	113*	87*	26*	45*	3**	8**	7**	15**	12**	96*	61*	55*	56*	18**	33**	23**	12**
On a daily basis / as part of my regular routine	116	79	62	17	37	3	5	6	13	10	71	45	42	42	11	25	19	9
	74%	70%	71%	67%	82%	100%	69%	88%	83%	80%	74%	73%	76%	75%	59%	74%	84%	75%
Before a particular event	14	14	12	2	1	-	-	-	-	1	8	6	6	6	1	6	2	-
	9%	12%d	14%d	6%	1%	-	-	-	-	5%	10%	10%	11%	10%	3%	18%	8%	-
When I feel like I'm coming down with something	28	21	16	5	6	-	2	1	3	1	20	8	8	8	2	7	3	-
	18%	19%	19%	20%	14%	-	25%	12%	17%	8%	21%	13%	14%	14%	12%	20%	13%	-
After I've been unwell	16	13	10	3	3	-	-	-	-	3	11	5	4	5	1	4	2	1
	10%	12%	12%	12%	6%	-	-	-	-	22%	12%	7%	7%	8%	6%	12%	8%	5%
When I remember	25	23	18	5	2	-	2	-	-	-	9	15	13	13	5	8	6	2
	16%	20%d	21%d	19%d	4%	-	25%	-	-	-	10%	25%j	23%j	23%j	26%	24%	26%	20%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 403

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin C**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	154	41	95	66	2	27	17	4	3	10	9	16	20	27	16	20	9	15	10	31	14	22	9	-	120
Weighted base	157	41*	98*	69*	1**	27**	17**	5**	2**	10**	7**	15**	21**	30**	14**	21**	10**	16**	12**	30**	13**	22**	11**	-**	125
On a daily basis / as part of my regular routine	116	27	75	52	1	21	12	4	1	8	5	12	16	21	10	16	5	15	11	25	11	19	9	-	88
	74%	66%	77%	75%	100%	80%	71%	72%	42%	77%	80%	78%	77%	71%	68%	74%	47%	91%	87%	85%	87%	86%	89%	-	70%
Before a particular event	14	7	6	6	-	-	2	-	-	2	-	-	2	2	2	5	-	1	3	3	3	-	-	-	11
	9%	17%	6%	8%	-	-	9%	-	-	15%	-	-	12%	6%	11%	24%	-	6%	20%	10%	24%	-	-	-	9%
When I feel like I'm coming down with something	28	10	15	12	-	2	3	1	-	2	1	2	3	6	4	2	4	1	3	3	2	1	-	-	24
	18%	25%	15%	18%	-	9%	17%	28%	-	15%	10%	16%	16%	19%	27%	8%	40%	9%	27%	11%	19%	4%	-	-	19%
After I've been unwell	16	7	9	6	-	3	-	-	-	-	1	-	2	4	1	3	2	2	2	3	2	1	-	-	13
	10%	18%	9%	9%	-	11%	-	-	-	-	9%	-	12%	12%	9%	12%	17%	11%	15%	11%	19%	4%	-	-	10%
When I remember	25	10	12	9	-	3	3	-	1	2	1	2	2	4	2	4	2	2	3	4	3	2	1	-	20
	16%	24%	12%	12%	-	13%	16%	-	58%	16%	10%	11%	8%	13%	14%	17%	19%	15%	24%	14%	25%	9%	11%	-	16%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 404

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin C

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	154	4	12	-	-	29	70	13	90	13	30	15	6
Weighted base	157	6**	11**	-.**	-.**	32**	74*	14**	86*	12**	30**	13**	7**
On a daily basis / as part of my regular routine	116 74%	1 23%	5 51%	-	-	25 78%	50 68%	12 88%	64 75%	9 72%	24 81%	10 82%	7 100%
Before a particular event	14 9%	4 77%	2 17%	-	-	5 15%	9 12%	-	5 5%	-	2 5%	-	-
When I feel like I'm coming down with something	28 18%	-	3 27%	-	-	9 29%	15 21%	* 4%	18 20%	1 8%	3 9%	1 11%	1 13%
After I've been unwell	16 10%	-	-	-	-	4 13%	6 9%	* 4%	9 10%	1 10%	3 11%	1 11%	1 13%
When I remember	25 16%	-	1 12%	-	-	8 24%	13 18%	2 18%	13 15%	3 25%	2 6%	1 11%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 405

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin D**

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	167	63	104	11	23	27	27	26	53	52	41	35	39	12	5	19	6	12	16	5	14	26	27	21	4	22	64
Weighted base	169	62*	107*	11**	29**	25**	26**	26**	51*	49*	45*	33**	42*	9**	3**	21**	6**	15**	15**	5**	12**	30**	27**	19**	5**	28**	66*
On a daily basis / as part of my regular routine	152	57	95	8	19	24	25	26	50	40	40	33	39	9	3	17	6	10	15	5	10	26	26	18	5	25	57
	90%	92%	89%	71%	65%	94%	96%	100%	99%	81%	89%	100%	94%	100%	100%	85%	100%	69%	100%	100%	86%	84%	97%	91%	100%	90%	86%
Before a particular event	5	2	3	2	3	-	-	-	-	5	-	-	-	-	-	-	5	-	-	-	-	-	-	-	-	3	2
	3%	3%	3%	18%	10%	-	-	-	-	10%	-	-	-	-	-	-	31%	-	-	-	-	-	-	-	-	10%	3%
When I feel like I'm coming down with something	2	2	*	2	-	-	-	-	-	2	-	-	-	*	-	-	-	2	-	-	-	-	-	-	-	-	2
	1%	3%	*	21%	-	-	-	-	-	5%	-	-	-	4%	-	-	-	13%	-	-	-	-	-	-	-	-	3%
After I've been unwell	*	-	*	*	-	-	-	-	-	*	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-	-	*
	*	-	*	3%	-	-	-	-	-	1%	-	-	-	4%	-	-	-	-	-	-	-	-	-	-	-	-	*
When I remember	14	3	10	1	7	2	1	2	1	4	5	-	4	-	-	3	-	-	-	-	2	6	1	2	-	-	7
	8%	5%	10%	12%	25%	6%	4%	6%	1%	9%	11%	-	10%	-	-	15%	-	-	-	-	14%	21%	3%	9%	-	-	11%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 406
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Vitamin D

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	167	1	1	94	53	13	4	151	16	3	6	5	1	1	126	59	67	41	32	9
Weighted base	169	***	1**	91*	58*	14**	3**	148	20**	4**	7**	6**	2**	1**	130	66*	64*	39*	30**	9**
On a daily basis / as part of my regular routine	152 90%	* 100%	1 100%	86 95%	49 84%	11 80%	3 100%	139 94%	12 62%	1 17%	5 62%	5 78%	2 100%	1 100%	115 89%	54 83%	60 94%	37 95%	28 93%	9 100%
Before a particular event	5 3%	-	-	-	2 3%	3 20%	-	2 1%	3 14%	-	3 38%	-	-	-	5 4%	5 7%	-	-	-	-
When I feel like I'm coming down with something	2 1%	-	-	* *	2 3%	-	-	2 2%	-	-	-	-	-	-	2 2%	2 3%	* 1%	-	-	-
After I've been unwell	* *	-	-	* *	-	-	-	* *	-	-	-	-	-	-	* *	-	* 1%	-	-	-
When I remember	14 8%	-	-	5 5%	9 15%	-	-	7 5%	6 31%	3 83%	-	3 47%	-	-	11 9%	8 12%	4 6%	2 5%	2 7%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 407

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin D

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	167	86	50	36	81	7	12	16	36	10	126	41	38	34	15	21	19	10
Weighted base	169	94*	67*	27*	75*	7**	10**	17**	32*	9**	123	46*	43*	39**	17**	23**	25**	10**
On a daily basis / as part of my regular routine	152	82	55	27	70	5	10	17	32	7	112	39	37	33	14	19	19	10
	90%	87%	82%	100%ab	94%	74%	100%	100%	98%b	78%	91%	86%	85%	84%	83%	85%	75%	100%
Before a particular event	5	5	5	-	-	-	-	-	-	-	-	5	5	5	3	2	5	-
	3%	5%	7%d	-	-	-	-	-	-	-	-	10%j	11%j	12%	17%	8%	19%	-
When I feel like I'm coming down with something	2	2	2	*	-	-	-	-	-	-	*	2	2	2	-	2	2	-
	1%	2%	3%	1%	-	-	-	-	-	-	*	4%	4%	5%	-	8%	7%	-
After I've been unwell	*	*	-	*	-	-	-	-	-	-	*	-	-	-	-	-	-	-
	*	*	-	1%	-	-	-	-	-	-	*	-	-	-	-	-	-	-
When I remember	14	7	7	-	6	2	2	-	1	2	10	3	3	3	-	2	3	2
	8%	8%	11%	-	8%	26%	16%	-	2%	22%	9%	7%	7%	8%	-	7%	12%	15%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 408

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin D**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	167	41	98	81	-	17	28	5	4	19	5	26	26	23	21	17	10	5	18	55	29	39	18	3	109
Weighted base	169	41*	99*	82*	**	17**	28**	6**	4**	18**	6**	25**	22**	23**	19**	17**	9**	8**	24**	52*	26**	37*	20**	2**	114*
On a daily basis / as part of my regular routine	152	32	94	76	-	17	27	6	2	18	4	24	22	20	19	16	8	5	18	48	22	37	20	2	101
	90%	76%	95%a	93%a	-	100%	95%	100%	60%	100%	67%	97%	100%	87%	100%	96%	88%	62%	75%	92%	84%	100%	100%	100%	89%
Before a particular event	5	2	3	3	-	-	-	-	-	-	-	-	-	-	-	-	-	3	2	2	2	-	-	-	3
	3%	5%	3%	3%	-	-	-	-	-	-	-	-	-	-	-	-	-	38%	8%	4%	7%	-	-	-	3%
When I feel like I'm coming down with something	2	2	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	2	2	2	-	-	-	*
	1%	5%	*	-	-	2%	-	-	-	-	-	-	-	1%	-	-	-	-	8%	4%	7%	-	-	-	*
After I've been unwell	*	-	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	*
	*	-	*	-	-	2%	-	-	-	-	-	-	-	1%	-	-	-	-	-	-	-	-	-	-	*
When I remember	14	8	3	3	-	-	3	2	2	-	3	1	-	3	-	1	1	-	4	4	2	2	2	-	10
	8%	19%bc	3%	3%	-	-	11%	24%	40%	-	59%	3%	-	13%	-	4%	12%	-	18%	7%	8%	4%	8%	-	9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 409

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin D**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	167	3	9	2	1	29	61	32	86	26	61	22	2
Weighted base	169	3**	8**	3**	2**	32**	66*	28**	90*	24**	59*	19**	2**
On a daily basis / as part of my regular routine	152 90%	1 17%	7 90%	3 100%	2 100%	26 80%	60 90%	28 100%	82 91%	22 95%	59 100%fh	18 96%	2 100%
Before a particular event	5 3%	-	-	-	-	2 6%	-	-	3 3%	-	-	-	-
When I feel like I'm coming down with something	2 1%	-	-	-	-	2 7%	-	-	-	* 1%	-	-	-
After I've been unwell	* *	-	-	-	-	* 1%	-	-	-	* 1%	-	-	-
When I remember	14 8%	3 83%	1 10%	-	-	4 14%	6 10%	-	5 6%	3 12%	2 3%	1 4%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 410

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin E

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	39	18	21	4	8	7	7	5	8	16	9	5	9	2	1	1	2	5	2	4	2	6	10	3	1	3	26
Weighted base	36*	19**	17**	3**	9**	6**	6**	4**	9**	14**	8**	5**	9**	2**	1**	1**	2**	5**	1**	4**	1**	7**	8**	3**	2**	2**	26**
On a daily basis / as part of my regular routine	26 73%	13 67%	14 80%	1 37%	4 47%	4 71%	5 87%	4 100%	8 90%	10 74%	6 67%	4 85%	6 70%	1 45%	1 100%	1 100%	2 100%	5 100%	1 100%	2 58%	* 26%	4 55%	7 90%	2 74%	-	2 100%	17 65%
Before a particular event	3 7%	1 4%	2 10%	1 29%	2 20%	-	-	-	-	1 6%	-	-	2 20%	-	-	-	-	-	-	-	-	2 27%	-	1 26%	-	-	3 10%
When I feel like I'm coming down with something	1 3%	1 5%	-	-	1 12%	-	-	-	-	1 7%	-	-	-	-	-	-	1 20%	-	-	-	-	-	-	-	-	-	1 4%
After I've been unwell	1 3%	1 6%	-	-	1 14%	-	-	-	-	1 8%	-	-	-	-	-	-	-	-	-	-	-	1 18%	-	-	-	-	1 5%
When I remember	7 20%	5 29%	2 10%	1 34%	3 31%	2 29%	1 13%	-	1 10%	3 19%	3 33%	1 15%	1 10%	1 55%	-	-	-	1 20%	-	2 42%	1 74%	-	1 10%	-	2 100%	-	6 24%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 411

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin E

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	39	1	1	24	4	8	-	36	3	-	2	1	-	-	36	21	15	3	3	-
Weighted base	36*	1**	2**	22**	3**	8**	-**	33*	3**	-**	2**	1**	-**	-**	34*	21**	13**	3**	3**	-**
On a daily basis / as part of my regular routine	26 73%	-	-	20 89%	3 100%	4 52%	-	24 71%	3 100%	-	2 100%	1 100%	-	-	24 71%	13 65%	10 80%	3 100%	3 100%	-
Before a particular event	3 7%	-	-	1 4%	-	2 23%	-	3 8%	-	-	-	-	-	-	3 8%	3 12%	-	-	-	-
When I feel like I'm coming down with something	1 3%	-	-	-	-	1 13%	-	-	1 35%	-	1 45%	-	-	-	1 3%	1 5%	-	-	-	-
After I've been unwell	1 3%	-	-	-	-	1 15%	-	1 4%	-	-	-	-	-	-	1 4%	1 6%	-	-	-	-
When I remember	7 20%	1 100%	2 100%	2 8%	-	2 23%	-	6 18%	1 35%	-	1 45%	-	-	-	7 21%	5 22%	3 20%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 412

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin E

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	39	29	19	10	10	1	1	4	1	3	27	12	12	9	4	5	6	-
Weighted base	36*	28**	21**	7**	8**	1**	1**	4**	1**	3**	25**	11**	11**	7**	4**	4**	5**	**
On a daily basis / as part of my regular routine	26 73%	19 68%	13 61%	6 88%	8 90%	1 100%	1 100%	3 79%	1 100%	3 100%	19 73%	8 72%	8 72%	6 84%	2 55%	3 73%	4 77%	-
Before a particular event	3 7%	3 9%	2 8%	1 12%	-	-	-	-	-	-	3 10%	-	-	-	-	-	-	-
When I feel like I'm coming down with something	1 3%	1 4%	1 5%	-	-	-	-	-	-	-	-	1 10%	1 10%	1 14%	-	-	1 20%	-
After I've been unwell	1 3%	1 4%	1 6%	-	-	-	-	-	-	-	-	1 11%	1 11%	1 16%	-	1 27%	1 23%	-
When I remember	7 20%	6 22%	6 30%	-	1 10%	-	-	1 21%	-	-	4 17%	3 27%	3 27%	1 14%	2 45%	-	1 20%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 413

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Vitamin E

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	39	12	19	14	-	5	7	3	-	4	3	3	5	7	3	4	1	4	4	8	4	6	3	-	30
Weighted base	36*	12**	16**	13**	-**	4**	7**	4**	-**	4**	2**	3**	5**	6**	4**	3**	1**	3**	4**	7**	3**	5**	4**	-**	28**
On a daily basis / as part of my regular routine	26 73%	7 57%	13 77%	9 70%	-	4 100%	6 88%	3 75%	-	4 100%	2 100%	3 100%	2 46%	6 100%	* 8%	2 74%	1 100%	3 100%	2 48%	6 77%	3 100%	5 100%	2 56%	-	20 71%
Before a particular event	3 7%	3 21%	-	-	-	-	-	-	-	-	-	-	-	-	2 45%	-	-	-	1 21%	-	-	-	-	-	3 9%
When I feel like I'm coming down with something	1 3%	-	1 6%	1 8%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 27%	-	-	-	-	-	1 4%
After I've been unwell	1 3%	-	1 7%	1 9%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 31%	-	-	-	-	-	1 4%
When I remember	7 20%	3 22%	4 22%	4 29%	-	-	1 12%	1 25%	-	-	-	3 54%	-	2 47%	1 26%	-	-	-	1 27%	2 23%	-	-	2 44%	-	5 19%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 414

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Vitamin E**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	39	1	3	-	1	9	19	6	20	5	8	6	4
Weighted base	36*	1**	3**	-.**	1**	8**	18**	5**	20**	4**	7**	4**	3**
On a daily basis / as part of my regular routine	26 73%	1 100%	3 100%	-	1 100%	6 79%	14 80%	5 100%	14 73%	3 76%	7 100%	4 100%	3 100%
Before a particular event	3 7%	-	-	-	-	-	1 5%	-	3 13%	-	-	-	-
When I feel like I'm coming down with something	1 3%	-	-	-	-	-	-	-	-	-	-	-	1 30%
After I've been unwell	1 3%	-	-	-	-	-	-	-	1 6%	-	-	-	-
When I remember	7 20%	-	-	-	-	2 21%	3 16%	-	2 8%	1 24%	-	-	1 30%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 415

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Calcium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	76	20	56	2	11	14	11	15	23	25	21	16	14	10	1	14	8	3	5	4	3	7	7	13	1	8	32
Weighted base	74*	21**	53*	2**	12**	14**	11**	13**	22**	22**	23**	16**	14**	9**	***	13**	7**	2**	6**	4**	3**	7**	8**	13**	1**	7**	33**
On a daily basis / as part of my regular routine	59 80%	14 67%	45 84%	2 100%	6 49%	10 72%	6 59%	12 94%	22 100%	16 73%	19 85%	11 69%	13 93%	6 73%	* 100%	12 92%	6 88%	2 100%	2 27%	4 100%	2 68%	4 58%	5 70%	13 100%	1 100%	7 100%	20 62%
Before a particular event	4 5%	4 19%	-	-	1 13%	2 18%	-	-	-	-	1 7%	-	2 17%	1 17%	-	2 18%	-	-	-	-	-	-	-	-	-	-	4 12%
When I feel like I'm coming down with something	5 7%	4 19%	1 2%	-	-	4 26%	2 14%	-	-	2 7%	-	1 7%	2 17%	-	-	2 18%	-	-	-	-	-	1 15%	2 19%	-	-	-	5 16%
After I've been unwell	3 4%	2 10%	1 1%	-	3 23%	-	-	-	-	1 3%	2 9%	-	-	-	-	-	-	-	3 43%	-	-	-	-	-	-	-	3 8%
When I remember	10 13%	2 9%	8 15%	1 54%	2 16%	3 20%	3 27%	1 6%	-	5 22%	-	4 24%	1 7%	1 10%	-	1 8%	1 12%	-	2 29%	-	1 32%	2 26%	1 11%	1 9%	-	-	5 17%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 416

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Calcium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	76	1	-	37	28	10	-	69	7	2	5	-	-	-	60	31	29	16	15	1
Weighted base	74*	1**	-**	38*	25**	10**	-**	66*	8**	2**	6**	-**	-**	-**	59*	32**	27**	15**	14**	1**
On a daily basis / as part of my regular routine	59 80%	1 100%	-	34 89%	18 73%	6 57%	-	54 83%	5 55%	2 100%	2 39%	-	-	-	45 76%	22 67%	23 87%	14 94%	13 94%	1 100%
Before a particular event	4 5%	-	-	2 6%	-	1 15%	-	4 6%	-	-	-	-	-	-	4 7%	4 12%	-	-	-	-
When I feel like I'm coming down with something	5 7%	-	-	4 10%	1 4%	-	-	4 6%	1 13%	-	1 18%	-	-	-	5 9%	5 16%	-	-	-	-
After I've been unwell	3 4%	-	-	-	3 11%	-	-	-	3 32%	-	3 43%	-	-	-	3 5%	2 6%	1 2%	-	-	-
When I remember	10 13%	-	-	4 10%	3 11%	3 28%	-	10 15%	-	-	-	-	-	-	7 13%	5 14%	3 11%	2 14%	2 15%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 417

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Calcium**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	76	40	27	13	36	-	3	5	21	7	53	23	22	19	7	14	8	2
Weighted base	74*	39*	30**	9**	35*	**	2**	6**	19**	7**	51*	23**	22**	18**	7**	15**	6**	2**
On a daily basis / as part of my regular routine	59 80%	27 69%	18 60%	9 100%	32 92%a	-	2 100%	6 100%	19 100%	4 58%	43 84%	16 69%	15 68%	14 76%	5 64%	10 70%	6 100%	1 26%
Before a particular event	4 5%	4 10%	4 13%	-	-	-	-	-	-	-	-	4 17%	4 18%	4 22%	-	4 26%	-	-
When I feel like I'm coming down with something	5 7%	5 13% ^d	5 17%	-	-	-	-	-	-	-	2 3%	4 16%	4 16%	4 20%	-	4 24%	-	-
After I've been unwell	3 4%	3 7%	3 9%	-	-	-	-	-	-	-	2 4%	1 3%	1 3%	-	1 9%	-	-	-
When I remember	10 13%	5 14%	5 18%	-	4 12%	-	1 50%	-	-	3 42%	6 11%	4 16%	4 17%	2 10%	2 27%	2 12%	-	2 74%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 418

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Calcium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	76	10	49	41	2	6	17	7	-	10	1	9	13	14	12	7	5	4	3	21	9	16	7	3	54
Weighted base	74*	8**	50*	42*	2**	6**	16**	6**	-**	9**	1**	9**	12**	13**	11**	9**	5**	3**	4**	18**	8**	13**	5**	3**	56*
On a daily basis / as part of my regular routine	59 80%	5 57%	39 77%	34 80%	1 33%	4 69%	16 100%	6 100%	-	9 100%	1 100%	7 73%	8 65%	11 88%	8 71%	9 100%	4 77%	2 74%	2 46%	16 90%	8 100%	12 86%	5 100%	3 100%	43 78%
Before a particular event	4 5%	-	4 8%	2 6%	1 67%	-	-	-	-	-	-	1 16%	-	-	-	2 28%	-	-	-	-	-	-	-	-	4 7%
When I feel like I'm coming down with something	5 7%	-	5 10%	5 12%	-	-	-	-	-	-	-	-	-	2 12%	1 10%	2 28%	-	-	-	-	-	-	-	-	5 9%
After I've been unwell	3 4%	-	3 5%	3 6%	-	-	-	-	-	-	-	-	1 5%	-	2 18%	-	-	-	-	-	-	-	-	-	3 5%
When I remember	10 13%	5 57%	5 10%	3 7%	-	2 31%	-	-	-	-	-	1 11%	4 30%	-	-	-	1 23%	1 26%	2 54%	3 17%	1 15%	2 14%	-	1 47%	6 10%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 419

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Calcium**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	76	1	4	2	-	15	36	11	46	8	23	9	2
Weighted base	74*	1**	5**	1**	-**	16**	35*	10**	47*	7**	19**	7**	3**
On a daily basis / as part of my regular routine	59 80%	-	3 60%	1 100%	-	9 55%	29 83%	6 62%	42 89%	2 28%	18 95%	6 88%	1 31%
Before a particular event	4 5%	-	-	-	-	-	4 11%	-	4 8%	-	-	-	-
When I feel like I'm coming down with something	5 7%	-	-	-	-	-	5 14%	-	4 8%	-	-	-	-
After I've been unwell	3 4%	1 100%	-	-	-	3 16%	-	2 20%	-	3 36%	-	-	-
When I remember	10 13%	-	2 40%	-	-	5 28%	3 9%	2 18%	2 4%	3 36%	1 5%	2 28%	2 69%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 420

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Iron

	Gender		Age							Social Grade				Region											Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	93	24	69	13	14	26	21	10	9	28	26	24	15	8	3	10	9	7	8	5	10	14	5	12	2	18	40	
Weighted base	88*	21**	67*	9**	15**	23**	22**	9**	10**	21**	25**	26**	15**	7**	3**	9**	9**	7**	7**	4**	8**	15**	4**	11**	4**	16**	40*	
On a daily basis / as part of my regular routine	74 85%	16 73%	59 88%	7 78%	13 87%	17 73%	20 91%	9 100%	8 85%	16 73%	24 93%	23 87%	13 81%	7 95%	3 100%	7 83%	7 76%	7 100%	6 95%	4 100%	5 63%	12 76%	3 80%	11 100%	3 62%	13 78%	35 87%	
Before a particular event	1 1%	-	1 2%	1 6%	-	1 3%	-	-	-	1 6%	-	-	-	-	-	1 7%	-	-	-	-	1 8%	-	-	-	-	-	-	-
When I feel like I'm coming down with something	5 6%	2 9%	3 5%	1 12%	-	3 11%	-	-	1 15%	3 14%	* 1%	2 7%	-	-	-	1 7%	1 7%	-	* 5%	-	1 17%	-	-	* 4%	2 38%	* 2%	2 5%	
After I've been unwell	4 5%	-	4 6%	1 12%	-	3 13%	-	-	-	1 5%	1 5%	2 7%	-	-	-	1 7%	-	-	-	-	-	2 12%	-	-	2 38%	2 11%	-	
When I remember	10 12%	4 18%	6 10%	3 35%	2 13%	2 8%	2 9%	2 17%	-	3 15%	1 5%	2 6%	4 29%	2 21%	-	1 11%	1 17%	-	-	-	1 12%	3 23%	1 20%	1 11%	-	1 9%	4 11%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 421

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Iron

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	93	1	-	48	29	12	3	83	10	4	4	2	-	-	70	45	25	23	20	3
Weighted base	88*	2**	-**	46*	29**	10**	2**	78*	10**	4**	3**	2**	-**	-**	64*	42*	22**	24**	20**	5**
On a daily basis / as part of my regular routine	74 85%	2 100%	-	40 88%	20 72%	10 100%	2 100%	68 86%	7 69%	2 55%	2 68%	2 100%	-	-	51 81%	32 75%	20 91%	23 94%	18 93%	5 100%
Before a particular event	1 1%	-	-	1 3%	-	-	-	1 2%	-	-	-	-	-	-	1 2%	1 1%	1 3%	-	-	-
When I feel like I'm coming down with something	5 6%	-	-	1 2%	4 14%	-	-	5 6%	* 4%	-	* 10%	-	-	-	4 6%	3 6%	1 5%	1 6%	1 7%	-
After I've been unwell	4 5%	-	-	1 1%	4 12%	-	-	4 5%	-	-	-	-	-	-	4 7%	4 10%	-	-	-	-
When I remember	10 12%	-	-	7 14%	4 13%	-	-	6 8%	4 43%	2 45%	1 22%	2 71%	-	-	9 14%	7 18%	2 8%	1 5%	1 6%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 422

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Iron**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	93	58	33	25	35	5	12	1	6	11	56	37	33	31	14	17	16	7
Weighted base	88*	57*	38**	19**	31**	6**	9**	1**	7**	9**	55*	33*	29**	30**	11**	16**	16**	8**
On a daily basis / as part of my regular routine	74 85%	48 85%	31 80%	17 93%	26 84%	4 66%	9 93%	1 100%	7 100%	7 74%	45 82%	30 89%	25 87%	27 90%	10 89%	13 85%	15 95%	8 100%
Before a particular event	1 1%	-	-	-	1 4%	-	1 7%	-	-	1 7%	1 1%	1 2%	1 2%	1 6%	1 4%	-	-	-
When I feel like I'm coming down with something	5 6%	2 4%	2 5%	* 2%	3 9%	* 8%	1 7%	-	-	2 19%	2 5%	3 8%	3 9%	2 7%	1 5%	2 11%	* 2%	-
After I've been unwell	4 5%	2 3%	1 4%	* 3%	2 7%	-	1 7%	-	-	2 19%	2 4%	2 5%	2 6%	2 6%	-	2 11%	-	-
When I remember	10 12%	6 10%	5 14%	* 2%	5 15%	2 34%	3 30%	-	-	-	7 13%	3 9%	3 11%	3 10%	1 10%	1 7%	2 12%	2 20%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 423

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Iron

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	93	27	56	36	2	18	9	2	1	6	5	16	8	15	9	11	4	3	12	25	12	19	6	3	66
Weighted base	88*	28**	51*	35**	1**	15**	9**	2**	1**	5**	6**	14**	6**	14**	10**	10**	4**	3**	12**	24**	11**	19**	7**	3**	62*
On a daily basis / as part of my regular routine	74	21	45	32	1	12	8	2	1	5	4	13	5	11	9	8	3	1	11	24	10	19	7	3	49
	85%	76%	88%	90%	100%	80%	92%	100%	100%	86%	67%	93%	83%	83%	91%	81%	86%	31%	92%	98%	95%	100%	100%	100%	79%
Before a particular event	1	1	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
	1%	2%	1%	2%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5%	-	-	-	-	-	2%
When I feel like I'm coming down with something	5	1	5	2	*	2	-	-	-	-	-	*	2	-	1	-	1	-	-	-	-	-	-	-	5
	6%	2%	9%	7%	33%	12%	-	-	-	-	-	6%	12%	-	6%	-	43%	-	-	-	-	-	-	-	8%
After I've been unwell	4	2	2	-	-	2	-	-	-	-	-	-	2	-	1	*	-	-	-	*	*	-	-	-	4
	5%	7%	4%	-	-	15%	-	-	-	-	-	-	12%	-	13%	14%	-	-	-	2%	5%	-	-	-	6%
When I remember	10	7	1	*	-	1	2	2	-	1	3	1	1	1	-	1	1	*	4	2	2	2	1	7	
	12%	25%	2%	1%	-	5%	26%	62%	-	14%	59%	7%	12%	5%	9%	-	32%	26%	3%	16%	22%	8%	24%	39%	10%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 424

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Iron

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	93	2	17	2	2	23	43	15	46	20	29	18	2
Weighted base	88*	2**	15**	3**	1**	20**	42*	13**	44*	20**	29**	16**	2**
On a daily basis / as part of my regular routine	74 85%	1 22%	13 86%	2 53%	1 100%	17 85%	36 86%	10 73%	37 84%	16 82%	29 100%	16 97%	2 100%
Before a particular event	1 1%	-	-	-	-	-	1 1%	-	1 3%	-	-	-	-
When I feel like I'm coming down with something	5 6%	-	* 2%	-	-	2 10%	3 6%	2 16%	2 5%	2 9%	* 2%	* 3%	-
After I've been unwell	4 5%	-	1 9%	1 47%	-	2 9%	2 5%	2 17%	2 4%	2 9%	-	* 3%	-
When I remember	10 12%	2 78%	* 3%	-	-	1 4%	3 7%	2 16%	3 6%	5 23%	3 9%	2 14%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 425

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Fish oils

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	198	111	87	15	19	20	33	43	68	54	58	48	38	10	10	27	19	12	15	12	24	26	24	17	2	22	71
Weighted base	200	112*	87*	13**	23**	18**	38**	40*	68*	49*	60*	51*	40*	9**	10**	24**	18**	14**	13**	14**	23**	29**	25**	19**	2**	24**	78*
On a daily basis / as part of my regular routine	184	104	80	11	19	15	35	37	66	43	55	48	38	9	10	21	16	12	13	13	22	26	21	19	2	23	67
	92%	92%	92%	84%	83%	85%	92%	93%	98%	89%	91%	94%	95%	100%	100%	89%	87%	90%	96%	94%	96%	88%	84%	100%	100%	95%	87%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4	3	1	-	-	3	-	1	-	3	-	1	-	-	-	2	1	1	-	-	-	-	-	-	-	-	3
	2%	3%	1%	-	-	16%	-	2%	-	5%	-	2%	-	-	-	7%	3%	10%	-	-	-	-	-	-	-	-	4%
After I've been unwell	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
	1%	1%	-	8%	-	-	-	-	-	-	2%	-	-	-	-	-	-	-	-	-	-	3%	-	-	-	-	1%
When I remember	12	6	7	1	4	1	3	2	1	3	4	3	2	-	-	2	2	-	1	1	2	4	-	-	1	7	
	6%	5%	8%	8%	17%	4%	8%	5%	2%	6%	7%	6%	5%	-	-	8%	9%	-	4%	6%	4%	8%	16%	-	-	5%	10%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 426

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Fish oils

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	198	1	2	130	41	15	5	185	11	1	7	2	1	-	160	82	78	38	35	3
Weighted base	200	2**	1**	132	41*	14**	4**	186	10**	1**	6**	2**	1**	-**	163	81*	81*	37*	34*	3**
On a daily basis / as part of my regular routine	184 92%	2 100%	1 100%	125 95%	38 92%	10 72%	2 62%	171 92%	9 92%	1 100%	5 86%	2 100%	1 100%	-	150 92%	75 92%	75 92%	34 91%	31 91%	3 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 2%	-	-	3 2%	1 1%	-	-	4 2%	-	-	-	-	-	-	2 1%	-	2 2%	2 4%	2 5%	-
After I've been unwell	1 1%	-	-	1 1%	-	-	-	1 1%	-	-	-	-	-	-	1 1%	1 1%	-	-	-	-
When I remember	12 6%	-	-	4 3%	3 7%	4 28%	1 38%	11 6%	1 8%	-	1 14%	-	-	-	10 6%	6 7%	4 5%	2 7%	2 7%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 427

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Fish oils**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	198	93	67	26	105	5	10	16	59	15	154	44	37	37	9	19	18	11
Weighted base	200	102*	78*	24**	98*	5**	9**	17**	55*	12**	154	45*	38*	38*	9**	19**	19**	11**
On a daily basis / as part of my regular routine	184	90	68	22	93	5	7	17	53	12	143	40	34	34	8	17	17	10
	92%	89%	87%	92%	96%	100%	74%	100%	96%	100%	93%	89%	90%	88%	93%	87%	90%	89%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4	3	2	1	1	-	-	-	1	-	2	2	2	1	1	1	-	-
	2%	3%	3%	4%	1%	-	-	-	1%	-	1%	4%	5%	4%	7%	7%	-	-
After I've been unwell	1	1	1	-	-	-	-	-	-	-	-	1	1	1	-	1	1	-
	1%	1%	1%	-	-	-	-	-	-	-	-	2%	3%	3%	-	5%	5%	-
When I remember	12	9	7	2	4	-	2	-	1	-	10	2	1	2	-	-	1	1
	6%	8%	9%	8%	4%	-	26%	-	2%	-	7%	5%	2%	5%	-	-	5%	11%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 428

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Fish oils

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	198	40	132	103	1	28	25	6	1	18	4	21	39	30	32	20	11	10	15	45	11	31	12	1	151
Weighted base	200	39*	136	105*	1**	30**	21**	5**	1**	15**	4**	17**	34*	31**	33**	21**	12**	11**	19**	40*	9**	30**	10**	1**	157
On a daily basis / as part of my regular routine	184	34	128	100	1	27	19	5	-	15	3	16	32	30	29	19	12	11	16	38	9	28	10	1	143
	92%	87%	94%	95%	100%	89%	91%	87%	-	100%	80%	97%	95%	96%	87%	89%	100%	100%	86%	95%	100%	93%	100%	100%	92%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4	1	2	1	-	1	1	1	-	-	-	-	1	1	-	1	-	-	1	-	-	-	-	-	4
	2%	2%	1%	1%	-	5%	3%	13%	-	-	-	-	2%	3%	-	3%	-	-	7%	-	-	-	-	-	2%
After I've been unwell	1	-	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1
	1%	-	1%	1%	-	-	-	-	-	-	-	-	-	-	3%	-	-	-	-	-	-	-	-	-	1%
When I remember	12	5	6	4	-	2	1	-	1	-	1	1	1	3	2	-	-	1	2	-	-	2	-	-	9
	6%	13%bc	4%	4%	-	6%	6%	-	100%	-	20%	3%	3%	4%	10%	9%	-	6%	5%	-	-	7%	-	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 429

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Fish oils

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	198	1	4	1	1	27	101	26	130	12	46	11	5
Weighted base	200	1**	4**	1**	1**	26**	100*	23**	136	12**	44*	10**	5**
On a daily basis / as part of my regular routine	184 92%	1 100%	3 85%	1 100%	1 100%	23 89%	94 94%	20 85%	129 95%	10 80%	43 97%	10 100%	3 64%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 2%	-	-	-	-	-	2 2%	1 6%	2 1%	-	-	-	-
After I've been unwell	1 1%	-	-	-	-	-	-	1 4%	-	-	-	-	-
When I remember	12 6%	-	1 15%	-	-	3 11%	6 6%	1 5%	6 5%	2 20%	1 3%	-	2 36%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 430

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Amino acids**

	Gender		Age						Social Grade				Region								Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	16	12	4	4	7	-	4	1	6	4	4	2	1	2	2	-	3	2	2	1	3	-	2	11
Weighted base	16*	13**	4**	3**	8**	-**	4**	1**	7**	3**	5**	2**	1**	2**	2**	-**	4**	3**	2**	2**	2**	-**	2**	12**
On a daily basis / as part of my regular routine	10	9	2	2	4	-	4	-	4	2	4	-	1	1	2	-	2	3	1	-	1	-	1	8
	61%	68%	41%	54%	52%	-	100%	-	59%	81%	74%	-	100%	42%	100%	-	41%	100%	55%	-	68%	-	28%	66%
Before a particular event	4	2	2	-	4	-	-	-	3	-	1	-	-	1	-	-	1	-	-	2	-	-	2	2
	24%	18%	45%	-	48%	-	-	-	41%	-	26%	-	-	58%	-	-	36%	-	-	100%	-	-	72%	19%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	2	-	2	1	2	-	-	-	2	1	-	-	-	-	-	-	-	-	-	2	1	-	2	-
	14%	-	59%	17%	21%	-	-	-	26%	19%	-	-	-	-	-	-	-	-	-	100%	32%	-	72%	-
When I remember	2	2	-	1	-	-	-	1	-	-	-	2	-	-	-	-	1	-	1	-	-	-	-	2
	11%	14%	-	28%	-	-	-	100%	-	-	-	100%	-	-	-	-	22%	-	45%	-	-	-	-	15%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 431

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Amino acids

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	16	-	-	6	3	4	2	15	1	1	-	-	-	-	16	6	10	-	-	-
Weighted base	16*	-**	-**	6**	3**	4**	1**	16**	1**	1**	-**	-**	-**	-**	16**	6**	11**	-**	-**	-**
On a daily basis / as part of my regular routine	10 61%	-	-	6 87%	3 100%	4 11%	1 57%	10 65%	-	-	-	-	-	-	10 61%	3 55%	7 65%	-	-	-
Before a particular event	4 24%	-	-	-	-	4 89%	-	3 20%	1 100%	1 100%	-	-	-	-	4 24%	3 45%	1 13%	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	2 14%	-	-	-	-	2 39%	1 43%	2 15%	-	-	-	-	-	-	2 14%	2 29%	1 5%	-	-	-
When I remember	2 11%	-	-	1 13%	-	-	-	2 11%	-	-	-	-	-	-	2 11%	-	2 17%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 432

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Amino acids

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	13	10	3	3	-	3	-	-	-	13	3	3	3	1	3	2	-
Weighted base	16*	14**	12**	2**	2**	-.**	2**	-.**	-.**	-.**	12**	4**	4**	4**	2**	4**	3**	-.**
On a daily basis / as part of my regular routine	10 61%	8 59%	7 59%	1 61%	2 76%	-	2 76%	-	-	-	10 81%	-	-	-	-	-	-	-
Before a particular event	4 24%	4 28%	4 33%	-	-	-	-	-	-	-	4 100%	4 100%	4 100%	2 100%	4 100%	3 100%	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	2 14%	2 12%	2 15%	-	1 24%	-	1 24%	-	-	-	1 5%	2 43%	2 43%	2 43%	2 100%	2 43%	2 57%	-
When I remember	2 11%	2 13%	1 8%	1 39%	-	-	-	-	-	-	2 14%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 433

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Amino acids

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	7	9	6	-	3	-	-	-	-	2	1	1	4	-	-	1	2	3	3	1	2	2	-	13
Weighted base	16*	6**	11**	8**	-**	3**	-**	-**	-**	-**	1**	2**	1**	3**	-**	-**	1**	3**	4**	2**	1**	2**	2**	-**	14**
On a daily basis / as part of my regular routine	10	4	6	4	-	2	-	-	-	-	37%	100%	100%	83%	-	-	100%	100%	-	100%	100%	100%	100%	-	8
Before a particular event	4	-	4	4	-	-	-	-	-	-	-	-	-	-	-	-	-	4	-	-	-	-	-	-	4
When I feel like I'm coming down with something	24%	-	38%	50%	-	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	-	28%
After I've been unwell	2	-	2	2	-	1	-	-	-	-	-	-	-	1	-	-	-	2	-	-	-	-	-	-	2
When I remember	14%	-	22%	22%	-	22%	-	-	-	-	-	-	17%	-	-	-	-	43%	-	-	-	-	-	-	16%
When I remember	2	2	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	2
	11%	30%	-	-	-	-	-	-	-	-	63%	-	-	-	-	-	-	-	-	-	-	-	-	-	12%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 434

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Amino acids**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	1	-	-	-	5	11	-	10	1	2	-	1
Weighted base	16*	2**	-**	-**	-**	4**	11**	-**	10**	1**	1**	-**	2**
On a daily basis / as part of my regular routine	10 61%	2 100%	-	-	-	2 57%	9 84%	-	10 92%	-	1 100%	-	-
Before a particular event	4 24%	-	-	-	-	1 30%	1 9%	-	-	-	-	-	2 100%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	2 14%	-	-	-	-	1 13%	-	-	-	-	-	-	2 100%
When I remember	2 11%	-	-	-	-	-	1 8%	-	1 8%	1 100%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 435

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Glucosamine

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	78	38	40	-	5	3	8	16	46	27	26	13	12	7	1	8	4	4	10	6	12	8	10	6	2	7	18
Weighted base	76*	38*	38*	-**	6**	3**	11**	14**	41*	25**	26**	13**	12**	5**	1**	8**	4**	4**	7**	5**	11**	8**	12**	6**	4**	7**	22**
On a daily basis / as part of my regular routine	72 94%	36 97%	35 92%	-	6 100%	2 58%	11 100%	13 94%	39 95%	25 100%	24 93%	12 90%	11 90%	5 84%	1 100%	8 100%	4 100%	4 100%	7 100%	5 100%	8 77%	7 90%	12 100%	6 100%	4 100%	6 82%	22 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	5 7%	1 3%	4 10%	-	-	1 42%	-	1 6%	3 7%	1 3%	2 7%	1 10%	1 10%	1 16%	-	-	-	1 24%	-	-	3 23%	1 10%	-	-	-	1 18%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 436

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Glucosamine**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	78	-	-	52	22	4	-	77	1	1	-	-	-	-	50	27	23	28	25	3
Weighted base	76*	-**	-**	51*	21**	4**	-**	75*	1**	1**	-**	-**	-**	-**	49*	25**	25**	27**	22**	4**
On a daily basis / as part of my regular routine	72 94%	-	-	48 94%	21 100%	3 66%	-	71 94%	1 100%	1 100%	-	-	-	-	47 96%	23 91%	25 100%	25 92%	20 91%	4 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	5 7%	-	-	3 6%	1 4%	1 34%	-	5 7%	-	-	-	-	-	-	3 6%	3 12%	-	2 8%	2 9%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 437

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	78	25	16	9	53	3	-	7	38	5	73	5	4	3	4	2	-	1
Weighted base	76*	29**	22**	7**	47*	2**	**	6**	34*	4**	69*	7**	5**	4**	5**	2**	**	2**
On a daily basis / as part of my regular routine	72 94%	28 95%	21 94%	7 100%	44 94%	2 100%	-	6 100%	31 91%	4 100%	66 96%	6 81%	4 75%	2 64%	4 75%	1 36%	-	2 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	5 7%	1 5%	1 6%	-	4 8%	-	-	-	4 11%	-	4 6%	1 19%	1 25%	1 36%	1 25%	1 64%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 438

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	78	10	52	40	-	12	16	4	1	11	3	11	15	6	19	6	6	1	5	17	1	14	4	1	60
Weighted base	76*	8**	54*	40*	-**	14**	14**	3**	1**	10**	3**	10**	14**	5**	17**	8**	5**	1**	6**	15**	1**	13**	3**	1**	61*
On a daily basis / as part of my regular routine	72 94%	8 100%	52 96%	39 98%	-	13 91%	11 84%	3 100%	1 100%	8 79%	2 59%	10 100%	13 94%	5 100%	16 92%	8 100%	5 84%	1 100%	6 100%	15 100%	1 100%	13 100%	3 100%	1 100%	56 93%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	5 7%	-	3 6%	2 4%	-	1 9%	2 16%	-	-	2 21%	1 41%	-	1 6%	-	1 8%	-	1 16%	-	-	-	-	-	-	-	5 8%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 439

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Glucosamine**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	78	1	3	-	-	17	43	9	52	3	30	3	3
Weighted base	76*	1**	3**	-.**	-.**	18**	44*	7**	52*	3**	28**	3**	2**
On a daily basis / as part of my regular routine	72 94%	1 100%	2 71%	-	-	18 100%	41 92%	7 100%	49 96%	3 100%	26 94%	3 100%	2 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	5 7%	-	1 29%	-	-	-	3 8%	-	3 6%	-	2 6%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 440

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Garlic

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	69	52	17	1	4	2	8	19	35	16	15	18	20	6	2	5	7	11	9	6	2	8	9	2	2	5	19
Weighted base	69*	52*	17**	1**	5**	2**	10**	17**	35*	14**	16**	18**	22**	5**	1**	3**	7**	10**	9**	6**	2**	10**	10**	2**	3**	6**	19**
On a daily basis / as part of my regular routine	64 92%	48 93%	16 90%	1 100%	4 79%	1 55%	8 82%	16 96%	33 96%	13 89%	16 100%	15 85%	20 94%	4 89%	1 50%	3 100%	7 100%	9 82%	7 80%	6 90%	2 100%	10 100%	10 100%	2 100%	3 100%	5 82%	18 92%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 5%	4 7%	-	-	2 45%	-	-	1 4%	1 2%	2 16%	-	-	1 6%	-	1 50%	-	2 21%	-	1 10%	-	-	-	-	-	-	1 18%	2 10%
After I've been unwell	2 3%	2 4%	-	-	1 21%	1 45%	-	-	-	1 7%	-	1 5%	-	-	-	-	2 18%	-	-	-	-	-	-	-	-	1 18%	1 4%
When I remember	2 3%	1 1%	2 10%	-	-	-	2 18%	-	1 2%	1 4%	-	2 10%	-	1 11%	-	-	-	-	2 20%	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 441
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Garlic

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	69	2	-	47	14	4	-	67	2	1	1	-	-	-	50	32	18	19	15	4
Weighted base	69*	2**	-**	45*	14**	5**	-**	67*	3**	2**	1**	-**	-**	-**	50*	32**	18**	19**	16**	4**
On a daily basis / as part of my regular routine	64 92%	2 100%	-	42 91%	12 88%	5 100%	-	62 93%	2 60%	2 100%	-	-	-	-	44 89%	29 90%	15 87%	19 100%	16 100%	4 100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 5%	-	-	2 4%	2 12%	-	-	3 4%	1 40%	-	1 100%	-	-	-	4 7%	2 7%	1 7%	-	-	-
After I've been unwell	2 3%	-	-	1 2%	1 8%	-	-	1 1%	1 40%	-	1 100%	-	-	-	2 4%	2 6%	-	-	-	-
When I remember	2 3%	-	-	2 5%	-	-	-	2 4%	-	-	-	-	-	-	2 5%	-	2 13%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 442

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Garlic

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	69	24	16	8	45	2	1	10	25	7	59	9	8	9	1	5	4	2
Weighted base	69*	25**	19**	6**	44*	2**	1**	12**	22**	7**	59*	10**	9**	10**	1**	6**	4**	3**
On a daily basis / as part of my regular routine	64 92%	23 90%	18 95%	5 75%	41 93%	2 100%	-	12 100%	22 98%	5 73%	57 98%	6 65%	5 60%	6 65%	-	3 49%	3 84%	1 41%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 5%	3 12%	2 12%	1 12%	1 1%	-	1 100%	-	-	-	2 3%	2 17%	2 19%	2 17%	1 100%	1 19%	1 16%	-
After I've been unwell	2 3%	2 7%	1 5%	1 14%	-	-	-	-	-	-	-	1 11%	1 12%	1 11%	1 100%	1 19%	-	-
When I remember	2 3%	-	-	-	2 5%	-	-	-	1 2%	2 27%	1 1%	2 18%	2 21%	2 18%	-	2 33%	-	2 59%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 443

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Garlic

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	69	14	39	31	-	8	15	5	-	10	1	15	16	8	6	10	4	1	4	25	4	19	6	2	42
Weighted base	69*	16**	39*	30**	-**	9**	13**	5**	-**	9**	1**	15**	16**	8**	6**	10**	4**	1**	5**	25**	4**	18**	6**	2**	41*
On a daily basis / as part of my regular routine	64	13	37	29	-	7	13	5	-	8	1	13	13	8	6	10	4	1	5	22	3	15	6	2	39
	92%	85%	93%	97%	-	80%	95%	100%	-	93%	100%	91%	79%	100%	100%	100%	100%	100%	100%	87%	79%	82%	100%	100%	94%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4	3	-	-	-	-	1	-	-	1	-	1	1	-	-	1	-	-	-	1	-	1	-	-	3
	5%	19%	-	-	-	-	5%	-	-	7%	-	9%	7%	-	-	12%	-	-	-	2%	-	3%	-	-	7%
After I've been unwell	2	1	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1	1	1	-	-	1
	3%	7%	2%	3%	-	-	-	-	-	-	-	-	7%	-	-	-	-	-	-	3%	21%	5%	-	-	3%
When I remember	2	1	2	-	-	2	-	-	-	-	-	-	2	-	-	-	-	-	-	2	-	2	-	-	1
	3%	3%	5%	-	-	20%	-	-	-	-	-	-	15%	-	-	-	-	-	-	7%	-	10%	-	-	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 444

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Garlic

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	69	-	6	-	-	14	34	9	43	4	23	3	1
Weighted base	69*	-**	7**	-**	-**	14**	34*	7**	46*	4**	21**	3**	1**
On a daily basis / as part of my regular routine	64 92%	- -	5 75%	- -	- -	10 75%	32 95%	6 81%	44 96%	4 100%	20 95%	3 100%	1 100%
Before a particular event	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
When I feel like I'm coming down with something	4 5%	- -	- -	- -	- -	1 8%	1 3%	1 19%	2 5%	- -	2 9%	- -	- -
After I've been unwell	2 3%	- -	- -	- -	- -	1 8%	1 3%	- -	2 4%	- -	- -	- -	- -
When I remember	2 3%	- -	2 25%	- -	- -	2 17%	1 2%	- -	- -	- -	1 3%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 445

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Ginseng

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	16	9	7	-	4	3	4	3	2	4	4	3	5	1	1	4	1	-	1	4	3	-	-	1	1	10
Weighted base	16*	8**	8**	-**	6**	3**	3**	2**	2**	3**	4**	2**	6**	***	1**	4**	1**	-**	1**	5**	2**	-**	-**	1**	1**	12**
On a daily basis / as part of my regular routine	9	5	4	-	2	2	2	1	2	2	4	1	2	-	1	3	-	-	1	1	2	-	-	1	1	6
	54%	56%	52%	-	26%	73%	82%	28%	100%	70%	87%	24%	35%	-	100%	79%	-	-	100%	24%	63%	-	-	100%	100%	49%
Before a particular event	5	1	3	-	3	1	1	-	-	1	1	-	3	-	-	-	-	-	-	4	1	-	-	-	-	4
	29%	18%	42%	-	52%	27%	18%	-	-	30%	13%	-	52%	-	-	-	-	-	-	76%	37%	-	-	-	-	35%
When I feel like I'm coming down with something	3	3	*	-	1	1	1	*	-	1	1	2	-	*	-	1	-	-	-	1	1	-	-	-	-	3
	21%	34%	6%	-	22%	27%	18%	28%	-	30%	13%	76%	-	100%	-	100%	-	-	-	11%	37%	-	-	-	-	23%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2	2	-	-	-	1	-	1	-	1	-	-	1	-	-	1	-	-	-	-	1	-	-	-	-	1
	11%	21%	-	-	-	27%	-	44%	-	30%	-	-	13%	-	-	21%	-	-	-	-	37%	-	-	-	-	8%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 446
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Ginseng

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	16	-	-	6	6	4	-	13	3	-	1	1	1	-	14	6	8	2	2	-
Weighted base	16*	-**	-**	5**	5**	6**	-**	13**	2**	-**	1**	1**	1**	-**	12**	5**	7**	4**	4**	-**
On a daily basis / as part of my regular routine	9	-	-	4	3	2	-	7	2	-	1	1	-	-	8	2	6	1	1	-
	54%	-	-	78%	66%	26%	-	52%	63%	-	100%	100%	-	-	66%	52%	75%	14%	14%	-
Before a particular event	5	-	-	1	1	3	-	4	1	-	-	-	1	-	1	1	-	3	3	-
	29%	-	-	11%	18%	52%	-	28%	37%	-	-	-	100%	-	12%	30%	-	86%	86%	-
When I feel like I'm coming down with something	3	-	-	1	1	1	-	2	1	-	-	-	1	-	3	1	2	-	-	-
	21%	-	-	22%	18%	22%	-	18%	37%	-	-	-	100%	-	27%	30%	25%	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2	-	-	-	2	-	-	1	1	-	-	-	1	-	2	2	-	-	-	-
	11%	-	-	-	34%	-	-	6%	37%	-	-	-	100%	-	14%	36%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 447

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Ginseng

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	16	11	9	2	5	1	1	1	-	2	8	7	7	7	-	7	4	-
Weighted base	16*	12**	11**	1**	3**	1**	1**	1**	-.**	1**	7**	9**	9**	9**	-.**	9**	4**	-.**
On a daily basis / as part of my regular routine	9 54%	6 52%	6 52%	1 53%	2 62%	1 100%	-	1 100%	-	1 39%	7 100%	2 22%	2 22%	2 22%	-	2 22%	1 27%	-
Before a particular event	5 29%	4 33%	4 37%	-	1 15%	-	1 100%	-	-	-	-	4 47%	4 47%	4 47%	-	4 47%	-	-
When I feel like I'm coming down with something	3 21%	3 22%	2 20%	2 47%	1 15%	-	1 100%	-	-	-	-	3 32%	3 32%	3 32%	-	3 32%	2 51%	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 11%	1 7%	1 8%	-	1 23%	-	-	-	-	1 61%	-	2 20%	2 20%	2 20%	-	2 20%	1 22%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 448

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Ginseng

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	16	6	8	6	-	2	2	1	-	1	1	2	1	2	2	-	1	3	2	3	1	3	1	-	12
Weighted base	16*	8**	7**	5**	-**	1**	1**	1**	-**	1**	1**	1**	1**	4**	-**	1**	2**	2**	2**	2**	1**	2**	1**	-**	13**
On a daily basis / as part of my regular routine	9	4	3	2	-	1	1	1	-	1	1	1	1	1	-	-	1	1	2	1	2	1	1	-	7
	54%	51%	47%	48%	-	45%	100%	100%	-	100%	100%	100%	51%	29%	-	-	40%	42%	100%	100%	100%	100%	100%	-	50%
Before a particular event	5	4	1	1	-	-	-	-	-	-	-	-	1	3	-	-	1	-	-	-	-	-	-	-	4
	29%	49%	14%	17%	-	-	-	-	-	-	-	-	49%	71%	-	-	38%	-	-	-	-	-	-	-	30%
When I feel like I'm coming down with something	3	1	3	3	-	-	-	-	-	-	-	-	1	-	-	-	1	1	-	-	-	-	-	-	3
	21%	7%	41%	52%	-	-	-	-	-	-	-	-	49%	-	-	-	60%	58%	-	-	-	-	-	-	20%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2	-	2	1	-	1	-	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	-	-	2
	11%	-	26%	17%	-	55%	-	-	-	-	-	-	-	-	-	100%	38%	-	-	-	-	-	-	-	13%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 449

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Ginseng

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	16	-	2	-	-	3	6	3	9	2	3	1	-
Weighted base	16*	-**	2**	-**	-**	2**	4**	2**	11**	1**	2**	1**	-**
On a daily basis / as part of my regular routine	9 54%	-	1 71%	-	-	1 47%	2 49%	1 69%	7 63%	1 55%	1 67%	1 100%	-
Before a particular event	5 29%	-	1 29%	-	-	-	1 21%	1 31%	3 30%	1 45%	1 33%	-	-
When I feel like I'm coming down with something	3 21%	-	1 29%	-	-	1 53%	1 33%	1 31%	-	1 45%	1 33%	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 11%	-	-	-	-	-	2 40%	-	1 7%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 450

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Protein

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	58	42	16	14	23	12	6	2	1	24	15	11	8	3	3	10	4	4	5	4	1	15	7	1	1	6	41
Weighted base	62*	44*	18**	13**	25**	14**	6**	2**	1**	25**	16**	12**	8**	3**	4**	10**	3**	5**	4**	3**	1**	18**	7**	2**	1**	7**	46*
On a daily basis / as part of my regular routine	47 77%	31 70%	16 93%	13 100%	15 61%	12 87%	3 50%	2 100%	1 100%	14 54%	16 97%	11 90%	6 83%	2 58%	1 29%	8 79%	2 85%	4 76%	3 84%	3 100%	1 100%	12 65%	7 100%	2 100%	1 100%	4 61%	35 76%
Before a particular event	11 18%	10 22%	1 7%	-	6 25%	2 13%	3 50%	-	-	9 34%	-	1 10%	1 17%	1 42%	3 71%	1 12%	-	1 24%	1 16%	-	-	4 24%	-	-	-	3 39%	8 17%
When I feel like I'm coming down with something	4 7%	3 7%	1 7%	-	4 16%	-	-	-	-	4 16%	-	-	-	-	-	1 10%	-	-	-	-	-	3 17%	-	-	-	1 17%	3 6%
After I've been unwell	1 2%	1 3%	-	-	-	-	1 21%	-	-	1 5%	-	-	-	-	-	-	-	-	-	-	-	1 7%	-	-	-	1 19%	-
When I remember	2 3%	2 4%	-	-	* 2%	2 11%	-	-	-	-	2 12%	-	-	-	-	2 15%	* 15%	-	-	-	-	-	-	-	-	-	2 4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 451

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Protein

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	58	1	-	21	27	7	2	48	10	1	6	1	1	1	54	35	19	4	4	-
Weighted base	62*	1**	-**	23**	29**	8**	1**	51*	10**	1**	6**	1**	1**	1**	57*	39*	18**	4**	4**	-**
On a daily basis / as part of my regular routine	47 77%	1 100%	-	20 85%	22 77%	3 40%	1 100%	40 79%	7 65%	1 100%	3 54%	-	1 100%	1 100%	44 77%	31 78%	13 74%	3 72%	3 72%	-
Before a particular event	11 18%	-	-	3 13%	4 16%	4 47%	-	10 20%	1 6%	-	1 12%	-	-	-	10 17%	6 14%	4 24%	1 28%	1 28%	-
When I feel like I'm coming down with something	4 7%	-	-	-	2 7%	2 28%	-	1 2%	3 29%	-	2 35%	1 100%	-	-	4 7%	4 10%	-	-	-	-
After I've been unwell	1 2%	-	-	-	-	1 16%	-	1 2%	-	-	-	-	-	-	1 2%	1 3%	-	-	-	-
When I remember	2 3%	-	-	* 2%	2 5%	-	-	2 4%	-	-	-	-	-	-	2 3%	2 4%	* 2%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 452

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Protein**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	58	47	40	7	11	3	6	-	-	2	39	18	17	15	6	10	7	3
Weighted base	62*	53*	47*	6**	9**	3**	5**	**	**	2**	41*	19**	18**	17**	6**	11**	8**	3**
On a daily basis / as part of my regular routine	47 77%	39 74%	35 75%	4 60%	8 93%	2 75%	5 100%	-	-	2 100%	34 83%	12 62%	11 59%	10 63%	3 43%	7 60%	5 63%	2 62%
Before a particular event	11 18%	10 20%	9 18%	2 33%	1 7%	1 25%	-	-	-	-	5 11%	6 33%	6 35%	5 32%	4 57%	3 31%	3 37%	1 38%
When I feel like I'm coming down with something	4 7%	4 8%	4 9%	-	-	-	-	-	-	-	2 5%	2 11%	2 11%	2 13%	-	2 19%	1 14%	-
After I've been unwell	1 2%	1 2%	1 3%	-	-	-	-	-	-	-	-	1 6%	1 7%	1 8%	1 20%	1 11%	-	-
When I remember	2 3%	2 4%	2 3%	* 7%	-	-	-	-	-	-	* 1%	2 8%	2 8%	2 9%	-	-	2 19%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 453

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Protein

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separ-ated/div-orced (f)	Wid-owed (g)	Separ-ated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	58	25	31	19	2	10	2	-	2	-	3	5	7	5	7	5	4	7	10	7	5	4	2	1	49
Weighted base	62*	26**	34**	20**	2**	11**	1**	**	1**	**	2**	4**	6**	5**	8**	5**	3**	8**	13**	7**	5**	4**	2**	1**	53*
On a daily basis / as part of my regular routine	47 77%	21 79%	25 75%	15 72%	2 100%	9 76%	1 63%	-	1 63%	-	2 100%	2 63%	6 100%	3 57%	5 63%	4 77%	3 84%	7 88%	7 58%	5 74%	3 62%	4 100%	2 100%	1 100%	41 77%
Before a particular event	11 18%	5 17%	6 18%	5 23%	-	1 12%	1 37%	-	1 37%	-	-	1 37%	-	1 24%	2 32%	1 23%	1 16%	-	4 34%	2 26%	2 38%	-	-	-	9 17%
When I feel like I'm coming down with something	4 7%	1 4%	3 9%	2 10%	-	1 8%	-	-	-	-	-	-	-	1 19%	-	-	-	1 12%	2 17%	-	-	-	-	-	4 8%
After I've been unwell	1 2%	-	1 4%	1 6%	-	-	-	-	-	-	-	-	-	1 24%	-	-	-	-	-	-	-	-	-	-	1 2%
When I remember	2 3%	-	2 6%	2 7%	-	* 4%	-	-	-	-	-	-	-	-	* 5%	-	-	2 18%	-	-	-	-	-	-	2 3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 454

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Protein

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	58	3	5	-	-	11	41	4	43	3	3	5	1
Weighted base	62*	3**	4**	-.**	-.**	13**	46*	4**	46*	3**	3**	5**	1**
On a daily basis / as part of my regular routine	47 77%	1 53%	1 33%	-	-	12 91%	36 78%	3 84%	36 77%	3 100%	3 100%	3 60%	-
Before a particular event	11 18%	1 47%	3 58%	-	-	1 9%	9 19%	1 16%	9 20%	-	-	2 40%	-
When I feel like I'm coming down with something	4 7%	-	-	-	-	-	2 5%	-	1 2%	-	-	-	1 100%
After I've been unwell	1 2%	1 47%	1 28%	-	-	-	1 3%	-	1 3%	-	-	-	-
When I remember	2 3%	-	* 9%	-	-	-	2 4%	-	2 4%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 455

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Caffeine**

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	26	15	11	6	9	5	3	2	1	8	9	4	5	3	1	2	2	1	1	1	1	6	6	2	3	16
Weighted base	25*	16**	9**	6**	9**	5**	2**	2**	1**	8**	8**	5**	4**	3**	1**	2**	2**	1**	1**	1**	1**	7**	5**	2**	3**	17**
On a daily basis / as part of my regular routine	20	11	9	3	8	3	2	2	1	6	7	1	4	2	1	2	2	1	1	1	1	4	3	1	1	14
	77%	67%	95%	55%	87%	62%	100%	100%	100%	80%	91%	30%	100%	72%	100%	100%	100%	100%	100%	100%	100%	65%	61%	75%	31%	85%
Before a particular event	4	2	2	*	1	2	-	-	-	2	-	2	-	-	-	-	-	-	-	-	-	2	1	*	1	2
	14%	13%	17%	8%	13%	38%	-	-	-	20%	-	41%	-	-	-	-	-	-	-	-	-	32%	19%	25%	33%	13%
When I feel like I'm coming down with something	1	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	-
	4%	7%	-	-	13%	-	-	-	-	14%	-	-	-	-	-	-	-	-	-	-	-	-	21%	-	37%	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2	2	-	2	-	-	-	-	-	-	1	1	-	1	-	-	-	-	-	-	1	-	-	-	1	8%
	8%	13%	-	37%	-	-	-	-	-	-	9%	29%	-	28%	-	-	-	-	-	-	21%	-	-	-	-	8%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 456
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Caffeine

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-on-dary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	26	-	-	14	9	3	-	24	2	-	1	1	-	-	24	14	10	2	2	-
Weighted base	25*	-**	-**	14**	8**	3**	-**	23**	2**	-**	1**	1**	-**	-**	24**	14**	10**	2**	2**	-**
On a daily basis / as part of my regular routine	20 77%	-	-	10 71%	7 78%	3 100%	-	19 81%	1 42%	-	-	1 100%	-	-	18 76%	11 80%	7 70%	2 100%	2 100%	-
Before a particular event	4 14%	-	-	3 18%	-	1 35%	-	4 16%	-	-	-	-	-	-	4 15%	2 15%	1 16%	-	-	-
When I feel like I'm coming down with something	1 4%	-	-	-	1 13%	-	-	1 5%	-	-	-	-	-	-	1 5%	1 8%	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 8%	-	-	1 10%	1 8%	-	-	1 3%	1 58%	-	1 100%	-	-	-	2 9%	1 5%	1 15%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 457
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Caffeine

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	26	19	13	6	7	2	2	-	1	2	20	6	6	6	2	5	2	2
Weighted base	25*	20**	15**	5**	6**	1**	2**	-.**	1**	2**	20**	6**	6**	6**	2**	5**	2**	2**
On a daily basis / as part of my regular routine	20 77%	15 77%	10 70%	5 100%	5 79%	1 58%	1 55%	-	1 100%	2 100%	16 81%	4 65%	4 65%	4 65%	1 47%	4 79%	1 45%	1 47%
Before a particular event	4 14%	3 16%	3 21%	-	* 8%	* 42%	-	-	-	-	* 2%	3 55%	3 55%	3 55%	1 53%	2 45%	1 55%	1 53%
When I feel like I'm coming down with something	1 4%	1 6%	1 8%	-	-	-	-	-	-	-	1 6%	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 8%	1 7%	1 9%	-	1 12%	-	1 45%	-	-	-	2 11%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 458
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Caffeine

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	26	12	12	5	1	6	2	-	-	2	2	6	2	5	1	2	1	2	4	8	6	5	3	-	16
Weighted base	25*	12**	12**	5**	**	6**	1**	**	**	1**	1**	6**	2**	5**	1**	2**	1**	2**	4**	8**	6**	5**	3**	**	15**
On a daily basis / as part of my regular routine	20 77%	10 83%	8 69%	4 82%	-	4 64%	1 100%	-	-	1 100%	1 48%	6 100%	1 43%	5 100%	-	2 100%	1 100%	2 100%	2 49%	8 100%	6 100%	5 100%	3 100%	-	10 66%
Before a particular event	4 14%	-	4 31%	2 39%	* 100%	1 17%	-	-	-	-	-	-	-	-	1 100%	-	-	-	2 51%	-	-	-	-	-	3 21%
When I feel like I'm coming down with something	1 4%	-	1 9%	-	-	1 19%	-	-	-	-	-	-	-	-	-	-	-	-	1 27%	-	-	-	-	-	1 7%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 8%	2 17%	-	-	-	-	-	-	-	1 52%	-	1 57%	-	-	-	-	-	-	-	-	-	-	-	-	2 14%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 459

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Caffeine**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	26	-	3	-	-	7	14	1	14	6	8	8	-
Weighted base	25*	-**	3**	-**	-**	7**	14**	1**	14**	5**	8**	8**	-**
On a daily basis / as part of my regular routine	20 77%	-	3 100%	-	-	6 85%	12 85%	1 100%	10 70%	5 100%	7 94%	7 94%	-
Before a particular event	4 14%	-	-	-	-	1 15%	1 7%	-	1 7%	1 21%	2 21%	* 6%	-
When I feel like I'm coming down with something	1 4%	-	-	-	-	-	1 8%	-	1 8%	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2 8%	-	-	-	-	-	-	-	2 15%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 460

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Folic acid

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	47	14	33	5	11	10	6	7	8	12	10	14	11	5	1	1	4	7	3	7	5	6	7	1	6	19
Weighted base	50*	14**	36**	5**	13**	10**	7**	7**	8**	12**	10**	17**	11**	5**	1**	1**	4**	8**	2**	5**	7**	7**	8**	1**	7**	23**
On a daily basis / as part of my regular routine	43 85%	12 87%	31 85%	2 49%	9 69%	10 100%	6 89%	7 100%	8 100%	11 91%	9 88%	13 75%	10 94%	4 78%	1 100%	1 100%	2 52%	8 100%	2 100%	5 100%	4 57%	6 82%	8 100%	1 100%	7 100%	18 77%
Before a particular event	3 6%	2 13%	1 3%	-	2 17%	-	1 11%	-	-	1 9%	-	1 7%	1 6%	-	-	-	2 48%	-	-	-	1 15%	-	-	-	-	1 4%
When I feel like I'm coming down with something	1 2%	-	1 3%	1 24%	-	-	-	-	-	-	1 12%	-	-	1 22%	-	-	-	-	-	-	-	-	-	-	-	1 5%
After I've been unwell	2 4%	1 7%	1 3%	1 24%	1 8%	-	-	-	-	1 9%	1 12%	-	-	1 22%	-	-	-	-	-	-	1 15%	-	-	-	-	2 9%
When I remember	4 8%	-	4 11%	1 27%	3 20%	-	-	-	-	-	-	4 23%	-	-	-	-	-	-	-	1 16%	2 28%	1 18%	-	-	-	3 14%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 461
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Folic acid

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	47	2	-	27	11	7	-	44	3	-	-	2	1	-	37	16	21	10	9	1
Weighted base	50*	2**	-**	26**	13**	9**	-**	46*	4**	-**	-**	2**	2**	-**	39*	16**	23**	11**	9**	1**
On a daily basis / as part of my regular routine	43 85%	2 100%	-	23 88%	13 100%	5 55%	-	39 84%	4 100%	-	-	2 100%	2 100%	-	33 84%	12 77%	21 90%	10 89%	8 87%	1 100%
Before a particular event	3 6%	-	-	1 3%	-	2 24%	-	3 6%	-	-	-	-	-	-	2 4%	2 11%	-	1 11%	1 13%	-
When I feel like I'm coming down with something	1 2%	-	-	1 4%	-	-	-	1 2%	-	-	-	-	-	-	1 3%	-	1 5%	-	-	-
After I've been unwell	2 4%	-	-	1 4%	-	1 11%	-	2 5%	-	-	-	-	-	-	2 6%	1 6%	1 5%	-	-	-
When I remember	4 8%	-	-	1 5%	1 6%	2 20%	-	4 9%	-	-	-	-	-	-	4 10%	3 17%	1 6%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 462

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Folic acid

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	47	25	19	6	22	2	5	-	8	7	27	20	18	16	9	12	5	2
Weighted base	50*	30**	24**	6**	20**	2**	4**	-.**	7**	6**	27**	23**	21**	19**	11**	13**	7**	2**
On a daily basis / as part of my regular routine	43 85%	25 82%	20 83%	5 78%	18 90%	2 100%	3 82%	-	7 100%	5 81%	25 93%	18 77%	16 75%	16 88%	7 61%	11 83%	7 100%	2 100%
Before a particular event	3 6%	1 3%	1 4%	-	2 10%	-	1 18%	-	-	1 19%	1 3%	2 10%	2 11%	1 6%	1 11%	1 8%	-	-
When I feel like I'm coming down with something	1 2%	1 4%	1 5%	-	-	-	-	-	-	-	-	1 5%	1 5%	1 6%	1 10%	1 9%	-	-
After I've been unwell	2 4%	2 7%	2 9%	-	-	-	-	-	-	-	-	2 9%	2 10%	2 12%	1 10%	2 17%	-	-
When I remember	4 8%	3 11%	2 8%	1 22%	1 4%	-	-	-	-	1 12%	1 5%	3 12%	3 13%	1 4%	2 17%	1 6%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 463

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Folic acid

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	47	14	25	18	1	6	8	5	-	3	2	11	7	5	4	3	5	3	5	19	8	11	6	3	28
Weighted base	50*	15**	28**	21**	1**	6**	7**	5**	..	2**	2**	10**	8**	5**	4**	4**	5**	3**	8**	18**	7**	9**	6**	3**	32**
On a daily basis / as part of my regular routine	43	11	24	18	1	5	7	5	-	2	2	10	7	5	4	2	4	3	4	14	6	8	5	2	28
	85%	79%	85%	86%	100%	80%	100%	100%	-	100%	100%	100%	91%	100%	100%	65%	77%	100%	45%	82%	83%	92%	88%	59%	87%
Before a particular event	3	1	2	1	-	1	-	-	-	-	-	-	1	-	-	1	-	-	1	2	-	1	1	1	1
	6%	5%	8%	5%	-	20%	-	-	-	-	-	-	9%	-	-	35%	-	-	13%	11%	-	8%	12%	41%	3%
When I feel like I'm coming down with something	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1	1	1	-	-	-	-
	2%	8%	-	-	-	-	-	-	-	-	-	-	-	-	-	23%	-	-	7%	17%	-	-	-	-	-
After I've been unwell	2	1	1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	1	1	1	1	-	-	-	1
	4%	8%	4%	5%	-	-	-	-	-	-	-	-	-	-	-	23%	-	13%	7%	17%	-	-	-	-	3%
When I remember	4	1	3	3	-	-	-	-	-	-	-	-	-	1	-	-	-	3	1	1	-	1	-	-	3
	8%	9%	10%	13%	-	-	-	-	-	-	-	-	-	18%	-	-	-	41%	4%	-	9%	-	-	-	10%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 464

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Folic acid

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	47	-	4	10	1	12	19	14	15	12	19	10	2
Weighted base	50*	-**	4**	11**	***	14**	22**	12**	18**	13**	17**	9**	3**
On a daily basis / as part of my regular routine	43 85%	- -	4 100%	11 100%	* 100%	12 91%	22 100%	10 84%	17 94%	11 86%	14 82%	8 87%	- -
Before a particular event	3 6%	- -	- -	- -	- -	- -	- -	1 6%	1 6%	1 5%	1 4%	- -	1 39%
When I feel like I'm coming down with something	1 2%	- -	- -	- -	- -	- -	- -	1 10%	- -	1 9%	1 7%	1 13%	- -
After I've been unwell	2 4%	- -	- -	- -	- -	- -	- -	1 10%	1 6%	1 9%	1 7%	1 13%	- -
When I remember	4 8%	- -	- -	- -	- -	2 15%	1 4%	- -	- -	- -	2 12%	- -	2 61%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 465

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	14	7	7	3	1	4	2	2	2	5	4	3	2	-	2	1	1	1	1	1	2	3	1	1	1	7
Weighted base	14*	7**	7**	3**	1**	5**	2**	2**	2**	4**	5**	4**	2**	-**	2**	1**	1**	1**	1**	1**	1**	3**	***	2**	1**	8**
On a daily basis / as part of my regular routine	7 51%	3 49%	4 52%	* 19%	1 100%	3 54%	1 55%	-	2 100%	2 42%	2 37%	4 100%	-	-	2 100%	1 100%	1 100%	-	-	-	-	2 86%	* 100%	-	1 100%	3 33%
Before a particular event	2 11%	-	2 22%	1 44%	-	* 8%	-	-	-	* 10%	-	-	1 68%	-	-	-	-	-	1 100%	-	-	* 14%	-	-	-	2 20%
When I feel like I'm coming down with something	4 27%	3 42%	1 13%	-	-	2 38%	1 45%	1 65%	-	1 23%	3 63%	-	-	-	-	-	-	1 100%	-	-	1 62%	-	-	2 100%	-	3 35%
After I've been unwell	2 18%	2 30%	* 6%	* 19%	-	* 8%	-	2 100%	-	* 10%	1 33%	-	1 32%	-	* 26%	-	-	1 100%	-	-	1 38%	* 14%	-	-	-	* 5%
When I remember	2 18%	1 22%	1 14%	1 56%	-	-	-	1 65%	-	1 25%	1 33%	-	-	-	* 26%	-	-	1 100%	-	1 100%	-	-	-	-	-	1 12%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 466

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Peppermint oil

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	14	-	1	4	5	4	-	13	1	-	1	-	-	-	10	6	4	4	4	-
Weighted base	14*	-**	2**	3**	5**	4**	-**	13**	1**	-**	1**	-**	-**	-**	11**	6**	5**	3**	3**	-**
On a daily basis / as part of my regular routine	7	-	-	2	2	3	-	6	1	-	1	-	-	-	5	1	4	2	2	-
	51%	-	-	64%	50%	64%	-	46%	100%	-	100%	-	-	-	46%	20%	76%	69%	69%	-
Before a particular event	2	-	-	1	*	-	-	2	-	-	-	-	-	-	2	*	1	-	-	-
	11%	-	-	36%	8%	-	-	12%	-	-	-	-	-	-	14%	7%	24%	-	-	-
When I feel like I'm coming down with something	4	-	2	-	1	1	-	4	-	-	-	-	-	-	4	4	-	-	-	-
	27%	-	100%	-	21%	22%	-	30%	-	-	-	-	-	-	35%	64%	-	-	-	-
After I've been unwell	2	-	-	*	1	1	-	2	-	-	-	-	-	-	2	2	-	*	*	-
	18%	-	-	15%	29%	13%	-	19%	-	-	-	-	-	-	18%	33%	-	16%	16%	-
When I remember	2	-	-	*	2	-	-	2	-	-	-	-	-	-	1	1	-	1	1	-
	18%	-	-	15%	42%	-	-	19%	-	-	-	-	-	-	9%	17%	-	47%	47%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 467

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	14	8	4	4	6	1	1	-	3	1	8	6	6	1	5	-	1	-
Weighted base	14*	9**	5**	4**	5**	1**	***	-.*	3**	1**	7**	7**	7**	1**	5**	-.*	1**	-.*
On a daily basis / as part of my regular routine	7	4	3	1	3	-	*	-	2	1	4	3	3	1	2	-	1	-
	51%	42%	48%	33%	68%	-	100%	-	62%	100%	54%	48%	48%	100%	33%	-	100%	-
Before a particular event	2	2	-	2	-	-	-	-	-	-	-	2	2	-	2	-	-	-
	11%	17%	-	43%	-	-	-	-	-	-	-	24%	24%	-	30%	-	-	-
When I feel like I'm coming down with something	4	3	2	1	1	-	-	-	1	-	2	2	2	-	2	-	-	-
	27%	30%	34%	25%	21%	-	-	-	38%	-	26%	28%	28%	-	36%	-	-	-
After I've been unwell	2	*	-	*	2	1	*	-	1	-	2	1	1	-	1	-	-	-
	18%	4%	-	11%	43%	100%	100%	-	38%	-	21%	14%	14%	-	17%	-	-	-
When I remember	2	1	1	-	1	-	*	-	1	-	2	*	*	-	*	-	-	-
	18%	11%	18%	-	31%	-	100%	-	38%	-	27%	8%	8%	-	10%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 468

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	14	4	7	7	-	-	3	1	1	1	2	2	3	2	2	-	-	1	2	4	1	4	2	1	10
Weighted base	14*	4**	7**	7**	**	**	3**	1**	**	1**	1**	2**	3**	3**	2**	**	**	1**	2**	4**	1**	4**	2**	1**	10**
On a daily basis / as part of my regular routine	7	1	4	4	-	-	1	1	-	*	-	-	2	3	*	-	-	-	1	3	1	3	1	-	4
	51%	35%	62%	62%	-	-	46%	100%	-	-	47%	-	86%	100%	20%	-	-	-	57%	75%	100%	75%	54%	-	41%
Before a particular event	2	1	-	-	-	-	*	-	*	-	-	1	*	-	-	-	-	-	-	-	-	-	-	-	2
	11%	28%	-	-	-	-	15%	-	100%	-	-	54%	14%	-	-	-	-	-	-	-	-	-	-	-	16%
When I feel like I'm coming down with something	4	-	3	3	-	-	1	-	-	1	-	1	-	2	-	-	-	-	1	1	-	1	1	1	3
	27%	-	38%	38%	-	-	39%	-	-	100%	-	46%	-	80%	-	-	-	-	43%	25%	-	25%	46%	100%	28%
After I've been unwell	2	1	*	*	-	-	1	-	*	1	1	1	*	-	-	-	-	-	1	-	-	1	1	1	1
	18%	13%	7%	7%	-	-	54%	-	100%	100%	100%	46%	14%	-	-	-	-	-	25%	-	25%	46%	100%	100%	15%
When I remember	2	1	*	*	-	-	1	-	-	1	*	1	-	-	-	-	-	1	-	1	-	1	1	1	1
	18%	24%	7%	7%	-	-	39%	-	-	100%	47%	46%	-	-	-	-	-	100%	-	25%	-	25%	46%	100%	15%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 469

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Peppermint oil

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	14	1	1	-	-	2	7	1	6	3	5	1	1
Weighted base	14*	1**	***	..**	..**	2**	8**	1**	6**	3**	5**	1**	1**
On a daily basis / as part of my regular routine	7 51%	- -	- -	- -	- -	2 100%	5 71%	- -	5 78%	2 63%	3 62%	1 100%	- -
Before a particular event	2 11%	1 100%	* 100%	- -	- -	- -	* 5%	- -	* 6%	- -	- -	- -	- -
When I feel like I'm coming down with something	4 27%	- -	- -	- -	- -	- -	2 24%	1 100%	- -	1 37%	2 38%	- -	- -
After I've been unwell	2 18%	- -	* 100%	- -	- -	- -	1 12%	1 100%	* 6%	1 56%	1 20%	- -	1 100%
When I remember	2 18%	- -	- -	- -	- -	- -	* 6%	1 100%	1 16%	1 56%	1 20%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 470

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Gingko Biloba

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	17	10	7	-	3	2	5	2	5	6	3	3	5	1	1	-	3	1	1	1	-	5	3	1	3	10
Weighted base	16*	8**	8**	-**	3**	2**	3**	3**	4**	6**	2**	3**	5**	1**	1**	-**	2**	1**	2**	2**	-**	6**	2**	1**	3**	9**
On a daily basis / as part of my regular routine	14 87%	6 73%	8 100%	-	2 56%	2 100%	3 100%	2 72%	4 100%	5 84%	2 81%	3 100%	5 85%	1 100%	-	-	1 77%	-	2 100%	2 100%	-	6 100%	2 100%	1 100%	3 100%	7 76%
Before a particular event	* 3%	* 5%	-	-	* 13%	-	-	-	-	-	* 19%	-	-	-	-	-	* 23%	-	-	-	-	-	-	-	-	* 5%
When I feel like I'm coming down with something	3 17%	1 12%	2 21%	-	3 87%	-	-	-	-	3 47%	-	-	-	-	1 100%	-	-	-	-	-	-	2 31%	-	-	2 51%	1 10%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1 8%	1 16%	-	-	* 13%	-	-	1 28%	-	-	* 19%	-	1 15%	-	-	-	* 23%	1 100%	-	-	-	-	-	-	-	1 14%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 471

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Ginkgo Biloba

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	17	-	-	10	3	4	-	15	2	1	-	1	-	-	16	10	6	1	-	1
Weighted base	16*	-**	-**	8**	4**	4**	-**	15**	2**	1**	-**	1**	-**	-**	16**	11**	4**	1**	-**	1**
On a daily basis / as part of my regular routine	14 87%	-	-	7 85%	4 100%	3 75%	-	13 92%	1 39%	-	-	1 100%	-	-	13 86%	10 92%	3 70%	1 100%	-	1 100%
Before a particular event	* 3%	-	-	* 5%	-	-	-	* 3%	-	-	-	-	-	-	* 3%	-	* 10%	-	-	-
When I feel like I'm coming down with something	3 17%	-	-	-	-	3 71%	-	2 12%	1 61%	1 100%	-	-	-	-	3 17%	3 23%	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1 8%	-	-	1 15%	-	-	-	1 8%	-	-	-	-	-	-	1 8%	-	1 30%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 472

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Ginkgo Biloba**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	17	13	8	5	4	1	-	2	1	-	13	4	3	4	1	2	2	1
Weighted base	16*	12**	9**	3**	4**	1**	**	2**	1**	**	12**	4**	3**	4**	2**	3**	2**	1**
On a daily basis / as part of my regular routine	14	10	8	2	4	1	-	2	1	-	10	3	2	3	2	2	2	1
	87%	82%	90%	63%	100%	100%	-	100%	100%	-	89%	79%	72%	79%	100%	65%	100%	100%
Before a particular event	*	*	-	*	-	-	-	-	-	-	*	-	-	-	-	-	-	-
	3%	3%	-	12%	-	-	-	-	-	-	4%	-	-	-	-	-	-	-
When I feel like I'm coming down with something	3	3	3	-	-	-	-	-	-	-	-	3	3	3	2	3	2	-
	17%	22%	30%	-	-	-	-	-	-	-	-	60%	80%	60%	100%	100%	72%	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	8%	10%	-	37%	-	-	-	-	-	-	11%	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 473

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Gingko Biloba

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	17	7	5	4	-	1	5	2	1	2	2	6	1	1	4	-	-	-	2	3	1	1	1	-	12
Weighted base	16*	5**	7**	6**	-**	**	5**	2**	1**	2**	1**	6**	1**	1**	4**	-**	-**	-**	3**	2**	1**	1**	**	-**	12**
On a daily basis / as part of my regular routine	14	4	5	5	-	-	5	2	1	2	*	6	1	1	3	-	-	-	2	2	1	1	*	-	10
	87%	82%	80%	85%	-	-	100%	100%	100%	100%	37%	100%	100%	100%	89%	-	-	-	65%	100%	100%	100%	100%	-	85%
Before a particular event	*	-	*	-	-	*	-	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-
	3%	-	6%	-	-	100%	-	-	-	-	-	-	-	11%	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	3	-	3	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	3
	17%	-	40%	42%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100%	-	-	-	-	-	23%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	1	*	-	-	*	-	-	-	-	1	-	-	-	*	-	-	-	-	-	-	-	-	-	1
	8%	18%	6%	-	-	100%	-	-	-	-	63%	-	-	-	11%	-	-	-	-	-	-	-	-	-	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 474

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Ginkgo Biloba**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	17	-	2	-	-	1	9	2	8	1	2	-	3
Weighted base	16*	-**	1**	-.**	-.**	1**	8**	2**	7**	1**	1**	-.**	4**
On a daily basis / as part of my regular routine	14 87%	- -	1 72%	- -	- -	1 100%	6 72%	2 100%	5 81%	1 100%	1 100%	- -	4 100%
Before a particular event	* 3%	- -	* 28%	- -	- -	- -	* 5%	- -	* 6%	- -	- -	- -	- -
When I feel like I'm coming down with something	3 17%	- -	- -	- -	- -	- -	1 12%	- -	- -	- -	- -	- -	2 44%
After I've been unwell	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
When I remember	1 8%	- -	* 28%	- -	- -	- -	1 16%	- -	1 19%	- -	- -	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 475

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Magnesium

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	66	18	48	3	7	15	11	11	19	22	21	13	10	10	3	3	5	7	3	6	7	9	4	8	1	6	34
Weighted base	66*	20**	46*	2**	11**	13**	10**	9**	21**	22**	19**	13**	13**	9**	3**	2**	6**	9**	2**	6**	9**	7**	4**	7**	2**	5**	35**
On a daily basis / as part of my regular routine	55 83%	13 64%	42 91%	2 100%	6 60%	9 65%	9 91%	8 85%	21 100%	16 73%	19 100%	9 68%	11 90%	6 74%	3 100%	2 100%	6 100%	6 69%	2 100%	5 73%	8 86%	5 71%	3 75%	7 100%	2 100%	4 76%	25 72%
Before a particular event	2 4%	1 7%	1 2%	-	-	-	1 9%	1 15%	-	1 4%	-	1 11%	-	-	-	-	1 16%	-	-	-	-	1 12%	-	-	-	-	2 7%
When I feel like I'm coming down with something	4 5%	3 13%	1 2%	-	1 12%	1 11%	1 9%	-	-	2 10%	-	-	1 10%	-	-	-	1 15%	-	-	-	1 14%	1 12%	-	-	-	1 24%	2 7%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	9 14%	3 15%	6 14%	-	6 58%	3 25%	-	-	-	4 16%	-	3 20%	3 25%	2 26%	-	-	-	-	-	2 27%	3 36%	1 17%	1 25%	-	-	-	9 27%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 476
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Magnesium

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	66	-	-	37	14	11	3	62	4	1	1	1	1	-	51	24	27	15	14	1
Weighted base	66*	-**	-**	38*	13**	12**	2**	62*	4**	1**	1**	1**	1**	-**	49*	26**	24**	17**	16**	1**
On a daily basis / as part of my regular routine	55 83%	-	-	31 83%	11 82%	10 82%	2 100%	53 86%	2 44%	1 100%	1 100%	-	-	-	39 79%	19 75%	20 84%	16 95%	15 94%	1 100%
Before a particular event	2 4%	-	-	1 4%	-	1 7%	-	2 4%	-	-	-	-	-	-	2 5%	2 9%	-	-	-	-
When I feel like I'm coming down with something	4 5%	-	-	1 4%	-	2 18%	-	4 6%	-	-	-	-	-	-	4 7%	2 8%	1 6%	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	9 14%	-	-	4 10%	2 18%	3 27%	-	7 11%	2 56%	-	-	1 100%	1 100%	-	5 11%	3 11%	2 10%	4 24%	4 26%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 477

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Magnesium

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	66	40	23	17	26	1	5	7	10	3	48	18	17	16	4	12	5	3
Weighted base	66*	40*	29**	11**	26**	1**	4**	8**	11**	2**	47*	19**	17**	17**	4**	13**	4**	3**
On a daily basis / as part of my regular routine	55 83%	29 72%	19 65%	10 92%	26 100%	1 100%	4 100%	8 100%	11 100%	2 100%	41 87%	14 73%	12 71%	13 77%	3 72%	9 70%	2 65%	3 100%
Before a particular event	2 4%	2 6%	1 5%	1 8%	-	-	-	-	-	-	2 5%	-	-	-	-	-	-	-
When I feel like I'm coming down with something	4 5%	4 9%	3 9%	1 8%	-	-	-	-	-	-	1 2%	3 14%	3 15%	3 15%	-	3 20%	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	9 14%	9 23%	9 32%	-	-	-	-	-	-	-	4 8%	6 30%	6 32%	5 26%	1 28%	5 34%	1 35%	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 478
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Magnesium

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	66	15	38	25	2	11	12	-	3	9	2	10	11	8	6	4	6	5	7	14	5	10	8	-	50
Weighted base	66*	17**	37*	23**	3**	11**	11**	**	3**	9**	2**	9**	10**	8**	7**	5**	6**	5**	7**	14**	5**	9**	9**	**	51*
On a daily basis / as part of my regular routine	55	14	28	19	3	6	11	-	3	9	2	9	7	8	7	5	4	1	11	5	8	6	-	43	
	83%	85%	77%	84%	100%	55%	100%	-	100%	100%	100%	100%	74%	100%	100%	100%	77%	73%	16%	78%	100%	85%	66%	-	84%
Before a particular event	2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	2	1	1	-	1	1	-	1
	4%	-	6%	10%	-	-	-	-	-	-	-	-	-	-	-	-	-	33%	10%	-	15%	15%	-	-	2%
When I feel like I'm coming down with something	4	-	4	1	-	3	-	-	-	-	-	-	-	-	-	-	-	4	-	-	-	-	-	-	4
	5%	-	10%	4%	-	24%	-	-	-	-	-	-	-	-	-	-	-	50%	-	-	-	-	-	-	7%
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	9	6	4	1	-	2	-	-	-	-	-	-	3	-	3	-	1	1	1	2	-	-	2	-	8
	14%	34%	10%	6%	-	21%	-	-	-	-	-	-	26%	-	46%	-	23%	27%	14%	12%	-	-	18%	-	15%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 479

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Magnesium

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	66	-	4	-	-	18	29	11	40	5	16	6	3
Weighted base	66*	-**	3**	-**	-**	18**	30**	11**	43*	4**	15**	5**	2**
On a daily basis / as part of my regular routine	55 83%	- -	3 100%	- -	- -	12 67%	24 79%	10 88%	38 89%	4 100%	12 84%	5 100%	2 100%
Before a particular event	2 4%	- -	- -	- -	- -	- -	1 5%	- -	- -	- -	2 16%	- -	- -
When I feel like I'm coming down with something	4 5%	- -	- -	- -	- -	1 7%	1 4%	1 12%	1 3%	- -	1 6%	- -	- -
After I've been unwell	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
When I remember	9 14%	- -	- -	- -	- -	5 26%	4 12%	- -	7 16%	- -	- -	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 480

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Eye health supplements**

	Gender		Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	23	11	12	1	2	4	-	4	12	7	7	5	4	3	1	4	1	2	2	2	2	4	1	1	2	8
Weighted base	23*	10**	12**	***	2**	3**	-**	4**	13**	7**	6**	6**	3**	4**	***	2**	1**	2**	1**	2**	3**	4**	1**	2**	1**	9**
On a daily basis / as part of my regular routine	19 83%	8 81%	10 85%	* 100%	1 48%	2 62%	-	4 100%	11 88%	4 53%	6 94%	6 100%	3 100%	4 100%	* 100%	2 100%	1 100%	-	1 73%	2 100%	3 100%	4 100%	1 100%	-	1 71%	7 78%
Before a particular event	3 13%	1 10%	2 15%	-	1 52%	* 11%	-	-	2 12%	3 34%	* 6%	-	-	-	-	-	-	1 53%	* 27%	-	-	-	-	2 100%	* 29%	1 12%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	1 5%	1 10%	-	-	1 52%	-	-	-	-	1 14%	-	-	-	-	-	-	-	1 53%	-	-	-	-	-	-	-	1 12%
When I remember	1 4%	1 9%	-	-	-	1 28%	-	-	-	1 12%	-	-	-	-	-	-	-	1 47%	-	-	-	-	-	-	-	1 10%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 481

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Eye health supplements**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	23	-	-	12	8	3	-	21	2	-	2	-	-	-	16	8	8	7	6	1
Weighted base	23*	-**	-**	11**	8**	3**	-**	21**	1**	-**	1**	-**	-**	-**	16**	7**	8**	7**	6**	1**
On a daily basis / as part of my regular routine	19 83%	-	-	11 100%	7 78%	1 38%	-	19 89%	-	-	-	-	-	-	13 85%	5 68%	8 100%	6 79%	4 74%	1 100%
Before a particular event	3 13%	-	-	-	2 22%	1 33%	-	2 7%	1 100%	-	1 100%	-	-	-	1 9%	1 19%	-	2 21%	2 26%	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	1 5%	-	-	-	-	1 33%	-	-	1 74%	-	1 74%	-	-	-	1 7%	1 14%	-	-	-	-
When I remember	1 4%	-	-	-	-	1 29%	-	1 4%	-	-	-	-	-	-	1 6%	1 13%	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 482

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Eye health supplements

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	23	10	5	5	13	-	1	3	9	-	18	5	5	4	1	1	4	1
Weighted base	23*	10**	6**	4**	13**	**	***	2**	10**	**	19**	3**	3**	3**	***	***	3**	1**
On a daily basis / as part of my regular routine	19 83%	8 77%	4 67%	4 91%	11 88%	-	*	2 100%	8 85%	-	18 92%	1 30%	1 30%	* 18%	* 100%	* 100%	* 18%	-
Before a particular event	3 13%	1 14%	1 17%	* 9%	2 12%	-	-	-	2 15%	-	2 8%	1 42%	1 42%	1 50%	-	-	1 50%	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	1 5%	1 10%	1 17%	-	-	-	-	-	-	-	-	1 31%	1 31%	1 37%	-	-	1 37%	-
When I remember	1 4%	1 9%	1 15%	-	-	-	-	-	-	-	-	1 28%	1 28%	1 33%	-	-	1 33%	1 100%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 483
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Eye health supplements

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	23	2	17	16	-	1	4	3	-	1	1	4	4	2	2	1	2	3	2	9	-	7	4	-	14
Weighted base	23*	1**	18**	17**	-**	1**	3**	3**	-**	1**	**	3**	4**	2**	1**	1**	3**	2**	3**	10**	-**	8**	4**	-**	13**
On a daily basis / as part of my regular routine	19 83%	1 100%	14 78%	13 77%	-	1 100%	3 100%	3 100%	-	1 100%	1 100%	3 100%	3 90%	2 100%	1 100%	1 100%	3 100%	1 60%	-	10 100%	-	8 100%	4 100%	-	9 70%
Before a particular event	3 13%	-	3 16%	3 17%	-	-	-	-	-	-	-	-	*	-	-	-	-	-	3 100%	-	-	-	-	-	3 23%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	1 5%	-	1 6%	1 6%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 40%	-	-	-	-	-	1 8%
When I remember	1 4%	-	1 5%	1 5%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 40%	-	-	-	-	-	-	1 7%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 484

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Eye health supplements**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	23	-	1	-	-	7	11	3	12	2	9	-	2
Weighted base	23*	-.**	***	-.**	-.**	7**	11**	2**	12**	2**	9**	-.**	3**
On a daily basis / as part of my regular routine	19 83%	- -	- -	- -	- -	6 75%	10 91%	1 78%	10 84%	2 100%	7 83%	- -	2 67%
Before a particular event	3 13%	- -	* 100%	- -	- -	2 25%	- -	* 22%	2 16%	- -	2 17%	- -	1 33%
When I feel like I'm coming down with something	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
After I've been unwell	1 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 33%
When I remember	1 4%	- -	- -	- -	- -	- -	1 9%	- -	- -	- -	- -	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 485

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Gender		Age						Social Grade				Region								Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	13	4	9	1	4	4	3	1	3	4	2	4	-	4	-	2	-	1	3	1	2	6	5
Weighted base	14*	4**	10**	2**	3**	5**	4**	1**	2**	8**	2**	3**	-**	4**	-**	1**	-**	1**	5**	1**	3**	7**	6**
On a daily basis / as part of my regular routine	13	4	9	2	2	5	4	1	2	8	1	3	-	4	-	1	-	1	5	-	3	7	5
	93%	100%	91%	100%	72%	100%	100%	100%	100%	100%	54%	100%	-	100%	-	100%	-	100%	100%	-	100%	100%	85%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	-	1	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-	1
	7%	-	9%	-	28%	-	-	-	-	-	46%	-	-	-	-	-	-	-	100%	-	-	-	15%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

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Absolutes/col percents

Table 486
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Weight loss supplement

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	13	-	-	9	3	-	-	11	2	-	-	2	-	-	11	7	4	2	2	-
Weighted base	14*	-**	-**	12**	2**	-**	-**	11**	3**	-**	-**	3**	-**	-**	12**	9**	3**	2**	2**	-**
On a daily basis / as part of my regular routine	13	-	-	11	2	-	-	10	3	-	-	3	-	-	11	9	2	2	2	-
	93%	-	-	92%	100%	-	-	92%	100%	-	-	100%	-	-	92%	100%	70%	100%	100%	-
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	-	-	1	-	-	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	7%	-	-	8%	-	-	-	8%	-	-	-	-	-	8%	-	30%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 487

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	13	11	7	4	2	-	-	-	-	2	5	8	7	8	3	3	4	2
Weighted base	14*	13**	11**	2**	2**	**	**	**	**	2**	6**	9**	7**	9**	2**	3**	4**	2**
On a daily basis / as part of my regular routine	13	12	10	2	2	-	-	-	-	2	6	8	6	8	1	2	4	2
	93%	93%	91%	100%	100%	-	-	-	-	100%	100%	89%	87%	89%	56%	65%	100%	100%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	1	1	-	-	-	-	-	-	-	-	1	1	1	1	1	-	-
	7%	7%	9%	-	-	-	-	-	-	-	-	11%	13%	11%	44%	35%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 488
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Weight loss supplement

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	13	5	6	5	1	-	2	-	-	2	-	2	3	1	4	-	-	-	1	4	2	3	-	-	9
Weighted base	14*	5**	7**	5**	3**	-**	2**	-**	-**	2**	-**	1**	3**	1**	5**	-**	-**	-**	2**	3**	2**	2**	-**	-**	11**
On a daily basis / as part of my regular routine	13	5	7	4	3	-	2	-	-	2	-	1	3	1	4	-	-	-	2	3	2	2	-	-	10
	93%	100%	87%	81%	100%	-	100%	-	-	100%	-	100%	100%	100%	80%	-	-	-	100%	100%	100%	100%	-	-	91%
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1	-	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1
	7%	-	13%	19%	-	-	-	-	-	-	-	-	-	20%	-	-	-	-	-	-	-	-	-	-	9%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 489

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Weight loss supplement**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	13	-	-	-	-	11	5	3	4	4	3	2	-
Weighted base	14*	-.**	-.**	-.**	-.**	12**	8**	3**	8**	3**	2**	2**	-.**
On a daily basis / as part of my regular routine	13 93%	-	-	-	-	12 100%	8 100%	2 63%	8 100%	2 70%	2 100%	2 100%	-
Before a particular event	-	-	-	-	-	-	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	1 7%	-	-	-	-	-	-	1 37%	-	1 30%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 490

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Gender		Age						Social Grade				Region								Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	AB (i)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	East of London (u)	London (v)	South East (w)	South West (x)	Public (A)	Private (B)
Unweighted base	9	8	1	2	4	-	1	2	3	2	2	2	2	1	-	-	1	1	-	2	2	-	2	5
Weighted base	10*	9**	1**	2**	4**	-**	2**	3**	3**	2**	2**	3**	2**	1**	-**	-**	2**	2**	-**	2**	2**	-**	2**	7**
On a daily basis / as part of my regular routine	9 84%	8 83%	1 100%	2 100%	4 100%	-	2 100%	1 35%	3 100%	2 100%	2 100%	1 35%	2 100%	1 100%	-	-	2 100%	2 100%	-	2 100%	1 33%	-	2 100%	5 75%
Before a particular event	2 16%	2 17%	-	-	-	-	-	2 65%	-	-	-	2 65%	-	-	-	-	-	-	-	-	2 67%	-	-	2 25%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 491
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Sports performance enhancer

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	9	-	-	5	3	1	-	8	1	-	-	-	-	1	9	5	4	-	-	-
Weighted base	10*	-.**	-.**	6**	3**	1**	-.**	9**	1**	-.**	-.**	-.**	-.**	1**	10**	6**	5**	-.**	-.**	-.**
On a daily basis / as part of my regular routine	9 84%	-	-	5 74%	3 100%	1 100%	-	7 82%	1 100%	-	-	-	-	1 100%	9 84%	4 71%	5 100%	-	-	-
Before a particular event	2 16%	-	-	2 26%	-	-	-	2 18%	-	-	-	-	-	2 16%	2 29%	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 492
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Sports performance enhancer

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	9	7	5	2	2	1	1	-	-	-	9	-	-	-	-	-	-	-
Weighted base	10*	8**	6**	2**	2**	1**	1**	10**
On a daily basis / as part of my regular routine	9	7	5	2	2	1	1	-	-	-	9	-	-	-	-	-	-	-
	84%	80%	74%	100%	100%	100%	100%	-	-	-	84%	-	-	-	-	-	-	-
Before a particular event	2	2	2	-	-	-	-	-	-	-	2	-	-	-	-	-	-	-
	16%	20%	26%	-	-	-	-	-	-	-	16%	-	-	-	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 493
Q10. When do you tend to take the supplements below?
Base: All respondents answering for ...
Sports performance enhancer

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separ-ated/div-orced (f)	Wid-owed (g)	Separ-ated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	9	5	4	3	-	1	-	-	-	-	1	1	1	2	-	-	-	2	2	1	-	1	-	-	8
Weighted base	10*	5**	6**	5**	..	1**	1**	2**	1**	2**	3**	2**	1**	..	1**	9**	
On a daily basis / as part of my regular routine	9 84%	5 100%	4 72%	3 66%	-	1 100%	-	-	-	-	1 100%	2 100%	1 100%	1 29%	-	-	-	3 100%	2 100%	1 100%	-	1 100%	-	-	8 83%
Before a particular event	2 16%	-	2 28%	2 34%	-	-	-	-	-	-	-	-	2 71%	-	-	-	-	-	-	-	-	-	-	-	2 17%
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 494

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Sports performance enhancer**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	9	1	-	-	-	3	8	-	9	-	1	-	-
Weighted base	10*	2**	-**	-**	-**	3**	10**	-**	10**	-**	1**	-**	-**
On a daily basis / as part of my regular routine	9 84%	2 100%	-	-	-	2 50%	8 83%	-	9 84%	-	1 100%	-	-
Before a particular event	2 16%	-	-	-	-	2 50%	2 17%	-	2 16%	-	-	-	-
When I feel like I'm coming down with something	-	-	-	-	-	-	-	-	-	-	-	-	-
After I've been unwell	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
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Absolutes/col percents

Table 495

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Other(s)

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	35	10	25	4	3	2	3	8	15	14	14	2	5	2	-	3	5	2	3	4	4	2	3	4	3	4	10
Weighted base	35*	11**	25**	3**	4**	2**	3**	8**	15**	13**	15**	2**	6**	2**	-**	3**	4**	2**	2**	4**	4**	3**	3**	5**	4**	3**	11**
On a daily basis / as part of my regular routine	30	6	24	3	2	1	2	8	14	10	14	2	5	2	-	3	4	1	2	4	4	3	2	2	4	1	9
	85%	57%	97%	100%	45%	52%	62%	100%	95%	73%	93%	100%	89%	100%	-	100%	100%	48%	100%	100%	100%	100%	62%	41%	100%	32%	81%
Before a particular event	1	1	-	-	-	-	1	-	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-
	4%	12%	-	-	-	-	38%	-	-	10%	-	-	-	-	-	-	52%	-	-	-	-	-	-	-	-	37%	-
When I feel like I'm coming down with something	4	3	1	-	2	1	-	1	-	3	1	-	-	-	-	1	-	-	-	-	-	-	1	2	-	1	3
	12%	31%	3%	-	55%	48%	-	11%	-	23%	7%	-	-	-	-	23%	-	-	-	-	-	-	38%	45%	-	31%	27%
After I've been unwell	1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	2%	-	3%	-	-	-	-	11%	-	7%	-	-	-	-	-	23%	-	-	-	-	-	-	-	-	-	-	7%
When I remember	2	-	2	-	-	-	-	1	1	1	-	-	1	-	-	1	-	-	-	-	-	-	-	1	-	-	1
	4%	-	6%	-	-	-	-	11%	5%	7%	-	-	11%	-	-	23%	-	-	-	-	-	-	-	14%	-	-	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
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Absolutes/col percents

Table 496

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Other(s)

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	High-er univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	35	-	-	17	11	4	2	33	2	-	2	-	-	-	24	13	11	11	11	-
Weighted base	35*	-**	-**	17**	12**	4**	1**	33**	2**	-**	2**	-**	-**	-**	24**	15**	10**	11**	11**	-**
On a daily basis / as part of my regular routine	30 85%	-	-	15 88%	8 72%	4 100%	1 100%	29 88%	1 48%	-	1 48%	-	-	-	19 78%	10 69%	9 93%	11 100%	11 100%	-
Before a particular event	1 4%	-	-	1 8%	-	-	-	-	1 52%	-	1 52%	-	-	-	1 5%	1 9%	-	-	-	-
When I feel like I'm coming down with something	4 12%	-	-	-	3 28%	1 21%	-	4 13%	-	-	-	-	-	-	4 17%	4 28%	-	-	-	-
After I've been unwell	1 2%	-	-	-	-	1 21%	-	1 3%	-	-	-	-	-	-	1 3%	1 6%	-	-	-	-
When I remember	2 4%	-	-	1 4%	-	1 21%	-	2 5%	-	-	-	-	-	-	2 6%	1 6%	1 7%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 497

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Other(s)**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	35	14	8	6	21	2	3	3	11	2	26	9	8	8	3	4	4	2
Weighted base	35*	15**	10**	5**	21**	2**	2**	4**	10**	2**	25**	10**	10**	9**	4**	4**	4**	2**
On a daily basis / as part of my regular routine	30 85%	10 69%	5 54%	5 100%	20 97%	2 100%	2 100%	3 83%	10 100%	2 100%	24 97%	6 56%	5 53%	5 51%	2 50%	2 51%	2 46%	2 100%
Before a particular event	1 4%	1 9%	1 13%	-	-	-	-	-	-	-	-	1 12%	1 13%	1 14%	-	-	1 29%	-
When I feel like I'm coming down with something	4 12%	4 28%	4 42%	-	-	-	-	-	-	-	1 3%	3 31%	3 34%	3 36%	2 50%	2 49%	1 25%	-
After I've been unwell	1 2%	1 6%	1 9%	-	-	-	-	-	-	-	1 3%	-	-	-	-	-	-	-
When I remember	2 4%	1 6%	1 9%	-	1 3%	-	-	1 17%	-	-	2 6%	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 498

Q10. When do you tend to take the supplements below?

Base: All respondents answering for ...

Other(s)

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	35	10	18	16	-	2	7	1	-	6	-	6	9	6	5	4	1	2	1	11	3	6	6	2	23
Weighted base	35*	10**	19**	16**	-**	3**	6**	1**	-**	5**	-**	6**	9**	5**	6**	4**	1**	2**	***	12**	3**	7**	6**	2**	22**
On a daily basis / as part of my regular routine	30	10	14	14	-	1	6	1	-	5	-	6	9	4	2	4	1	2	*	12	3	7	6	2	17
	85%	100%	76%	85%	-	23%	89%	100%	-	87%	-	89%	100%	80%	42%	100%	100%	100%	100%	100%	100%	100%	100%	100%	77%
Before a particular event	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1
	4%	-	7%	8%	-	-	-	-	-	-	-	-	-	21%	-	-	-	-	-	-	-	-	-	-	6%
When I feel like I'm coming down with something	4	1	3	1	-	2	-	-	-	-	-	1	1	2	-	-	-	-	-	-	-	-	-	-	3
	12%	9%	17%	7%	-	77%	-	-	-	-	-	10%	20%	37%	-	-	-	-	-	-	-	-	-	-	15%
After I've been unwell	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
	2%	9%	-	-	-	-	-	-	-	-	-	10%	-	-	-	-	-	-	-	-	-	-	-	-	-
When I remember	2	1	-	-	-	1	-	-	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	1
	4%	9%	-	-	-	11%	-	-	13%	-	11%	10%	-	-	-	-	-	-	-	-	-	-	-	-	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 499

Q10. When do you tend to take the supplements below?**Base: All respondents answering for ...****Other(s)**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	35	-	4	-	-	9	18	7	23	4	14	5	1
Weighted base	35*	-**	3**	-**	-**	8**	17**	8**	23**	5**	15**	4**	1**
On a daily basis / as part of my regular routine	30 85%	- -	3 100%	- -	- -	8 100%	14 82%	5 72%	18 77%	5 100%	15 100%	4 100%	1 100%
Before a particular event	1 4%	- -	- -	- -	- -	- -	1 7%	- -	1 6%	- -	- -	- -	- -
When I feel like I'm coming down with something	4 12%	- -	- -	- -	- -	- -	1 6%	3 40%	3 14%	1 18%	1 6%	1 21%	- -
After I've been unwell	1 2%	- -	- -	- -	- -	- -	- -	1 11%	- -	1 18%	1 6%	1 21%	- -
When I remember	2 4%	- -	- -	- -	- -	- -	1 4%	1 11%	1 3%	1 18%	1 6%	1 21%	- -

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 500

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****Summary table**

		I am always careful to take the exact recommended dosage of the food supplements I consume	I think carefully about taking more than one food supplement at a time - in case they interact with each another	I never take more than one type of food supplement at a time	I think carefully about taking food supplements at the same time as medications - in case they might interact with each other	I am confident that I am buying food supplements from reputable retailers
Unweighted base		990	990	990	990	990
Weighted base		1000	1000	1000	1000	1000
NET: Agree		880 88%	593 59%	368 37%	571 57%	909 91%
Strongly agree	(+2)	457 46%	228 23%	132 13%	217 22%	431 43%
Agree	(+1)	423 42%	365 37%	236 24%	354 35%	478 48%
Neither agree nor disagree	(0)	89 9%	244 24%	226 23%	230 23%	86 9%
Disagree	(-1)	27 3%	129 13%	292 29%	159 16%	3 *
Strongly disagree	(-2)	4 *	33 3%	114 11%	40 4%	2 *
NET: Disagree		31 3%	162 16%	406 41%	199 20%	5 1%
Mean		1.30	0.63	-0.02	0.55	1.33
Standard deviation		0.77	1.07	1.23	1.11	0.66
Standard error		0.02	0.03	0.04	0.04	0.02

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 501

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis

I am always careful to take the exact recommended dosage of the food supplements I consume

	Gender			Age						Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
NET: Agree	880	398	482	78	152	154	159	127	210	253	242	185	200	54	34	105	69	76	62	43	86	136	109	78	27	130	408
	88%	85%	91%a	86%	81%	89%	92%e	88%	91%e	88%	90%	86%	88%	78%	89%	93%h	85%	89%	91%h	86%	89%	86%	90%h	88%	96%	88%	87%
Strongly agree (+2)	457	196	261	34	70	72	81	68	131	133	126	86	111	27	20	52	39	49	30	25	46	63	53	46	7	61	197
	46%	42%	49%a	37%	38%	42%	47%	47%	56%def	46%	47%	40%	49%	40%	52%	46%	47%	56%v	43%	50%	48%	40%	44%	52%	25%	41%	42%
Agree (+1)	423	202	221	44	82	81	78	59	79	120	116	99	89	26	14	53	31	28	32	18	40	73	56	32	20	69	212
	42%	43%	42%	48%i	44%	47%i	45%i	41%	34%	42%	43%	46%	39%	38%	37%	47%	38%	32%	47%	36%	41%	46%	47%	36%	70%	47%	45%
Neither agree nor disagree (0)	89	51	38	9	27	16	10	13	15	27	21	21	20	13	3	6	7	10	5	5	10	16	8	6	-	15	44
	9%	11%b	7%	10%	14%gi	9%	6%	9%	7%	10%	8%	10%	9%	19%pswx	7%	5%	9%	11%	7%	11%	11%	10%	6%	7%	-	10%	9%
Disagree (-1)	27	19	8	3	8	3	2	3	7	8	7	8	4	2	1	2	5	-	1	1	6	4	4	-	3	15	
	3%	4%b	2%	4%	4%	2%	1%	2%	3%	3%	3%	4%	2%	3%	4%	2%	6%r	-	2%	2%	4%	3%	5%	-	2%	3%	
Strongly disagree (-2)	4	1	3	1	-	*	1	1	-	*	-	-	4	-	-	1	-	-	-	1	-	1	-	*	1	-	2
	*	*	1%	1%	-	*	1%	1%	-	*	-	-	2%	-	-	1%	-	-	-	1%	-	1%	-	1%	4%	-	*
NET: Disagree	31	20	11	4	8	4	4	4	7	8	7	8	8	2	1	3	5	-	1	2	1	7	4	5	1	3	16
	3%	4%	2%	4%	4%	2%	2%	3%	3%	3%	3%	4%	3%	3%	4%	2%	6%r	-	2%	3%	1%	4%	3%	5%	4%	2%	4%
Mean	1.30	1.22	1.37a	1.18	1.14	1.28	1.36e	1.31	1.44def	1.31	1.34	1.23	1.32	1.14	1.37	1.35	1.27	1.45nv	1.32	1.31	1.35	1.21	1.31	1.35	1.12	1.27	1.25
Standard deviation	0.77	0.81	0.73	0.82	0.82	0.73	0.73	0.80	0.74	0.77	0.73	0.78	0.83	0.84	0.79	0.72	0.86	0.69	0.70	0.85	0.70	0.81	0.73	0.84	0.82	0.72	0.78
Standard error	0.02	0.04	0.03	0.08	0.07	0.06	0.06	0.06	0.05	0.04	0.05	0.05	0.06	0.09	0.12	0.07	0.09	0.08	0.08	0.12	0.07	0.07	0.07	0.09	0.18	0.06	0.04

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 502

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am always careful to take the exact recommended dosage of the food supplements I consume**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Agree	880	6	4	504	241	100	15	799	78	13	40	18	5	2	701	383	318	179	155	24
	88%	65%	100%	89%	86%	87%	97%	88%	91%	85%	91%	100%	85%	100%	87%	85%	89%	92%o	93%no	83%
Strongly agree (+2)	457	4	1	270	125	48	7	413	41	8	23	8	2	1	354	184	170	102	89	14
	46%	42%	15%	48%	45%	42%	47%	45%	48%	53%	52%	42%	26%	39%	44%	41%	48%	53%no	53%no	49%
Agree (+1)	423	2	3	234	116	53	8	386	37	5	17	11	4	1	347	199	148	76	66	10
	42%	24%	85%	41%	42%	46%	50%	42%	43%	31%	39%	58%	59%	61%	43%	44%	42%	39%	40%	35%
Neither agree nor disagree (0)	89	2	-	47	26	11	-	82	6	2	3	-	1	-	81	52	29	8	6	2
	9%	18%	-	8%	9%	10%	-	9%	6%	10%	7%	-	15%	-	10%qr	12%qr	8%	4%	4%	6%
Disagree (-1)	27	1	-	13	11	2	1	25	2	1	1	-	-	-	21	12	9	6	4	2
	3%	11%	-	2%	4%	1%	3%	3%	2%	5%	2%	-	-	-	3%	3%	2%	3%	3%	6%
Strongly disagree (-2)	4	*	-	1	1	1	-	4	-	-	-	-	-	-	2	1	1	2	1	1
	*	6%	-	*	1%	1%	-	*	-	-	-	-	-	-	*	*	*	1%	*	4%
NET: Disagree	31	1	-	14	12	3	1	29	2	1	1	-	-	-	23	14	10	8	5	3
	3%	17%	-	3%	4%	2%	3%	3%	2%	5%	2%	-	-	-	3%	3%	3%	4%	3%	10%
Mean	1.30	0.85	1.15	1.34	1.26	1.25	1.40	1.29	1.37	1.33	1.41	1.42	1.11	1.39	1.28	1.23	1.34	1.39o	1.43no	1.18
Standard deviation	0.77	1.31	0.41	0.74	0.82	0.78	0.69	0.78	0.70	0.89	0.73	0.51	0.69	0.67	0.77	0.78	0.75	0.79	0.73	1.09
Standard error	0.02	0.46	0.21	0.03	0.05	0.07	0.15	0.03	0.08	0.24	0.11	0.13	0.31	0.47	0.03	0.04	0.04	0.06	0.06	0.22

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 503

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am always careful to take the exact recommended dosage of the food supplements I consume**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: Agree	880	538	417	121	342	27	45	60	145	64	601	277	246	236	91	141	105	58
	88%	87%	87%	88%	89%	80%	87%	96%e	88%	91%	88%	89%	88%	89%	88%	87%	86%	94%
Strongly agree (+2)	457	258	196	61	199	14	25	40	87	32	308	148	133	124	51	75	58	31
	46%	42%	41%	45%	52%ab	41%	49%	64%abc ei	53%ab	46%	45%	48%	48%	47%	49%	46%	47%	51%
Agree (+1)	423	280	221	60	143	13	20	20	58	32	293	129	113	111	41	67	47	26
	42%	45%dh	46%dh	44%	37%	39%	39%	32%	35%	45%	43%	42%	40%	42%	39%	41%	39%	43%
Neither agree nor disagree (0)	89	60	48	12	29	7	3	2	14	4	66	23	22	19	7	14	12	1
	9%	10%	10%	9%	8%	20%dfgi	6%	3%	8%	6%	10%q	7%	8%	7%	6%	9%	10%q	1%
Disagree (-1)	27	17	14	3	10	-	2	1	6	2	18	9	9	9	5	7	3	3
	3%	3%	3%	2%	3%	-	4%	1%	3%	2%	3%	3%	3%	3%	5%	4%	2%	5%
Strongly disagree (-2)	4	2	1	1	2	-	2	-	-	*	2	2	2	2	-	-	2	-
	*	*	*	*	1%	-	3%abdh	-	-	1%	*	1%	1%	1%	-	-	1%	-
NET: Disagree	31	19	15	4	12	-	4	1	6	2	20	11	11	11	5	7	5	3
	3%	3%	3%	3%	3%	-	7%	1%	3%	3%	3%	4%	4%	4%	5%	4%	4%	5%
Mean	1.30	1.26	1.24	1.30	1.38ab	1.22	1.26	1.59ab cdefi	1.38	1.33	1.29	1.33	1.31	1.31	1.33	1.28	1.28	1.41
Standard deviation	0.77	0.77	0.77	0.77	0.78	0.76	0.97	0.61	0.78	0.75	0.77	0.78	0.81	0.80	0.81	0.80	0.85	0.75
Standard error	0.02	0.03	0.04	0.06	0.04	0.13	0.12	0.08	0.06	0.08	0.03	0.05	0.05	0.05	0.08	0.06	0.08	0.10

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 504

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis
I am always careful to take the exact recommended dosage of the food supplements I consume

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: Agree	880	223	540	402	11	127	112	35	8	68	25	112	138	124	120	94	46	55	95	199	71	142	68	12	665
	88%	87%	89%	89%	83%	88%	88%	96%	65%	88%	76%	89%j	91%jp	89%	87%	91%j	80%	86%	89%	88%	84%	90%	90%	83%	88%
Strongly agree (+2)	457	95	287	231	3	54	70	25	4	41	12	58	69	65	63	47	19	29	51	109	46	73	44	7	339
	46%	37%	47%a	51%ae	19%	37%	55%ae	68%abe	29%	53%ae	35%	46%	46%	47%	46%	34%	45%	48%	49%	54%	46%	59%x	47%	45%	
Agree (+1)	423	128	253	171	8	73	42	10	5	27	14	54	69	59	56	47	26	26	43	89	26	68	23	5	326
	42%	50%bcf	42%	38%	64%	51%cfg	33%	28%	36%	34%	41%	43%	45%	42%	41%	45%	46%	41%	41%	40%	30%	43%t	31%	37%	43%t
Neither agree nor disagree (0)	89	26	50	39	2	9	13	2	3	8	4	9	11	13	9	8	8	8	10	17	11	9	3	2	67
	9%	10%	8%	9%	17%	6%	10%	4%	22%	11%	13%	7%	7%	9%	7%	7%	14%	12%	9%	8%	13%	6%	5%	17%	9%
Disagree (-1)	27	7	17	9	-	8	3	-	2	1	2	4	2	3	9	1	3	1	1	5	1	4	2	-	22
	3%	3%	3%	2%	-	6%c	2%	-	13%	2%	5%	3%	2%	2%	7%l	1%	6%	2%	1%	2%	1%	2%	3%	-	3%
Strongly disagree (-2)	4	2	2	2	-	1	-	-	-	-	2	-	*	-	-	-	-	-	1	3	2	3	2	-	1
	*	1%	*	*	-	*	-	-	-	-	7%klmn	-	*	-	-	-	-	-	1%	2%x	2%x	2%x	3%x	-	*
NET: Disagree	31	8	20	11	-	9	3	-	2	1	4	4	3	3	9	1	3	1	2	8	3	7	4	-	23
	3%	3%	3%	2%	-	6%c	2%	-	13%	2%	12%lmoq	3%	2%	2%	7%	1%	6%	2%	2%	4%	4%	5%	6%	-	3%
Mean	1.30	1.20	1.32a	1.37ae	1.02	1.18	1.40ae	1.63ab	0.81	1.39	0.92	1.32j	1.35jp	1.33j	1.26	1.36jp	1.08	1.30	1.33j	1.32	1.31	1.29	1.40	1.30	1.30
Standard deviation	0.77	0.77	0.77	0.76	0.63	0.82	0.77	0.57	1.04	0.75	1.15	0.75	0.71	0.73	0.86	0.67	0.85	0.75	0.79	0.83	0.92	0.85	0.92	0.76	0.76
Standard error	0.02	0.05	0.03	0.04	0.19	0.07	0.07	0.09	0.27	0.08	0.18	0.06	0.06	0.06	0.07	0.07	0.11	0.10	0.08	0.05	0.09	0.07	0.10	0.19	0.03

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 505

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am always careful to take the exact recommended dosage of the food supplements I consume**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Agree	880 88%	17 96%	62 89%	15 91%	4 100%	184 88%	423 90%	106 86%	524 89%	89 86%	215 90%	77 85%	27 79%
Strongly agree	(+2) 457 46%	9 49%	37 53%	6 35%	3 69%	94 45%	219 47%	61 49%	272 46%	52 51%	116 49%	45 50%	12 37%
Agree	(+1) 423 42%	8 47%	25 36%	9 57%	1 31%	90 43%	204 43%	46 37%	252 43%	37 36%	98 41%	32 35%	14 42%
Neither agree nor disagree	(0) 89 9%	- -	7 10%	1 9%	- -	18 8%	36 8%	8 6%	48 8%	10 10%	15 6%	9 10%	6 18%
Disagree	(-1) 27 3%	1 4%	1 1%	- -	- -	7 3%	10 2%	9 7%fh	16 3%	3 3%	7 3%	3 3%	1 3%
Strongly disagree	(-2) 4 *	- -	- -	- -	- -	1 *	- -	- -	1 *	1 1%fh	2 1%	2 2%fh	- -
NET: Disagree	31 3%	1 4%	1 1%	- -	- -	8 4%	10 2%	9 7%fh	16 3%	4 4%	9 4%	4 5%	1 3%
Mean	1.30	1.40	1.40	1.26	1.69	1.29	1.35	1.29	1.32	1.31	1.34	1.29	1.14
Standard deviation	0.77	0.74	0.72	0.63	0.53	0.79	0.71	0.88	0.75	0.86	0.79	0.90	0.82
Standard error	0.02	0.19	0.08	0.16	0.24	0.06	0.03	0.08	0.03	0.08	0.05	0.09	0.14

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 506

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis

I think carefully about taking more than one food supplement at a time - in case they interact with each another

	Gender			Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)	
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438	
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469	
NET: Agree	593	283	310	61	118	113	102	77	121	179	157	127	130	43	24	74	55	52	42	26	48	96	74	44	15	98	294	
	59%	60%	59%	67%i	63%i	65%i	59%	54%	52%	62%	58%	59%	57%	62%	63%	65%ux	68%ux	61%	61%	52%	49%	61%	61%	49%	56%	66%	63%	
Strongly agree	(+2)	228	107	121	22	46	39	41	36	44	65	68	46	49	15	12	29	24	21	18	8	20	31	21	23	6	38	112
		23%	23%	23%	24%	25%	23%	24%	25%	19%	22%	25%	22%	21%	21%	31%	26%	30%	24%	26%	16%	21%	20%	17%	25%	21%	25%	24%
Agree	(+1)	365	176	189	40	73	74	61	41	77	114	89	81	81	28	12	45	31	31	24	18	27	65	53	21	10	61	182
		37%	38%	36%	44%h	39%	43%h	35%	29%	33%	40%	33%	38%	36%	41%x	32%	39%x	38%	36%	35%	36%	28%	41%x	44%ux	24%	34%	41%	39%
Neither agree nor disagree	(0)	244	100	144	18	47	31	41	40	67	61	57	59	16	10	19	18	21	17	17	39	28	32	24	4	31	106	
		24%	21%	27%	19%	25%	18%	24%	28%f	29%f	23%	23%	27%	26%	23%	26%	16%	22%	25%	24%	35%pv	40%npq	18%	26%	27%	14%	21%	23%
Disagree	(-1)	129	69	60	11	15	24	25	20	35	33	42	25	30	9	4	14	7	11	6	6	7	27	12	17	7	10	59
		13%	15%	11%	12%	8%	14%	14%	14%	15%	11%	16%	11%	13%	14%	9%	12%	9%	13%	9%	12%	7%	17%u	10%	19%u	26%	7%	13%
Strongly disagree	(-2)	33	17	16	2	7	5	5	6	9	10	9	8	1	1	7	1	1	4	1	3	7	3	4	5	1	8	11
		3%	4%	3%	2%	3%	3%	3%	4%	4%	3%	3%	4%	2%	2%	6%	1%	1%	6%	2%	3%	4%	2%	5%	5%	6%	2%	
NET: Disagree		162	86	76	12	21	29	30	26	44	42	51	31	38	11	4	21	8	13	10	7	10	34	15	21	9	18	70
		16%	18%	14%	13%	11%	17%	17%	18%	19%	15%	19%	14%	17%	15%	11%	19%	10%	15%	14%	13%	10%	22%qu	12%	24%qu	31%	12%	15%
Mean		0.63	0.61	0.64	0.75	0.73i	0.68	0.62	0.57	0.48	0.67	0.61	0.63	0.58	0.67	0.81	0.66	0.87vx	0.69	0.68	0.53	0.57	0.54	0.64	0.46	0.41	0.74	0.69
Standard deviation		1.07	1.10	1.05	1.01	1.03	1.06	1.09	1.13	1.08	1.05	1.13	1.03	1.08	1.02	1.05	1.17	0.98	1.03	1.13	0.95	1.00	1.12	0.96	1.20	1.24	1.09	1.04
Standard error		0.03	0.05	0.05	0.10	0.08	0.08	0.08	0.09	0.07	0.06	0.07	0.07	0.07	0.11	0.17	0.11	0.11	0.12	0.13	0.13	0.10	0.09	0.09	0.13	0.27	0.09	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 507

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking more than one food supplement at a time - in case they interact with each another**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Agree	593	3	3	328	166	78	9	531	60	8	33	14	3	1	486	270	215	108	90	18
	59%	41%	70%	58%	59%	68%	57%	58%	70%	53%	75%g	79%	52%	39%	60%	60%	60%	55%	54%	63%
Strongly agree	(+2) 228	1	-	120	64	36	5	206	20	2	14	3	-	1	185	92	93	43	35	8
	23%	13%	-	21%	23%	31%c	32%	23%	23%	15%	32%	15%	-	39%	23%	20%	26%	22%	21%	27%
Agree	(+1) 365	2	3	208	102	42	4	326	40	6	19	12	3	-	301	179	122	65	54	10
	37%	28%	70%	37%	36%	37%	25%	36%	46%	38%	43%	64%	52%	-	37%	40%	34%	33%	33%	36%
Neither agree nor disagree	(0) 244	4	1	132	76	23	4	231	13	4	6	2	1	-	192	105	86	53	47	6
	24%	42%	30%	23%	27%	20%	24%	25%	15%	24%	13%	12%	21%	-	24%	23%	24%	27%	28%	21%
Disagree	(-1) 129	1	-	85	31	7	2	119	9	2	4	2	-	1	99	59	41	29	25	5
	13%	11%	-	15%e	11%	6%	15%	13%	10%	14%	9%	8%	-	61%	12%	13%	11%	15%	15%	16%
Strongly disagree	(-2) 33	*	-	19	6	6	1	29	4	1	1	-	2	-	29	15	14	5	5	-
	3%	6%	-	3%	2%	5%	4%	3%	5%	9%	3%	-	26%	-	4%	3%	4%	2%	3%	-
NET: Disagree	162	1	-	104	38	13	3	148	13	3	5	2	2	1	128	74	55	34	29	5
	16%	17%	-	18%	13%	12%	19%	16%	15%	23%	11%	8%	26%	61%	16%	16%	15%	17%	18%	16%
Mean	0.63	0.32	0.70	0.57	0.66	0.83c	0.66	0.61	0.73	0.37	0.93	0.86	*	0.18	0.64	0.61	0.67	0.58	0.55	0.75
Standard deviation	1.07	1.08	0.53	1.08	1.02	1.11	1.22	1.07	1.08	1.19	1.03	0.79	1.38	2.00	1.07	1.05	1.10	1.07	1.07	1.04
Standard error	0.03	0.38	0.27	0.05	0.06	0.10	0.26	0.04	0.12	0.32	0.16	0.20	0.62	1.41	0.04	0.05	0.06	0.08	0.08	0.21

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 508

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking more than one food supplement at a time - in case they interact with each another**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: Agree	593 59%	392 63%dgh	303 63%dh	89 65%dh	202 53%	18 53%	27 53%	31 49%	85 51%	41 58%	386 56%	206 66%j	186 67%j	173 65%j	69 67%	105 64%	83 68%j	37 60%
Strongly agree (+2)	228 23%	149 24%	121 25%	28 20%	79 21%	5 14%	13 26%	11 18%	34 21%	15 22%	142 21%	84 27%j	76 27%j	72 27%	29 28%	42 26%	34 28%	16 27%
Agree (+1)	365 37%	243 39%d	182 38%	61 44%dfh	123 32%	13 39%	14 27%	20 31%	51 31%	26 36%	244 36%	121 39%	110 39%	101 38%	41 39%	63 39%	49 40%	20 33%
Neither agree nor disagree (0)	244 24%	137 22%	104 22%	33 24%	107 28%a	9 26%	10 19%	23 37%abf	47 28%	19 27%	181 26%	63 20%	56 20%	58 22%	18 17%	38 23%	26 21%	14 22%
Disagree (-1)	129 13%	69 11%	54 11%	15 11%	60 16%	7 21%	11 22%abc	9 14%	26 16%	7 10%	94 14%	35 11%	31 11%	31 12%	12 12%	19 11%	13 11%	10 17%
Strongly disagree (-2)	33 3%	19 3%	18 4%c	1 1%	14 4%c	-	3 6%c	-	7 5%c	4 5%c	27 4%	6 2%	5 2%	3 1%	4 4%	2 1%	* *	1 2%
NET: Disagree	162 16%	88 14%	72 15%	16 12%	74 19%ac	7 21%	14 28%abc	9 14%	33 20%c	11 15%	121 18%	41 13%	37 13%	34 13%	17 16%	21 13%	14 11%	11 18%
Mean	0.63	0.70dh	0.70dh	0.73dh	0.50	0.45	0.45	0.54	0.47	0.59	0.55	0.78j	0.79j	0.78j	0.74	0.76j	0.85j	0.67
Standard deviation	1.07	1.05	1.08	0.93	1.10	0.99	1.26	0.95	1.12	1.10	1.08	1.03	1.03	1.01	1.12	1.00	0.97	1.10
Standard error	0.03	0.04	0.05	0.07	0.05	0.17	0.16	0.12	0.08	0.12	0.04	0.06	0.06	0.06	0.11	0.08	0.09	0.14

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 509

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis

I think carefully about taking more than one food supplement at a time - in case they interact with each other

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: Agree	593 59%	159 62%efg	367 60%efg	284 63%efg	11 82%	72 50%	63 49%	16 42%	4 30%	43 56%	17 51%	75 60%	85 56%	79 56%	84 61%	59 57%	32 57%	45 71%	64 60%	128 57%	52 61%	84 53%	48 65%	7 46%	452 60%
Strongly agree (+2)	228 23%	48 19%	155 25%fg	128 28%aefg	2 15%	25 17%	21 17%	4 11%	1 8%	16 21%	5 14%	23 18%	29 19%	33 24%p	38 27%p	25 24%p	6 10%	27 43%ijklmopr	24 22%	46 21%	20 24%	31 20%	23 31%	5 30%	176 23%
Agree (+1)	365 37%	111 43%bc	212 35%	157 35%	9 67%	47 32%	41 32%	11 31%	3 22%	27 35%	12 37%	53 42%	57 37%	46 33%	46 34%	34 33%	27 46%	17 27%	40 37%	82 36%	32 37%	53 33%	25 33%	2 15%	275 36%
Neither agree nor disagree (0)	244 24%	54 21%	148 24%	106 24%	2 18%	40 27%	40 32%a	12 32%	7 57%	22 28%	5 14%	32 25%	45 29%	37 26%	38 28%	27 26%	11 19%	13 21%	20 19%	57 25%	17 19%	44 28%v	11 15%	4 29%	181 24%
Disagree (-1)	129 13%	37 14%	75 12%	51 11%	-	23 16%	18 14%	7 20%	2 13%	9 11%	9 28%klmnoq	15 12%	18 12%	20 14%	12 9%	14 13%	10 18%	4 7%	18 17%	33 15%	12 14%	24 15%	12 17%	4 25%	95 13%
Strongly disagree (-2)	33 3%	8 3%	19 3%	9 2%	-	10 7%bc	7 5%	2 6%	-	4 6%	3 8%	4 3%	4 3%	3 3%	3 2%	4 4%	3 6%	1 2%	4 4%	7 3%	5 5%	6 4%	3 4%	-	26 3%
NET: Disagree	162 16%	44 17%	94 15%	61 13%	-	33 23%abc	24 19%	10 26%c	2 13%	13 17%	12 35%klmnoq	18 15%	22 14%	24 17%	15 11%	17 17%	14 24%noq	5 8%	23 21%	40 18%	17 20%	30 19%	15 20%	4 25%	122 16%
Mean	0.63	0.60g	0.67efg	0.76efg	0.97	0.37	0.42	0.21	0.26	0.54	0.21	0.60	0.58	0.59	0.75jp	0.61	0.37	1.03jklmopr	0.57	0.57	0.60	0.51	0.72	0.51	0.64
Standard deviation	1.07	1.04	1.08	1.05	0.60	1.15	1.09	1.09	0.82	1.11	1.22	1.01	1.01	1.09	1.03	1.10	1.08	1.04	1.14	1.07	1.16	1.08	1.19	1.21	1.08
Standard error	0.03	0.07	0.04	0.05	0.18	0.10	0.09	0.18	0.21	0.12	0.20	0.09	0.08	0.09	0.09	0.11	0.14	0.14	0.12	0.07	0.12	0.08	0.13	0.30	0.04

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 510

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking more than one food supplement at a time - in case they interact with each another**

Q13. Which of the following apply to you?

	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Agree	593 59%	13 76%	39 55%	10 60%	3 82%	125 60%	281 60%	64 52%	339 58%	64 62%	134 56%	52 58%	23 68%
Strongly agree (+2)	228 23%	5 30%	18 26%	1 6%	-	39 19%	109 23%	22 18%	146 25%	27 26%	49 20%	22 25%	9 25%
Agree (+1)	365 37%	8 46%	21 29%	9 55%	3 82%	86 41%	172 37%	41 34%	193 33%	37 36%	85 36%	30 33%	14 42%
Neither agree nor disagree (0)	244 24%	2 9%	23 33%	6 36%	-	52 25%	108 23%	37 30%	152 26%	24 23%	58 24%	23 25%	8 23%
Disagree (-1)	129 13%	3 15%	7 11%	1 3%	-	24 11%	64 14%	19 16%	73 12%	15 14%	39 16%	14 16%	2 6%
Strongly disagree (-2)	33 3%	-	1 1%	-	1 18%	8 4%	16 3%	3 2%	25 4%	1 1%	8 3%	2 2%	1 3%
NET: Disagree	162 16%	3 15%	8 12%	1 3%	1 18%	32 15%	80 17%	22 18%	97 17%	15 15%	47 20%	16 17%	3 10%
Mean	0.63	0.90	0.67	0.63	0.46	0.59	0.63	0.50	0.62	0.73	0.53	0.63	0.80
Standard deviation	1.07	1.02	1.02	0.67	1.32	1.04	1.09	1.04	1.11	1.03	1.09	1.08	1.01
Standard error	0.03	0.26	0.12	0.17	0.59	0.07	0.05	0.09	0.05	0.10	0.07	0.11	0.18

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 511

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis

I never take more than one type of food supplement at a time

	Gender			Age						Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
NET: Agree	368 37%	188 40%	180 34%	43 47%hi	76 41%hi	75 43%hi	72 42%hi	40 28%	62 27%	109 38%	96 36%	87 41%	75 33%	19 27%	15 40%	45 39%	46 56%npt uvwx	35 41%	28 41%	16 32%	31 32%	61 39%	39 33%	25 28%	8 28%	66 45%	188 40%
Strongly agree (+2)	132 13%	72 15%	61 11%	11 12%	24 13%	22 12%	24 14%	21 14%	31 14%	37 13%	38 14%	28 13%	30 13%	8 12%	7 18%	15 13%	14 18%	14 16%	9 13%	6 12%	14 14%	15 10%	13 11%	16 18%	1 4%	20 14%	59 12%
Agree (+1)	236 24%	117 25%	119 22%	32 35%hi	53 28%hi	53 31%hi	48 28%hi	19 13%	31 13%	72 25%	58 22%	59 28%	46 20%	11 15%	9 22%	30 26% x	31 38%ntu wx	21 25% x	19 27% x	10 20%	17 18%	46 29% nx	26 22%	9 11%	7 24%	46 31%	130 28%
Neither agree nor disagree (0)	226 23%	107 23%	119 22%	19 21%	58 31%g	36 21%	30 17%	30 21%	53 23%	61 21%	52 19%	46 21%	67 29% jk	16 23%	8 21%	26 23%	12 14%	21 24%	14 20%	9 18%	31 32% q	37 23%	27 22%	19 22%	7 24%	26 18%	117 25%
Disagree (-1)	292 29%	132 28%	160 30%	22 24%	36 19%	49 28%	53 31% e	49 34% e	82 35% e	78 27%	94 35%	60 28%	59 26%	25 36%	12 32%	30 27%	19 24%	20 23%	18 26%	15 29%	25 26%	46 29%	42 35%	33 37%	7 27%	37 25%	119 25%
Strongly disagree (-2)	114 11%	42 9%	72 14% a	7 8%	16 8%	14 8%	18 11%	24 17% ef	35 15% f	39 14%	27 10%	22 10%	26 11%	10 14%	3 8%	12 11%	5 6%	10 12%	9 14%	10 21% qv	10 11%	14 9%	12 10%	11 13%	6 22%	18 12%	45 10%
NET: Disagree	406 41%	174 37%	232 44%	30 32%	52 28%	62 36%	71 41% e	74 51% def	117 50% def	118 41%	121 45%	82 38%	85 37%	35 50% q	15 40%	43 37%	24 30%	30 35%	27 39%	25 50% q	35 36%	60 38%	54 45% q	44 50% q	14 49%	55 37%	164 35%
Mean	-0.02	0.09b	-0.12	0.19hi	0.18hi	0.12hi	0.03i	-0.26	-0.25	-0.04	-0.05	0.05	-0.02	-0.25	0.10	0.04	0.38nt uvwx	0.10	0.01	-0.28	*	0.02	-0.11	-0.17	-0.40	0.09	0.08
Standard deviation	1.23	1.22	1.23	1.17	1.14	1.18	1.25	1.29	1.25	1.26	1.24	1.22	1.20	1.22	1.26	1.23	1.20	1.27	1.28	1.32	1.20	1.16	1.18	1.30	1.20	1.27	1.19
Standard error	0.04	0.06	0.05	0.12	0.09	0.09	0.09	0.10	0.08	0.07	0.08	0.08	0.08	0.14	0.20	0.12	0.13	0.14	0.15	0.18	0.12	0.10	0.11	0.14	0.26	0.11	0.06

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 512

Q11. To what extent do you agree or disagree with the following statements?
Base: All respondents who currently take food supplements / vitamins on a regular basis
I never take more than one type of food supplement at a time

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Agree	368 37%	3 31%	-	214 38%	97 35%	42 36%	6 41%	324 36%	42 49%g	2 11%	27 62%g	10 57%	1 24%	1 39%	306 38%	167 37%	139 39%	62 32%	49 30%	13 44%
Strongly agree (+2)	132 13%	-	-	80 14%d	25 9%	22 19%d	3 18%	122 13%	8 10%	2 11%	6 13%	1 4%	-	-	106 13%	58 13%	48 13%	27 14%	20 12%	7 24%
Agree (+1)	236 24%	3 31%	-	134 24%	73 26%	19 17%	3 22%	202 22%	34 39%g	-	22 49%g	10 53%	1 24%	1 39%	200 25%	109 24%	91 26%	35 18%	30 18%	6 20%
Neither agree nor disagree (0)	226 23%	4 53%	2 64%	120 21%	58 21%	33 29%	4 25%	208 23%	17 20%	5 32%	7 16%	4 22%	1 21%	-	179 22%	104 23%	75 21%	48 24%	43 26%	5 16%
Disagree (-1)	292 29%	1 10%	1 21%	168 30%e	95 34%e	21 18%	5 30%	268 29%	23 27%	7 45%	10 22%	4 21%	2 28%	1 61%	229 28%	132 29%	97 27%	63 32%	53 32%	10 35%
Strongly disagree (-2)	114 11%	* 6%	1 15%	64 11%	29 10%	19 17%	1 5%	111 12%hj	3 4%	2 12%	-	-	-	-	92 11%	45 10%	47 13%	22 11%	21 13%	1 4%
NET: Disagree	406 41%	1 16%	1 36%	231 41%	124 44%	40 35%	5 35%	379 42%j	27 31%	9 57%	10 22%	4 21%	3 54%	1 61%	321 40%	178 40%	143 40%	85 44%	74 44%	11 39%
Mean	-0.02	0.09	-0.51	*	-0.11	0.04	0.19	-0.05	0.23	-0.47	0.53g	0.40	-0.56	-0.21	*	0.01	-0.01	-0.10	-0.16	0.25
Standard deviation	1.23	0.85	0.86	1.25	1.17	1.34	1.23	1.24	1.08	1.12	0.99	0.89	1.23	1.33	1.23	1.21	1.26	1.23	1.21	1.30
Standard error	0.04	0.30	0.43	0.05	0.07	0.13	0.26	0.04	0.12	0.30	0.15	0.23	0.55	0.94	0.04	0.06	0.07	0.09	0.09	0.26

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 513

Q11. To what extent do you agree or disagree with the following statements?
Base: All respondents who currently take food supplements / vitamins on a regular basis
I never take more than one type of food supplement at a time

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?							
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: Agree	368 37%	255 41%deh	209 44%cd	45 33%	113 30%	5 16%	20 38%e	19 30%	44 27%	26 37%e	218 32%	149 48%j	133 48%j	125 47%j	52 50%j	77 47%j	60 49%j	24 39%
Strongly agree	(+2) 13%	79 13%	63 13%	16 12%	53 14%	3 8%	8 16%	8 12%	27 17%	8 11%	90 13%	43 14%	39 14%	36 14%	12 12%	18 11%	19 16%	6 9%
Agree	(+1) 24%	175 28%deh	147 31%cd	29 21%h	60 16%	3 8%	12 23%h	11 18%	16 10%	19 26%deh	129 19%	106 34%j	94 34%j	89 33%j	40 38%j	59 36%j	41 33%j	18 29%
Neither agree nor disagree	(0) 23%	144 23%	109 23%	35 25%	82 22%	12 36%h	11 22%	15 24%	31 19%	13 18%	161 23%	65 21%	59 21%	55 21%	16 16%	34 21%	26 21%	13 21%
Disagree	(-1) 29%	156 25%	114 24%	42 30%	136 36%ab	11 32%	17 33%	22 34%	65 39%ab	22 32%	217 32%kl	74 24%	66 24%	67 25%	25 24%	39 24%	28 23%	18 29%
Strongly disagree	(-2) 11%	63 10%	48 10%	16 11%	51 13%	5 16%	4 8%	8 12%	25 15%	9 13%	91 13%klm	22 7%	21 7%	18 7%	11 10%	13 8%	8 7%	7 11%
NET: Disagree	406 41%	219 35%	161 34%	57 42%	187 49%ab	16 48%	21 40%	29 46%	89 54%abc	32 45%	308 45%klm	96 31%	87 31%	86 32%	35 34%	52 32%	37 30%	24 40%
Mean	-0.02	0.08deh	0.13deh	-0.08	-0.19	-0.41	0.06	-0.17	-0.26	-0.10	-0.13	0.23j	0.23j	0.21j	0.17j	0.19j	0.28j	-0.02
Standard deviation	1.23	1.21	1.20	1.20	1.25	1.11	1.23	1.22	1.31	1.24	1.24	1.17	1.18	1.17	1.22	1.16	1.18	1.19
Standard error	0.04	0.05	0.06	0.09	0.06	0.18	0.15	0.16	0.10	0.14	0.05	0.07	0.07	0.07	0.12	0.09	0.11	0.15

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 514

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I never take more than one type of food supplement at a time**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: Agree	368 37%	97 38%fgi	238 39%fgi	186 41%efg i	7 53%	44 31%	29 22%	7 18%	3 22%	19 25%	7 21%	38 30%	50 33%	50 36%	62 45%jkl	38 37%	25 43%j	26 40%	38 35%	61 27%	24 28%	36 23%	28 38%u	4 26%	301 40%stu
Strongly agree (+2)	132 13%	33 13%	82 14%	67 15%	1 9%	14 10%	13 10%	3 8%	-	9 12%	3 9%	11 8%	20 13%	26 18%k	29 21%kop r	11 10%	5 8%	9 13%	11 10%	27 12%	11 12%	17 11%	12 17%	4 26%	105 14%
Agree (+1)	236 24%	64 25%fi	155 26%fgi	119 26%fgi	6 44%	30 21%	16 13%	4 10%	3 22%	10 12%	4 12%	27 21%	30 20%	25 18%	33 24%	27 26%	20 35%jlm	17 27%	27 25%	34 15%	14 16%	19 12%	16 21%	-	196 26%stu
Neither agree nor disagree (0)	226 23%	64 25%	131 22%	90 20%	5 39%	36 25%	31 25%	7 19%	3 20%	21 28%	5 15%	38 30%mp	34 22%	26 19%	34 25%	22 22%	9 15%	18 29%	22 21%	52 23%	19 22%	35 22%	15 19%	7 50%	166 22%
Disagree (-1)	292 29%	75 29%	166 27%	121 27%	-	45 31%	50 39%bc	16 43%c	6 43%	28 37%	16 49%knq r	33 26%	52 34%nq	52 37%nq	27 19%	35 34%nq	17 30%	11 18%	29 27%	82 37%x	36 42%x	63 40%x	20 27%	2 13%	208 28%
Strongly disagree (-2)	114 11%	22 8%	74 12%	54 12%	1 8%	20 14%	18 14%	7 20%a	2 15%	9 11%	5 16%	17 14%	15 10%	12 8%	15 11%	8 7%	6 11%	9 14%	18 17%	29 13%	7 8%	25 16%	12 16%	2 11%	80 11%
NET: Disagree	406 41%	97 38%	240 39%	175 39%	1 8%	64 44%	68 53%abc	23 63%abc	7 58%	37 48%	22 64%kl opqr	50 40%	68 45%n	64 45%n	41 30%	43 42%	24 41%	20 31%	47 44%n	112 50%x	42 50%x	87 55%x	32 43%	4 24%	288 38%
Mean	-0.02	0.05fg	0.01fg	0.06fg	0.46	-0.18	-0.35	-0.56	-0.51	-0.22	-0.51	-0.15	-0.09	*j klr	0.26j	-0.02j	-0.01	0.09j	-0.16	-0.24	-0.17	-0.38	-0.05	0.16	0.05su
Standard deviation	1.23	1.18	1.25	1.27	1.00	1.19	1.17	1.17	1.03	1.18	1.17	1.16	1.21	1.28	1.29	1.15	1.20	1.24	1.27	1.21	1.17	1.20	1.34	1.30	1.23

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 514

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I never take more than one type of food supplement at a time**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
Standard error	0.04	0.07	0.05	0.06	0.30	0.10	0.10	0.19	0.27	0.13	0.19	0.10	0.10	0.11	0.11	0.12	0.16	0.16	0.13	0.08	0.12	0.09	0.15	0.32	0.05

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 515

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I never take more than one type of food supplement at a time**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Agree	368 37%	6 34%	21 30%	3 20%	3 68%	68 33%	163 35%j	40 33%	212 36%j	30 29%	64 27%	24 26%	15 45%
Strongly agree (+2)	132 13%	2 14%	8 12%	- -	- -	22 10%	54 11%	12 10%	82 14%	8 8%	23 9%	10 11%	6 18%
Agree (+1)	236 24%	3 20%	13 18%	3 20%	3 68%	47 22%	110 23%	28 23%	130 22%	22 21%	41 17%	14 16%	9 27%
Neither agree nor disagree (0)	226 23%	4 22%	20 28%	3 21%	- -	49 24%	103 22%	28 23%	129 22%	27 26%	44 19%	24 26%	10 29%
Disagree (-1)	292 29%	5 29%	21 30%	6 34%	1 14%	62 29%	148 32%	40 33%	175 30%	35 33%	92 38%h	35 39%	6 17%
Strongly disagree (-2)	114 11%	3 16%	9 13%	4 26%	1 18%	30 14%	54 12%	15 12%	72 12%	11 11%	39 16%	8 9%	3 10%
NET: Disagree	406 41%	8 45%	30 42%	10 59%	1 32%	92 44%	203 43%	55 45%	247 42%	46 44%	131 55%efh	43 47%	9 26%
Mean	-0.02	-0.13	-0.13	-0.65	0.19	-0.15	-0.09j	-0.15	-0.04j	-0.18	-0.35	-0.19	0.27
Standard deviation	1.23	1.33	1.21	1.10	1.40	1.22	1.21	1.19	1.25	1.14	1.21	1.14	1.23
Standard error	0.04	0.34	0.14	0.28	0.63	0.09	0.06	0.10	0.05	0.11	0.08	0.11	0.21

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 516

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking food supplements at the same time as medications - in case they might interact with each other**

	Gender			Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438	
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469	
NET: Agree	571	264	307	57	116	102	95	76	125	169	158	109	136	36	23	63	55	56	38	25	55	87	69	47	18	91	263	
	57%	56%	58%	63%	62%	59%	55%	53%	54%	59%	59%	51%	60%	52%	58%	55%	67%	65%	55%	51%	57%	55%	57%	53%	63%	62%	56%	
Strongly agree	(+2)	217	105	112	20	44	34	35	34	48	61	67	36	52	12	10	28	22	14	8	20	30	26	21	5	36	95	
		22%	22%	21%	22%	24%	20%	20%	24%	21%	21%	25%	17%	23%	17%	25%	24%	27%	25%	20%	17%	21%	19%	22%	23%	19%	25%	20%
Agree	(+1)	354	159	196	37	72	68	59	41	77	108	91	73	83	24	13	35	33	34	24	17	35	58	43	26	12	55	168
		35%	34%	37%	41%	38%	39%	34%	29%	33%	38%	34%	34%	36%	35%	33%	31%	41%	39%	35%	34%	36%	36%	35%	30%	44%	37%	36%
Neither agree nor disagree	(0)	230	108	122	21	40	35	44	35	57	68	50	57	55	19	10	26	14	20	17	13	26	37	29	17	2	31	109
		23%	23%	23%	23%	21%	20%	25%	24%	24%	24%	18%	27%	24%	28%	26%	23%	17%	23%	25%	26%	27%	23%	24%	19%	8%	21%	23%
Disagree	(-1)	159	75	84	9	26	27	31	26	40	39	50	42	28	13	4	14	11	10	11	9	13	29	17	20	7	18	83
		16%	16%	16%	10%	14%	16%	18%	18%	17%	14%	19%	19%	12%	18%	12%	13%	14%	12%	16%	17%	14%	19%	14%	23%	24%	13%	18%
Strongly disagree	(-2)	40	22	17	4	5	10	4	7	10	12	12	7	9	1	1	11	1	3	3	2	5	6	4	1	7	14	
		4%	5%	3%	4%	3%	6%	2%	5%	4%	4%	4%	3%	4%	2%	4%	9%	1%	4%	5%	2%	3%	5%	5%	5%	5%	5%	3%
NET: Disagree		199	97	101	13	31	37	35	33	50	51	62	49	37	14	6	25	12	11	14	11	16	23	25	8	25	97	
		20%	21%	19%	14%	17%	21%	20%	23%	22%	18%	23%	23%	16%	20%	15%	22%	15%	13%	20%	23%	16%	19%	28%	29%	17%	21%	
Mean		0.55	0.53	0.57	0.66	0.67	0.52	0.53	0.48	0.49	0.58	0.56	0.41	0.63	0.48	0.64	0.48	0.77	0.77	0.52	0.39	0.60	0.49	0.54	0.44	0.48	0.65	0.52
Standard deviation		1.11	1.14	1.09	1.07	1.07	1.14	1.08	1.18	1.13	1.09	1.17	1.08	1.09	1.04	1.11	1.25	1.05	0.99	1.11	1.13	1.04	1.09	1.13	1.22	1.21	1.12	1.09
Standard error		0.04	0.05	0.05	0.11	0.08	0.09	0.08	0.10	0.07	0.06	0.07	0.07	0.07	0.12	0.17	0.12	0.11	0.11	0.13	0.15	0.10	0.09	0.10	0.13	0.26	0.10	0.05

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 517

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking food supplements at the same time as medications - in case they might interact with each other**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Agree	571	4	3	309	166	75	7	514	54	8	29	14	2	1	461	254	207	110	93	17
	57%	42%	85%	55%	59%	66%	46%	56%	63%	52%	65%	79%	40%	39%	57%	57%	58%	56%	56%	59%
Strongly agree	(+2) 217	2	-	119	58	31	3	193	21	3	13	4	-	1	178	94	84	39	33	6
	22%	18%	-	21%	21%	27%	18%	21%	25%	22%	30%	21%	-	39%	22%	21%	23%	20%	20%	22%
Agree	(+1) 354	2	3	189	108	44	4	321	33	5	16	11	2	-	284	160	124	71	60	10
	35%	23%	85%	34%	39%	39%	28%	35%	39%	30%	35%	59%	40%	-	35%	36%	35%	36%	36%	36%
Neither agree nor disagree	(0) 230	4	1	136	63	21	2	211	19	4	10	4	2	-	187	108	79	43	36	7
	23%	42%	15%	24%	23%	18%	13%	23%	22%	24%	22%	21%	34%	-	23%	24%	22%	22%	22%	25%
Disagree	(-1) 159	1	-	99	42	11	4	150	8	2	4	-	-	1	123	67	56	36	32	5
	16%	11%	-	18%	15%	10%	28%	16%	9%	15%	10%	-	-	61%	15%	15%	16%	19%	19%	17%
Strongly disagree	(-2) 40	*	-	21	9	8	2	36	4	1	1	-	2	-	34	19	15	6	6	-
	4%	6%	-	4%	3%	7%	13%	4%	5%	9%	3%	-	26%	-	4%	4%	4%	3%	4%	-
NET: Disagree	199	1	-	120	50	19	6	186	12	4	6	-	2	1	157	86	71	42	37	5
	20%	17%	-	21%	18%	16%	40%	20%	14%	24%	13%	-	26%	61%	19%	19%	20%	22%	23%	17%
Mean	0.55	0.38	0.85	0.51	0.59	0.70	0.11	0.53	0.69	0.41	0.80	1.00	-0.13	0.18	0.56	0.54	0.58	0.52	0.49	0.64
Standard deviation	1.11	1.15	0.41	1.12	1.07	1.16	1.38	1.11	1.09	1.27	1.07	0.66	1.31	2.00	1.12	1.10	1.13	1.10	1.11	1.02
Standard error	0.04	0.41	0.21	0.05	0.06	0.11	0.29	0.04	0.12	0.34	0.17	0.17	0.59	1.41	0.04	0.05	0.06	0.08	0.09	0.20

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 518

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking food supplements at the same time as medications - in case they might interact with each other**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60	
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*	
NET: Agree	571	354	273	81	217	18	31	38	82	48	372	197	183	163	69	106	80	32	
	57%	57%	57%	59%	57%	54%	60%	60%	50%	68%h	54%	63%j	65%j	62%	66%j	65%j	65%j	52%	
Strongly agree	(+2)	217	131	103	29	85	7	12	14	35	18	137	79	76	66	27	46	30	8
		22%	21%	21%	22%	22%	23%	22%	21%	25%	20%	25%	27%jq	25%	26%	29%jq	25%	13%	
Agree	(+1)	354	222	170	52	132	11	19	24	48	30	235	118	107	98	42	60	49	24
		35%	36%	35%	38%	34%	32%	37%	38%	29%	43%h	34%	38%	37%	41%	37%	40%	39%	
Neither agree nor disagree	(0)	230	141	111	30	89	10	10	18	40	12	167	62	51	54	20	27	21	18
		23%	23%	23%	22%	23%	31%	19%	29%	24%	16%	24%	20%	18%	20%	20%	17%	18%	30%o
Disagree	(-1)	159	101	80	21	58	5	7	7	32	7	118	41	36	40	8	23	18	8
		16%	16%	17%	16%	15%	15%	14%	11%	19%	10%	17%n	13%	13%	15%	8%	14%	15%	13%
Strongly disagree	(-2)	40	21	17	5	18	-	4	-	10	4	30	10	10	8	6	7	3	3
		4%	3%	3%	3%	5%	-	7%g	-	6%	6%	4%	3%	3%	3%	6%	4%	2%	5%
NET: Disagree		199	122	96	26	76	5	11	7	42	11	148	51	45	48	14	30	21	11
		20%	20%	20%	19%	20%	15%	21%	11%	26%g	16%	22%	16%	16%	18%	14%	18%	17%	18%
Mean		0.55	0.55	0.55	0.58	0.54	0.60	0.55	0.71	0.39	0.71	0.48	0.69j	0.73j	0.65	0.73	0.71j	0.71	0.43
Standard deviation		1.11	1.10	1.10	1.09	1.13	1.01	1.20	0.94	1.20	1.13	1.12	1.08	1.10	1.10	1.11	1.14	1.07	1.04
Standard error		0.04	0.05	0.06	0.08	0.06	0.17	0.15	0.12	0.09	0.12	0.04	0.06	0.07	0.07	0.11	0.09	0.10	0.13

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 519

Q11. To what extent do you agree or disagree with the following statements?

Base: All respondents who currently take food supplements / vitamins on a regular basis

I think carefully about taking food supplements at the same time as medications - in case they might interact with each other

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co-habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: Agree	571 57%	149 58%	353 58%e	276 61%ef	9 69%	68 47%	65 51%	22 61%	4 32%	39 50%	17 52%	72 57%	86 57%	80 57%	83 60%	60 58%	25 43%	41 64%p	58 55%	128 57%	52 61%	90 57%	46 61%	5 35%	431 57%
Strongly agree	(+2) 217 22%	52 20%	140 23%	111 24%	1 11%	28 19%	21 16%	5 13%	1 8%	15 19%	4 13%	23 18%	35 23%p	38 27%p	32 23%p	25 24%p	6 10%	17 26%p	22 20%	55 25%	23 26%	38 24%	25 34%x	5 30%	155 20%
Agree	(+1) 354 35%	97 38%	213 35%	166 37%	8 57%	40 28%	44 35%	18 48%e	3 23%	24 30%	13 39%	49 39%	52 34%	42 30%	50 37%	35 34%	19 34%	24 38%	37 34%	72 32%	30 35%	52 33%	20 27%	1 4%	276 37%
Neither agree nor disagree	(0) 230 23%	64 25%	133 22%	94 21%	4 31%	35 24%	32 25%	7 19%	6 44%	19 25%	9 27%	30 24%	38 25%	29 21%	32 23%	20 20%	16 27%	14 23%	22 20%	48 21%	16 19%	29 18%	16 21%	7 48%	174 23%
Disagree	(-1) 159 16%	35 14%	99 16%	64 14%	-	35 24%abc	26 20%	6 16%	3 25%	17 21%	5 14%	20 16%	20 13%	26 18%	19 14%	20 19%	13 22%	6 9%	23 22%	41 18%	12 14%	31 20%	11 15%	3 17%	119 16%
Strongly disagree	(-2) 40 4%	10 4%	25 4%	17 4%	-	8 5%	5 4%	2 4%	-	3 4%	2 7%	3 3%	7 5%	5 4%	5 4%	3 3%	4 7%	3 4%	4 3%	9 4%	5 6%	7 5%	2 3%	-	31 4%
NET: Disagree	199 20%	45 17%	124 20%	81 18%	-	42 29%abc	30 24%	7 20%	3 25%	20 26%	7 21%	24 19%	27 18%	31 22%	24 17%	23 22%	17 29%q	8 13%	27 25%	49 22%	17 20%	39 25%	13 18%	3 17%	150 20%
Mean	0.55	0.57	0.57e	0.64ef	0.80	0.32	0.40	0.50	0.15	0.39	0.37	0.54p	0.57p	0.59p	0.62p	0.58p	0.16	0.73p	0.46	0.56	0.62	0.52	0.74	0.48	0.54
Standard deviation	1.11	1.07	1.13	1.11	0.65	1.19	1.10	1.05	0.93	1.15	1.11	1.05	1.12	1.18	1.09	1.14	1.11	1.08	1.14	1.16	1.18	1.19	1.16	1.14	1.10
Standard error	0.04	0.07	0.05	0.05	0.19	0.10	0.09	0.17	0.24	0.12	0.18	0.09	0.09	0.10	0.09	0.12	0.14	0.14	0.12	0.07	0.12	0.09	0.13	0.28	0.04

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 520

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I think carefully about taking food supplements at the same time as medications - in case they might interact with each other**

Q13. Which of the following apply to you?

	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Agree	571 57%	11 62%	39 56%	9 53%	3 82%	122 58%	264 56%	70 57%	323 55%	61 59%	140 59%	53 59%	17 50%
Strongly agree	(+2) 217 22%	4 22%	17 24%	1 6%	-	38 18%	104 22%	27 22%	127 22%	28 27%	56 23%	25 28%	8 24%
Agree	(+1) 354 35%	7 40%	22 32%	8 47%	3 82%	85 40%	159 34%	43 35%	197 33%	33 32%	84 35%	28 31%	9 27%
Neither agree nor disagree	(0) 230 23%	5 31%	18 26%	2 13%	-	41 19%	105 22%	31 25%	136 23%	24 24%	42 18%	16 17%	11 32%
Disagree	(-1) 159 16%	1 4%	12 17%	5 28%	-	35 17%	79 17%	18 14%	104 18%	15 15%	47 20%	15 17%	4 12%
Strongly disagree	(-2) 40 4%	1 3%	1 1%	1 5%	1 18%	11 5%	21 5%	4 3%	26 4%	3 3%	9 4%	6 7%	2 6%
NET: Disagree	199 20%	1 8%	13 18%	6 34%	1 18%	46 22%	100 21%	21 17%	130 22%	18 17%	56 24%	22 24%	6 18%
Mean	0.55	0.73	0.61	0.20	0.46	0.49	0.53	0.59	0.50	0.66	0.55	0.55	0.50
Standard deviation	1.11	0.98	1.07	1.11	1.32	1.13	1.14	1.08	1.14	1.11	1.16	1.26	1.17
Standard error	0.04	0.25	0.12	0.28	0.59	0.08	0.05	0.09	0.05	0.11	0.07	0.12	0.20

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 521

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am confident that I am buying food supplements from reputable retailers**

	Gender		Age							Social Grade				Region											Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
NET: Agree	909	426	482	82	156	161	163	134	214	265	252	194	198	57	36	108	77	78	62	44	91	140	111	84	21	140	427
	91%	91%	91%	89%	83%	93%e	94%e	93%e	92%e	92%	93% ^m	90%	87%	83%	93%	94% ⁿ	95% ⁿ	90%	93%	89%	94% ⁿ	89%	92%	94% ⁿ	75%	95%	91%
Strongly agree (+2)	431	193	239	39	71	67	76	63	115	128	128	84	92	28	17	57	33	41	32	19	48	56	53	39	9	72	189
	43%	41%	45%	43%	38%	39%	44%	43%	50% ^{ef}	44%	47%	39%	40%	40%	43%	50% ^v	40%	47%	47%	38%	50% ^v	35%	44%	44%	31%	48%	40%
Agree (+1)	478	234	244	43	85	93	87	71	99	137	124	110	106	29	19	50	44	37	31	25	43	84	58	45	12	68	238
	48%	50%	46%	46%	45%	54% ⁱ	50%	49%	43%	48%	46%	51%	47%	42%	50%	44%	54%	43%	45%	51%	44%	53%	48%	50%	44%	46%	51%
Neither agree nor disagree (0)	86	42	44	8	31	12	10	9	17	23	16	21	27	12	3	6	4	9	6	4	6	17	9	5	5	8	40
	9%	9%	8%	8%	17% ^{fghi}	7%	6%	6%	7%	8%	6%	10%	12% ^k	17% ^{ppquw}	7%	6%	5%	10%	9%	8%	6%	11%	7%	6%	19%	5%	9%
Disagree (-1)	3	1	2	1	-	-	-	1	1	-	2	-	1	-	-	-	-	-	-	-	1	1	-	1	-	-	1
	*	*	*	1%	-	-	-	1%	*	-	1%	-	1%	-	-	-	-	-	-	-	1%	1%	-	1%	-	-	*
Strongly disagree (-2)	2	-	2	1	-	*	-	-	-	*	-	-	1	-	-	-	-	-	-	1	-	-	-	*	-	-	1
	*	-	*	1%	-	*	-	-	-	*	-	-	1%	-	-	-	-	-	-	2%	-	-	-	1%	-	-	*
NET: Disagree	5	1	4	2	-	*	-	1	1	*	2	-	3	-	-	-	-	-	-	1	-	1	1	*	1	-	2
	1%	*	1%	2%	-	*	-	1%	*	*	1%	-	1%	-	-	-	-	-	-	2%	-	1%	1%	1%	5%	-	*
Mean	1.33	1.32	1.35	1.29	1.22	1.31	1.38 ^e	1.35	1.41 ^e	1.36	1.40 ^m	1.29	1.26	1.23	1.36	1.45 ^{nv}	1.35	1.37	1.38	1.22	1.44 ^{nv}	1.23	1.35	1.36	1.02	1.43	1.31
Standard deviation	0.66	0.64	0.68	0.77	0.71	0.62	0.60	0.64	0.64	0.64	0.63	0.64	0.73	0.73	0.62	0.60	0.58	0.66	0.65	0.80	0.61	0.66	0.65	0.64	0.86	0.59	0.65
Standard error	0.02	0.03	0.03	0.08	0.06	0.05	0.05	0.05	0.04	0.04	0.04	0.04	0.05	0.08	0.10	0.06	0.06	0.08	0.08	0.11	0.06	0.06	0.06	0.07	0.19	0.05	0.03

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 522

Q11. To what extent do you agree or disagree with the following statements?
Base: All respondents who currently take food supplements / vitamins on a regular basis
I am confident that I am buying food supplements from reputable retailers

	Total	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
		No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
NET: Agree	909	6	1	521	257	96	14	825	81	13	42	18	5	2	730	402	328	179	152	27
	91%	66%	37%	92%e	92%e	84%	93%	91%	94%	87%	95%	100%	85%	100%	91%	89%	92%	92%	91%	94%
Strongly agree (+2)	431	3	-	242	128	47	7	390	39	8	19	8	2	2	336	176	160	95	83	11
	43%	31%	-	43%	46%	41%	45%	43%	46%	52%	43%	43%	39%	100%	42%	39%	45%	49%o	50%o	40%
Agree (+1)	478	3	1	278	129	49	7	435	42	5	23	10	3	-	394	225	169	84	68	15
	48%	35%	37%	49%	46%	43%	48%	48%	49%	35%	52%	57%	46%	-	49%	50%	47%	43%	41%	54%
Neither agree nor disagree (0)	86	2	2	41	22	17	1	81	5	2	2	-	1	-	72	46	26	14	13	2
	9%	28%	63%	7%	8%	15%c	7%	9%	6%	13%	5%	-	15%	-	9%	10%	7%	7%	8%	6%
Disagree (-1)	3	-	-	2	-	1	-	3	-	-	-	-	-	-	2	1	1	1	1	-
	*	-	-	*	-	1%	-	*	-	-	-	-	-	-	*	*	*	1%	1%	-
Strongly disagree (-2)	2	*	-	1	-	-	-	2	-	-	-	-	-	-	2	*	1	-	-	-
	*	6%	-	-	-	-	-	*	-	-	-	-	-	-	*	*	*	-	-	-
NET: Disagree	5	*	-	3	-	1	-	5	-	-	-	-	-	-	4	1	2	1	1	-
	1%	6%	-	1%	-	1%	-	1%	-	-	-	-	-	-	*	*	1%	1%	1%	-
Mean	1.33	0.86	0.37	1.34	1.38	1.23	1.39	1.33	1.40	1.39	1.38	1.43	1.24	2.00	1.32	1.28	1.36	1.40	1.41	1.34
Standard deviation	0.66	1.11	0.56	0.65	0.63	0.75	0.63	0.67	0.60	0.73	0.58	0.51	0.76	0.00	0.66	0.66	0.66	0.66	0.67	0.60
Standard error	0.02	0.39	0.28	0.03	0.04	0.07	0.13	0.02	0.07	0.19	0.09	0.13	0.34	0.00	0.02	0.03	0.03	0.05	0.05	0.12

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 523

Q11. To what extent do you agree or disagree with the following statements?
Base: All respondents who currently take food supplements / vitamins on a regular basis
I am confident that I am buying food supplements from reputable retailers

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
NET: Agree	909 91%	567 92%ef	440 92%ef	127 92%ef	341 89%e	22 66%	43 82%	59 94%e	151 92%ef	66 94%ef	621 90%	285 92%	255 91%	245 92%	95 92%	152 93%	110 90%	58 94%
Strongly agree (+2)	431 43%	260 42%e	207 43%e	53 39%	171 45%e	8 23%	24 46%e	31 50%e	78 47%e	30 42%	295 43%	136 44%	121 43%	114 43%	43 41%	68 42%	53 43%	29 47%
Agree (+1)	478 48%	307 50%	233 49%	74 54%f	171 45%	14 43%	19 36%	28 44%	74 45%	36 51%	327 48%	149 48%	134 48%	131 49%	52 50%	84 52%	58 47%	29 47%
Neither agree nor disagree (0)	86 9%	48 8%	39 8%	9 7%	38 10%	10 29%abc dghi	9 18%abch i	4 6%	12 7%	4 5%	63 9%	23 7%	21 8%	19 7%	8 7%	10 6%	10 8%	4 6%
Disagree (-1)	3 *	1 *	1 *	-	2 1%	1 4%abcd	-	-	1 1%	-	2 *	1 *	1 *	1 *	-	1 1%	1 1%	-
Strongly disagree (-2)	2 *	1 *	-	1 1%b	* *	-	-	-	-	* 1%	-	2 1%	2 1%	* *	1 1%j	-	* *	-
NET: Disagree	5 1%	2 *	1 *	1 1%	3 1%	1 4%ab	-	-	1 1%	* 1%	2 *	3 1%	3 1%	1 1%	1 1%	1 1%	1 1%	-
Mean	1.33	1.34e	1.35e	1.30e	1.33e	0.85	1.29e	1.44e	1.39e	1.35e	1.33	1.34	1.33	1.34	1.31	1.35	1.32	1.41
Standard deviation	0.66	0.64	0.63	0.67	0.69	0.84	0.75	0.61	0.65	0.65	0.68	0.68	0.64	0.71	0.62	0.65	0.70	0.61
Standard error	0.02	0.03	0.03	0.05	0.03	0.14	0.09	0.08	0.05	0.07	0.02	0.04	0.04	0.04	0.07	0.05	0.06	0.08

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 524

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am confident that I am buying food supplements from reputable retailers**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
NET: Agree	909 91%	222 86%	563 92%a	417 92%a	11 82%	136 94%a	118 92%	33 90%	12 94%	73 93%	24 71%	107 85%	141 93%j	131 94%jk	122 89%j	97 94%j	53 93%j	57 89%j	100 94%j	197 88%	73 85%	143 91%	65 87%	11 76%	691 91%
Strongly agree (+2)	431 43%	97 38%	270 44%	207 46%a	3 19%	60 42%	60 47%	18 48%	4 35%	37 48%	9 26%	47 37%	63 41%	66 47%j	64 46%j	52 50%j	19 34%	27 43%	53 50%j	102 45%	40 47%	72 46%	42 56%x	5 34%	326 43%
Agree (+1)	478 48%	126 49%	294 48%	210 46%	8 63%	76 52%	58 46%	15 42%	8 59%	35 45%	15 45%	60 48%	78 51%	65 46%	58 42%	45 44%	34 59%n	30 47%	47 44%	96 43%	33 38%	71 45%v	23 31%	6 42%	365 48%v
Neither agree nor disagree (0)	86 9%	33 13%bce	43 7%	33 7%	2 18%	8 5%	10 8%	4 10%	1 6%	5 7%	10 29%klm nopqr	15 12%	10 7%	9 6%	15 11%	6 6%	4 7%	7 11%	7 6%	24 11%	12 14%	13 9%	8 10%	4 24%	62 8%
Disagree (-1)	3 *	1 1%	2 *	1 *	-	1 1%	-	-	-	-	-	2 2%	-	-	1 1%	-	-	-	2 1%x	-	1 1%	1 2%x	-	1 *	
Strongly disagree (-2)	2 *	1 *	* *	* *	-	-	-	-	-	-	-	1 1%	* *	-	-	-	-	-	* *	* 1%	* *	* 1%	-	1 *	
NET: Disagree	5 1%	3 1%	2 *	1 *	-	1 1%	-	-	-	-	-	4 3%	* *	-	1 1%	-	-	-	3 1%	* 1%	1 1%	2 3%x	-	2 *	
Mean	1.33	1.22	1.36a	1.38a	1.02	1.35	1.39a	1.39	1.28	1.41a	0.97	1.19	1.34j	1.41jk	1.34j	1.44jk	1.26j	1.32j	1.44jk	1.32	1.31	1.35	1.40	1.10	1.34
Standard deviation	0.66	0.72	0.63	0.64	0.63	0.62	0.63	0.67	0.60	0.62	0.75	0.79	0.63	0.61	0.70	0.61	0.59	0.66	0.61	0.73	0.75	0.69	0.81	0.78	0.65
Standard error	0.02	0.05	0.03	0.03	0.19	0.05	0.05	0.11	0.15	0.07	0.12	0.07	0.05	0.05	0.06	0.06	0.08	0.09	0.06	0.05	0.08	0.05	0.09	0.19	0.02

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 525

Q11. To what extent do you agree or disagree with the following statements?**Base: All respondents who currently take food supplements / vitamins on a regular basis****I am confident that I am buying food supplements from reputable retailers**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Agree	909 91%	13 74%	65 92%	13 78%	4 100%	198 94%ik	434 93%	111 90%	548 93%ik	90 87%	219 92%	78 87%	30 88%
Strongly agree	(+2) 431 43%	5 28%	27 39%	7 44%	2 56%	100 48%	201 43%	57 47%	277 47%	43 42%	111 46%	41 45%	10 31%
Agree	(+1) 478 48%	8 46%	37 53%	5 33%	2 44%	98 47%	234 50%	53 43%	271 46%	47 45%	109 45%	38 42%	19 57%
Neither agree nor disagree	(0) 86 9%	3 19%	6 8%	4 22%	- -	12 6%	34 7%	11 9%	41 7%	12 12%	16 7%	12 13%eh	4 12%
Disagree	(-1) 3 *	- -	- -	- -	- -	- -	- -	1 1%h	- -	1 1%fh	2 1%fh	- -	- -
Strongly disagree	(-2) 2 *	1 7%	- -	- -	- -	- -	- -	- -	- -	- -	* -	- -	- -
NET: Disagree	5 1%	1 7%	- -	- -	- -	- -	- -	1 1%h	- -	1 1%fh	3 1%fh	- -	- -
Mean	1.33	0.89	1.31	1.22	1.56	1.42	1.35	1.36	1.40	1.27	1.37	1.32	1.19
Standard deviation	0.66	1.05	0.62	0.81	0.57	0.60	0.61	0.68	0.62	0.72	0.68	0.70	0.63
Standard error	0.02	0.27	0.07	0.20	0.25	0.04	0.03	0.06	0.03	0.07	0.04	0.07	0.11

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 526

Q12. You disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume." Which of the following is true?
Base: All respondents who disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume."

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	33	20	13	5	6	5	5	5	7	9	6	9	9	3	2	3	4	-	2	2	1	7	4	4	1	4	14
Weighted base	31*	20**	11**	4**	8**	4**	4**	4**	7**	8**	7**	8**	8**	2**	1**	3**	5**	**	1**	2**	1**	7**	4**	5**	1**	3**	16**
I often take more than the recommended dosage of the food supplements I consume	14 46%	10 48%	5 42%	2 42%	4 46%	1 25%	2 46%	3 80%	3 37%	5 62%	1 14%	5 63%	3 39%	-	1 100%	2 70%	1 16%	-	-	-	-	3 41%	3 73%	3 75%	1 100%	1 42%	9 55%
I often take less than the recommended dosage of the food supplements I consume	2 8%	2 8%	1 7%	2 38%	-	-	1 21%	-	-	-	2 22%	-	1 11%	-	-	1 30%	-	-	1 36%	-	-	1 15%	-	-	-	-	1 6%
I just don't pay much attention to the recommended dosage for food supplements I consume	15 47%	9 44%	6 51%	1 20%	4 54%	3 75%	1 33%	1 20%	4 63%	3 38%	5 65%	3 37%	4 50%	2 100%	-	-	4 84%	-	1 64%	2 100%	1 100%	3 44%	1 27%	1 25%	-	2 58%	6 39%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 527

Q12. You disagreed with the statement “I am always careful to take the exact recommended dosage of the food supplements I consume.” Which of the following is true?
Base: All respondents who disagreed with the statement “I am always careful to take the exact recommended dosage of the food supplements I consume.”

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	33	2	-	15	12	3	1	31	2	1	1	-	-	-	25	15	10	8	5	3
Weighted base	31*	1**	-**	14**	12**	3**	1**	29**	2**	1**	1**	-**	-**	-**	23**	14**	10**	8**	5**	3**
I often take more than the recommended dosage of the food supplements I consume	14 46%	-	-	4 32%	8 63%	2 71%	-	13 45%	1 55%	-	1 100%	-	-	-	10 41%	6 42%	4 40%	5 59%	3 68%	1 43%
I often take less than the recommended dosage of the food supplements I consume	2 8%	-	-	1 7%	1 7%	-	1 100%	2 8%	-	-	-	-	-	-	2 10%	2 11%	1 8%	-	-	-
I just don't pay much attention to the recommended dosage for food supplements I consume	15 47%	1 100%	-	9 61%	4 30%	1 29%	-	14 47%	1 45%	1 100%	-	-	-	-	11 49%	6 47%	5 51%	3 41%	2 32%	2 57%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 528

Q12. You disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume." Which of the following is true?
Base: All respondents who disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume."

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	33	18	13	5	15	-	5	1	6	3	24	9	9	9	3	5	5	3
Weighted base	31*	19**	15**	4**	12**	-**	4**	1**	6**	2**	20**	11**	11**	5**	7**	5**	3**	
I often take more than the recommended dosage of the food supplements I consume	14 46%	10 53%	8 49%	3 68%	4 34%	-	1 16%	-	3 48%	1 37%	10 48%	5 42%	5 42%	5 42%	2 41%	2 30%	2 52%	1 41%
I often take less than the recommended dosage of the food supplements I consume	2 8%	1 5%	1 7%	-	1 11%	-	1 37%	-	-	-	1 7%	1 9%	1 9%	1 9%	-	1 14%	1 21%	-
I just don't pay much attention to the recommended dosage for food supplements I consume	15 47%	8 41%	7 44%	1 32%	7 55%	-	2 47%	1 100%	3 52%	1 63%	9 46%	5 49%	5 49%	5 49%	3 59%	4 56%	1 27%	2 59%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 529

Q12. You disagreed with the statement “I am always careful to take the exact recommended dosage of the food supplements I consume.” Which of the following is true?
Base: All respondents who disagreed with the statement “I am always careful to take the exact recommended dosage of the food supplements I consume.”

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	33	11	18	11	-	7	4	-	2	2	5	6	4	2	8	1	4	1	2	11	5	9	6	-	22
Weighted base	31*	8**	20**	11**	-**	9**	3**	-**	2**	1**	4**	4**	3**	3**	9**	1**	3**	1**	2**	8**	3**	7**	4**	-**	23**
I often take more than the recommended dosage of the food supplements I consume	14 46%	3 40%	10 52%	7 60%	-	4 41%	1 23%	-	-	1 51%	1 18%	1 32%	1 28%	1 22%	5 51%	1 100%	3 78%	1 100%	1 51%	3 36%	1 33%	3 36%	1 32%	-	11 49%
I often take less than the recommended dosage of the food supplements I consume	2 8%	1 16%	1 5%	1 9%	-	-	-	-	-	-	1 21%	1 13%	-	-	1 11%	-	-	-	-	1 10%	1 25%	1 11%	1 19%	-	2 7%
I just don't pay much attention to the recommended dosage for food supplements I consume	15 47%	4 44%	9 43%	3 30%	-	5 59%	2 77%	-	2 100%	1 49%	2 61%	2 55%	2 72%	2 78%	4 38%	-	1 22%	-	1 49%	5 54%	1 41%	4 53%	2 49%	-	10 44%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 530

Q12. You disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume." Which of the following is true?
Base: All respondents who disagreed with the statement "I am always careful to take the exact recommended dosage of the food supplements I consume."

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	33	1	1	-	-	8	11	7	17	4	10	6	1
Weighted base	31*	1**	1**	..**	..**	8**	10**	9**	16**	4**	9**	4**	1**
I often take more than the recommended dosage of the food supplements I consume	14 46%	-	-	-	-	3 36%	6 59%	5 52%	9 56%	3 72%	5 53%	2 47%	1 100%
I often take less than the recommended dosage of the food supplements I consume	2 8%	-	-	-	-	1 10%	1 5%	1 11%	-	-	1 9%	1 19%	-
I just don't pay much attention to the recommended dosage for food supplements I consume	15 47%	1 100%	1 100%	-	-	4 54%	3 36%	3 37%	7 44%	1 28%	3 37%	1 34%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 531

Q13. Which of the following apply to you?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Gender		Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	990	458	532	97	159	172	175	154	233	307	258	209	216	79	40	112	83	77	73	53	102	143	120	87	21	136	438
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
I am generally healthy	589 59%	282 60%	307 58%	57 62%	106 57%	99 57%	96 55%	82 57%	148 64%	173 60% _m	128 66% _m	109 60% _m	109 48%	43 63%	17 45%	70 62%	50 62%	41 47%	40 58%	29 59%	61 63%	84 53%	81 67% _{orv}	60 68% _{orv}	12 43%	100 67%	285 61%
I am active	469 47%	253 54% _b	216 41%	44 48%	90 48%	75 43%	86 50%	57 39%	117 50%	141 49% _m	147 55% _m	103 48% _m	78 34%	37 54%	22 58%	56 50%	45 56%	37 43%	29 42%	24 48%	44 46%	67 43%	55 46%	38 43%	13 46%	76 52%	240 51%
I have been diagnosed with an ongoing physical health condition	239 24%	99 21%	139 26%	7 7%	19 10%	29 17% _d	42 24% _{de}	56 39% _{def}	86 37% _{def}	58 20%	64 24%	45 21%	71 31% _g	15 22%	12 30%	24 21%	16 19%	18 21%	15 21%	14 28%	29 30%	33 21%	25 20%	31 35% _{pqv}	8 29%	18 12%	75 16%
I am on a diet / trying to lose weight	209 21%	71 15%	139 26% _a	24 26%	54 29% _{hi}	36 21%	33 19%	24 17%	39 17%	68 24%	55 20%	42 20%	45 20%	18 26% _v	11 28% _v	20 18%	20 25% _v	17 20%	14 20%	11 23%	21 22%	21 13%	26 22%	22 24%	8 29%	38 26%	96 20%
I am inactive	123 12%	46 10%	77 15% _a	10 11%	21 11%	23 13%	14 8%	22 16% _g	32 14%	36 12%	34 12%	17 8%	37 16% _l	8 12%	3 9%	7 6%	10 12%	13 15%	14 21% _{pv}	5 11%	11 9%	15 12%	15 18% _p	16 19%	5 9%	13 9%	38 8%
I am quite unhealthy	103 10%	35 8%	68 13% _a	9 10%	20 11% _i	21 12% _i	19 11% _i	25 17% _i	10 4%	24 8%	24 9%	17 8%	39 17% _{kl}	8 11%	5 12%	10 9%	7 8%	8 9%	7 10%	3 6%	11 11%	12 8%	16 13%	11 12%	7 25%	10 7%	44 9%
I have been diagnosed with a mental health condition	90 9%	35 7%	55 10%	12 14% _i	17 9% _i	25 14% _{gi}	11 7%	18 13% _i	6 3%	22 8%	20 8%	15 7%	32 14% _{kl}	9 13% _v	1 2%	15 13% _v	7 8%	4 4%	6 9%	4 8%	11 12%	8 5%	15 12%	12 13% _v	-	9 6%	40 8%
I am vegetarian	70 7%	20 4%	50 9% _a	6 7%	16 9% _i	13 8% _i	19 11% _i	10 7% _i	6 2%	17 6%	25 9%	15 7%	13 6%	10 15% _{pqrw}	3 7%	1 1%	2 3%	2 2%	6 9% _p	3 7%	5 5%	18 11% _{pqr}	6 5%	10 11% _{pqr}	3 12%	20 14% _B	22 5%
I am vegan	18 2%	10 2%	8 1%	6 7% _{fghi}	7 4% _h	2 1%	1 1%	-	2 1%	7 2%	4 2%	2 1%	5 2%	2 3%	-	3 3%	-	4 4%	1 2%	1 2%	1 1%	4 2%	2 1%	-	-	3 2%	11 2%
I am trying to conceive / pregnant	16 2%	1 *	15 3% _a	3 3% _{ghi}	8 4% _{ghi}	5 3% _{ghi}	-	-	-	3 1%	4 2%	5 2%	4 2%	3 5% _{px}	-	1 *	2 2%	1 1%	3 4%	-	3 3%	1 1%	3 3%	-	-	3 2%	10 2%
I am breastfeeding	4 *	-	4 1%	* 1%	2 1%	1 1%	-	-	-	2 1%	2 1%	1 *	-	-	-	-	1 1%	-	2 2%	-	* 1%	1 1%	-	-	-	2 2%	1 *

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 531

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1000	470	530	92*	186	173	173	144	232	288	269	215	227	69*	39*	114*	81*	86*	68*	50*	97*	158	121	89*	28**	148	469
None of these	33	14	20	2	10	5	5	3	7	10	6	13	4	1	3	6	4	2	2	2	1	12	2	-	-	4	18
	3%	3%	4%	2%	6%	3%	3%	2%	3%	4%	2%	6%	2%	1%	8%	5%	5%	2%	3%	3%	1%	7%	2%	-	-	3%	4%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 532

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	990	8	4	561	274	111	22	911	77	14	41	15	5	2	796	437	359	194	169	25
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
I am generally healthy	589 59%	3 39%	1 21%	320 57%	186 67% c	64 56%	11 70%	542 60%	43 50%	6 37%	27 60%	5 28%	4 60%	2 100%	474 59%	262 58%	212 59%	115 59%	98 59%	18 62%
I am active	469 47%	1 10%	3 85%	249 44%	148 53% c	56 49%	8 49%	431 47%	37 43%	5 31%	16 36%	10 57%	5 76%	1 61%	364 45%	213 48%	151 42%	105 54% np	87 52% p	18 63%
I have been diagnosed with an ongoing physical health condition	239 24%	3 35%	1 15%	142 25%	66 24%	21 18%	2 13%	230 25% hj	9 10%	5 31%	3 6%	2 8%	-	-	176 22%	91 20%	85 24%	63 32% no	55 33% nop	8 28%
I am on a diet / trying to lose weight	209 21%	2 23%	1 15%	118 21% e	68 24% e	12 11%	5 30%	189 21%	20 24%	5 35%	7 17%	6 35%	1 21%	-	175 22%	88 20%	86 24%	35 18%	32 20%	2 8%
I am inactive	123 12%	3 38%	-	73 13% e	38 14% e	6 6%	3 18%	110 12%	13 15%	1 5%	8 19%	4 21%	-	-	98 12%	53 12%	45 13%	25 13%	21 13%	4 14%
I am quite unhealthy	103 10%	-	1 15%	66 12%	26 9%	6 5%	3 17%	97 11%	6 7%	2 14%	3 6%	2 8%	-	-	79 10%	39 9%	39 11%	25 13%	20 12%	4 15%
I have been diagnosed with a mental health condition	90 9%	1 10%	-	57 10%	23 8%	7 6%	2 13%	87 10%	3 3%	2 10%	1 3%	-	-	-	68 8%	28 6%	40 11% o	22 11%	20 12% o	2 7%
I am vegetarian	70 7%	-	-	33 6%	21 7%	13 12% c	1 9%	66 7%	4 4%	1 4%	2 6%	1 4%	-	-	62 8%	41 9% qr	22 6%	8 4%	6 4%	2 7%
I am vegan	18 2%	-	-	8 1%	4 2%	5 5% c	-	13 1%	5 6% g	3 18%	1 9%	2 9%	-	-	16 2%	12 3%	4 1%	2 1%	2 1%	-
I am trying to conceive / pregnant	16 2%	-	-	8 1%	7 2%	1 1%	-	16 2%	-	-	-	-	-	-	11 1%	4 1%	7 2%	6 3%	4 3%	1 5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 532

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1000	8**	4**	565	279	115*	16**	911	85*	15**	44*	18**	6**	2**	805	449	357	195	166	29**
I am breastfeeding	4	-	-	2	2	1	-	4	-	-	-	-	-	-	2	1	1	2	2	-
	*	-	-	*	1%	1%	-	*	-	-	-	-	-	*	*	*	1%	1% _n	-	-
None of these	33	-	-	20	5	9	-	28	5	-	4	-	1	-	28	19	9	6	5	1
	3%	-	-	4%	2%	8% _d	-	3%	6%	-	9%	-	24%	-	3%	4%	2%	3%	3%	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 533

Q13. Which of the following apply to you?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	990	574	391	183	416	36	65	58	175	82	687	300	270	252	100	154	115	60
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
I am generally healthy	589 59%	385 62%def i	308 64%def i	77 56%i	204 53%i	13 38%	23 44%	35 56%i	109 66%def i	24 34%	419 61%q	168 54%	152 54%	146 55%	54 53%	93 57%	64 53%	28 46%
I am active	469 47%	316 51%def i	250 52%def i	66 48%ei	153 40%e	4 11%	18 35%e	24 38%e	87 53%def i	21 29%e	332 48%	135 44%	116 42%	116 44%	47 45%	68 42%	51 42%	31 50%
I have been diagnosed with an ongoing physical health condition	239 24%	93 15%	62 13%	31 23%ab	146 38%abc	13 40%abc	20 38%abc	22 34%ab	67 41%abc	25 35%abc	188 27%klm no	50 16%	42 15%	48 18%	9 9%	24 15%	26 21%n	16 26%n
I am on a diet / trying to lose weight	209 21%	134 22%h	105 22%h	29 21%	75 20%	5 14%	13 25%h	12 20%	22 13%	24 33%abc deh	133 19%	77 25%	69 25%	64 24%	28 27%	37 22%	29 24%	15 25%
I am inactive	123 12%	50 8%	38 8%	12 9%	73 19%abc	6 19%ab	14 27%abc	11 18%ab	28 17%abc	14 20%abc	82 12%	41 13%	38 14%	33 13%	17 16%	22 13%	12 10%	7 12%
I am quite unhealthy	103 10%	55 9%	35 7%	19 14%abh	48 13%bh	9 26%abd gh	12 24%abdg h	5 8%	10 6%	13 18%abh	59 9%	43 14%j	40 14%j	35 13%	16 15%j	19 12%	16 13%	9 15%
I have been diagnosed with a mental health condition	90 9%	48 8%	31 6%	17 13%bh	42 11%bh	5 14%	15 29%abcd gh	3 5%	8 5%	11 16%abh	55 8%	35 11%	31 11%	29 11%	12 11%	18 11%	12 10%	9 14%
I am vegetarian	70 7%	42 7%	29 6%	13 9%	28 7%	3 8%	7 13%bh	2 4%	7 4%	9 13%bh	46 7%	23 7%	19 7%	22 8%	4 4%	11 7%	9 7%	6 10%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey
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Absolutes/col percents

Table 533

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1000	617	480	137	383	33*	52*	63*	164	71*	687	310	279	266	103*	163	122*	61*
I am vegan	18 2%	13 2%	9 2%	4 3%	4 1%	2 6% ^{dh}	-	-	1 *	2 2%	13 2%	4 1%	4 2%	2 1%	4 3%	1 1%	1 1%	1 1%
I am trying to conceive / pregnant	16 2%	13 2%	9 2%	4 3% ^h	4 1%	1 2%	1 1%	-	-	3 4% ^h	7 1%	10 3% ^j	10 3% ^j	8 3% ^j	4 4%	5 3%	4 3%	-
I am breastfeeding	4 *	3 1%	2 1%	1 1%	1 *	-	-	-	-	1 1%	-	4 1% ^j	4 2% ^j	-	4 4% ^j ^{mop}	-	-	-
None of these	33 3%	22 4%	19 4%	3 2%	12 3%	1 2%	1 2%	3 4%	4 3%	3 5%	20 3%	14 4%	13 5%	10 4%	7 7%	5 3%	7 6%	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

*** small base**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 534

Q13. Which of the following apply to you?

Base: All respondents who currently take food supplements / vitamins on a regular basis

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	990	255	592	440	11	141	138	38	15	85	39	135	162	141	136	94	59	58	91	245	99	172	78	16	725
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
I am generally healthy	589 59%	144 56%	363 60%	264 58%	7 52%	92 64%	77 60%	22 60%	6 43%	49 63%	8 24%	64 51% _j	81 53% _j	75 54% _j	91 66% _{ijkl}	63 61% _j	40 70% _{ijkl}	43 68% _j	66 62% _j	47 21%	18 21%	30 19%	13 18%	1 5%	536 71% _{stuv}
I am active	469 47%	113 44%	296 49%	217 48%	9 70%	70 48%	57 44%	16 42%	5 42%	36 46%	10 29%	47 38%	65 43%	61 43%	70 51% _{jk}	57 56% _{jk}	26 46%	37 57% _{jk}	60 56% _{jk}	50 22% _v	15 18%	37 24% _v	8 11%	1 8%	412 55% _{stuv}
I have been diagnosed with an ongoing physical health condition	239 24%	50 19%	140 23%	114 25%	* 4%	26 18%	49 38% _{abc}	13 35% _{ae}	3 22%	33 43% _{abc}	12 35% _{npq}	41 33% _{npq}	45 30% _{npq}	41 29% _{npq}	24 17%	34 33% _{npq}	8 14%	4 7%	19 18%	149 66% _{tx}	44 52% _x	130 83% _{stx}	58 77% _{tx}	10 67%	83 11%
I am on a diet / trying to lose weight	209 21%	55 21%	134 22% _g	89 20%	5 41%	40 27% _{fg}	20 16%	3 7%	2 16%	16 20%	5 14%	24 19%	30 20%	33 24%	36 26%	16 16%	15 27%	12 19%	25 23%	54 24%	25 30% _x	37 23%	18 24%	2 16%	152 20%
I am inactive	123 12%	32 12%	74 12%	49 11%	1 8%	23 16%	18 14%	3 8%	1 10%	14 17%	5 15%	28 22% _{loq}	17 11%	20 14% _r	20 15% _r	9 9%	6 11%	6 9%	6 6%	66 29% _x	28 32% _x	55 35% _x	32 42% _{sx}	7 47%	55 7%
I am quite unhealthy	103 10%	35 14% _c	55 9%	35 8%	1 8%	18 13%	13 10%	5 14%	2 13%	6 8%	9 26% _{lno}	18 14% _{pq}	18 12% _q	19 14% _q	16 11% _q	7 6%	2 4%	1 1%	9 9%	59 26% _x	27 32% _x	46 29% _x	26 35% _x	5 33%	41 5%
I have been diagnosed with a mental health condition	90 9%	33 13% _{bc}	45 7%	31 7%	* 4%	14 10%	12 9%	1 4%	3 26%	7 9%	6 17% _{nqr}	18 14% _{nr}	16 10%	19 14% _{nr}	7 5%	7 7%	4 8%	3 4%	4 4%	71 32% _x	65 76% _{suv}	44 28% _x	24 32% _x	4 24%	15 2%
I am vegetarian	70 7%	18 7%	42 7%	26 6%	- -	15 11%	10 8%	2 6%	3 26%	4 6%	1 4%	14 11%	12 8%	10 7%	10 7%	7 7%	1 2%	5 8%	5 5%	20 9%	8 10%	14 9%	7 10%	2 12%	45 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 534

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1000	258	609	451	13**	145	127	37*	13**	78*	33*	126	152	140	138	103*	57*	64*	107*	225	85*	158	75*	15**	755
I am vegan	18 2%	10 4% ^{bf}	8 1%	8 2%	-	1 *	-	-	-	-	2 6% ^r	3 3%	2 1%	4 3%	2 1%	3 2%	1 1%	2 3%	-	2 1%	1 2%	1 *	1 1%	-	16 2%
I am trying to conceive / pregnant	16 2%	3 1%	12 2%	10 2%	1 8%	1 1%	1 1%	-	1 6%	-	-	2 1%	* *	6 4% ^l	1 1%	2 2%	1 1%	-	4 3%	5 2%	3 4%	2 1%	1 1%	1 4%	11 2%
I am breastfeeding	4 *	-	4 1%	3 1%	-	1 1%	-	-	-	-	-	-	* *	1 *	-	-	-	-	3 3%	1 *	1 1%	-	-	-	4 *
None of these	33 3%	6 2%	25 4%	18 4%	1 6%	6 4%	3 2%	1 4%	-	1 1%	3 9% ^{kmp}	1 1%	9 6% ^k	3 2%	3 2%	4 4%	-	1 2%	5 4%	5 2%	1 1%	3 2%	-	1 8%	27 4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 535

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	990	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
I am generally healthy	589 59%	5 26%	36 51%gijk	8 48%	3 75%	99 47%gijk	358 76%begijk	20 16%i	589 100%bfgijk	- -	64 27%gi	19 21%i	- -
I am active	469 47%	7 39%	29 41%gik	7 45%	3 75%	82 39%gik	469 100%beghijk	- -	358 61%begijk	9 9%g	73 31%gi	21 23%gi	- -
I have been diagnosed with an ongoing physical health condition	239 24%	1 4%	20 28%fh	2 15%	- -	56 27%fh	73 16%h	58 47%bafh	64 11%	55 54%bafh	239 100%bafghik	46 51%bafh	- -
I am on a diet / trying to lose weight	209 21%	2 13%	14 20%	5 31%	1 33%	209 100%bfg hij k	82 17%	38 31%fh	99 17%	36 35%bfhj	56 24%h	26 29%fh	- -
I am inactive	123 12%	2 14%	10 14%fh	2 14%	* 11%	38 18%fh	- -	123 100%bafhijk	20 3%f	54 52%bafhijk	58 24%fh	31 34%bafh	- -
I am quite unhealthy	103 10%	2 10%	7 10%fh	5 28%	- -	36 17%fh	9 2%h	54 44%bafhj	- -	103 100%bafghj k	55 23%bfh	31 34%bafhj	- -
I have been diagnosed with a mental health condition	90 9%	2 11%	11 16%fh	3 20%	1 14%	26 12%fh	21 4%	31 25%efh	19 3%	31 30%efhj	46 19%fh	90 100%bafghij	- -
I am vegetarian	70 7%	4 22%	70 100%efghij k	3 17%	- -	14 7%	29 6%	10 8%	36 6%	7 7%	20 8%	11 13%fh	- -
I am vegan	18 2%	18 100%	4 5%efhj	- -	- -	2 1%	7 1%	2 2%	5 1%	2 2%	1 *	2 2%	- -

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 535

Q13. Which of the following apply to you?**Base: All respondents who currently take food supplements / vitamins on a regular basis**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1000	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
I am trying to conceive / pregnant	16 2%	-	3 4%	16 100%	* 11%	5 2%	7 2%	2 2%	8 1%	5 5%hj	2 1%	3 4%	-
I am breastfeeding	4 *	-	-	* 3%	4 100%	1 1%	3 1%	* *	3 1%	-	-	1 1%	-
None of these	33 3%	-	-	-	-	-	-	-	-	-	-	-	33 100%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 536
Gender
Base: All respondents

	Gender		Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Male	1015	1015	-	112	158	162	205	153	226	323	260	205	227	83	48	137	76	93	70	52	81	126	131	88	29	126	534
	49%	100% ^b	-	48%	44%	48%	55% ^{ei}	50%	47%	58% ^{klm}	45%	48%	44%	47%	56% ^u	59% ^{nqs}	45%	51%	47%	52%	42%	47%	47%	50%	47%	45%	58% ^A
Female	1066	-	1066	121	200	173	165	153	253	234	320	223	288	94	37	95	94	88	81	49	113	143	149	90	33	153	385
	51%	-	100% ^a	52%	56% ^g	52%	45%	50%	53% ^g	42%	55% ^j	52% ^j	56% ^j	53% ^p	44%	41%	55% ^p	49%	53% ^p	48%	58% ^{op}	53% ^p	53% ^p	50%	53%	55% ^B	42%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 537
Gender
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ondary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Male	1015	13 49%	7 81%	587 47%	281 51%	95 54%	21 41%	935 49%	77 47%	12 39%	37 53%	19 46%	6 36%	3 84%	827 51%qr	475 54%pqr	352 47%	188 42%	165 42%	24 45%
Female	1066	12 51%	2 49%	656 53%	271 49%	81 46%	31 59%	976 51%	85 53%	19 61%	33 47%	22 54%	10 64%	1 16%	810 49%	406 46%	405 53%o	255 58%no	226 58%no	30 55%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 538
Gender
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working time (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Male	1015	660	590	71	355	46	64	39	188	17	758	255	226	213	87	121	104	58
	49%	55%cdf	62%acd	28%i	40%cgi	55%cdf	42%cgi	28%i	54%cdf	11%	51%klm	43%	42%	43%	43%	40%	44%	47%
Female	1066	538	355	183	527	37	91	101	158	140	726	338	311	285	117	181	132	64
	51%	45%b	38%	72%abd	60%abe	45%efh	58%abe	72%abd	46%b	89%abc	49%	57%j	58%j	57%j	57%j	60%j	56%	53%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 539
Gender
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?							
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Male	1015	313	611	466	6	139	88	26	10	52	33	119	147	163	135	112	67	65	122	194	72	115	70	11	801
	49%	54%fgi	50%fgi	51%fgi	34%	46%fgi	35%	32%	47%	34%	38%	43%	46%	51%jk	51%	55%jk	52%	53%	62%jklmn	44%	43%	42%	47%	48%	50%su
Female	1066	271	622	448	12	162	167	55	11	101	53	160	174	157	130	92	62	57	76	243	94	158	77	12	802
	51%	46%	50%	49%	66%	54%	65%abc	68%abc	53%	66%abc	62%mor	57%mor	54%r	49%r	49%r	45%	48%	47%	38%	56%x	57%	58%x	53%	52%	50%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 540
Gender
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Male	1015	10	20	1	-	71	253	46	282	35	99	35	14
	49%	57%	29%	6%	-	34%	54% ^{begijk}	37%	48% ^{begi}	34%	42%	38%	41%
Female	1066	8	50	15	4	139	216	77	307	68	139	55	20
	51%	43%	71% ^{fh}	94%	100%	66% ^{fh}	46%	63% ^{fh}	52%	66% ^{fh}	58% ^f	62% ^f	59%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 541
Age
Base: All respondents

	Gender			Age							Social Grade					Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (l)	C1 (k)	C2 (j)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humber (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North of Ireland (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
18-24	233	112	121	233	-	-	-	-	-	91	78	32	33	15	13	25	20	21	11	9	17	42	45	15	-	27	112
	11%	11%	11%	100%efgh	-	-	-	-	-	16%lm	13%lm	7%	6%	8%y	15%y	11%y	12%y	11%y	7%	9%y	9%y	16%nsxy	16%nsux	9%y	-	10%	12%
25-34	358	158	200	-	358	-	-	-	-	115	99	75	68	31	19	36	27	33	27	17	38	58	46	21	6	73	212
	17%	16%	19%	-	100%dfgh	-	-	-	-	21%lm	17%	18%	13%	17%	22%x	15%	16%	18%	18%	17%	19%	22%x	16%	12%	9%	26%	23%
35-44	335	162	173	-	-	335	-	-	-	92	89	73	81	32	7	45	34	31	28	17	20	41	44	24	11	68	206
	16%	16%	16%	-	-	100%degh	-	-	-	16%	15%	17%	16%	18%u	9%	19%ou	20%ou	17%	19%ou	17%	10%	15%	16%	14%	17%	25%	22%
45-54	370	205	165	-	-	-	370	-	-	77	97	95	102	34	12	48	27	24	28	18	42	45	39	37	17	74	204
	18%	20%b	16%	-	-	-	100%defh	-	-	14%	17%	22%jkl	20%j	19%	14%	21%	16%	13%	18%	18%	22%rwy	17%	14%	21%	27%rwy	27%	22%
55-64	306	153	153	-	-	-	-	306	-	52	84	58	112	24	17	33	24	24	22	15	30	36	42	27	13	31	138
	15%	15%	14%	-	-	-	-	100%defg	-	9%	14%j	14%j	22%jkl	13%	21%	14%	14%	13%	14%	15%	15%	13%	15%	15%	21%	11%	15%
65+	479	226	253	-	-	-	-	-	479	131	133	95	120	41	16	46	38	49	35	25	47	46	66	53	16	5	47
	23%	22%	24%	-	-	-	-	-	100%defgh	23%	23%	22%	23%	23%	19%	20%	22%	27%v	23%	25%	24%	17%	23%	30%pv	26%	2%	5%A
NET: 18-34	591	270	321	233	358	-	-	-	-	206	177	108	100	46	32	61	46	54	39	26	55	100	91	36	6	100	324
	28%	27%	30%	100%fghi	100%fghi	-	-	-	-	37%klm	31%lm	25%	19%	26%y	38%xy	26%y	27%y	30%y	26%y	26%y	28%y	37%npsxy	32%xy	20%	9%	36%	35%
NET: 35-54	705	367	338	-	-	335	370	-	-	169	186	167	183	67	19	93	61	55	56	35	62	86	82	61	27	143	409
	34%	36%	32%	-	-	100%dehi	100%dehi	-	-	30%	32%	39%jkl	35%	38%o	23%	40%ow	36%o	30%	37%o	35%	32%	32%	29%	34%	44%o	51%	45%
NET: 55+	785	379	406	-	-	-	-	306	479	182	217	153	232	65	34	78	62	73	57	40	77	82	107	81	30	37	186
	38%	37%	38%	-	-	-	-	100%defg	100%defg	33%	37%	36%	45%ijkl	37%	40%	34%	36%	40%	37%	40%	40%	31%	38%	45%pv	47%v	13%	20%A

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 541
Age
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Average age	47.85	48.12	47.60	21.76	30.09 ^d	39.62 ^d	49.57 ^d	59.54 ^d	70.77 ^d	45.32	47.21	48.42 ^j	50.83 ^j	48.44 ^v	45.30	47.49	47.05	48.18	48.40 ^v	48.69	48.98 ^v	44.65	47.01	51.54 ^o	52.97 ^o	40.64	41.88

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 542
Age
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?								Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
18-24	233 11%	2 9%	1 9%	92 7%	79 14% ^c	16 9%	41 78% ^{cde}	193 10%	39 24% ^g	7 23%	14 21% ^g	8 19%	8 55%	1 40%	207 13% ^{qr}	127 14% ^{pqr}	81 11% ^{qr}	26 6%	22 6%	4 7%
25-34	358 17%	5 20%	1 17%	140 11%	139 25% ^c	55 31% ^{cf}	8 16%	314 16%	40 25% ^g	9 27%	18 26%	10 26%	3 18%	-	306 19% ^{pqr} s	197 22% ^{npq} rs	109 14%	52 12%	50 13%	2 4%
35-44	335 16%	2 10%	3 37%	191 15% ^f	97 18% ^f	39 22% ^{cf}	2 3%	288 15%	45 28% ^g	9 28%	24 34% ^g	11 28%	1 6%	1 18%	280 17% ^{qs}	156 18% ^{qs}	123 16%	55 12%	52 13%	3 5%
45-54	370 18%	7 26%	1 6%	260 21% ^{df}	75 14% ^f	26 15% ^f	1 2%	348 18%	21 13%	4 12%	8 11%	8 19%	2 11%	-	296 18%	141 16%	155 20% ^o	75 17%	62 16%	12 23%
55-64	306 15%	1 4%	1 6%	229 18% ^{def}	55 10% ^f	18 10% ^f	-	298 16% ^{hj}	8 5%	2 6%	3 4%	2 6%	-	1 16%	224 14%	116 13%	108 14%	82 18% ^{no}	66 17%	15 29% ^{nop}
65+	479 23%	8 31%	2 24%	331 27% ^{def}	106 19% ^f	22 12% ^f	-	470 25% ^{hj}	9 5%	2 5%	3 5%	1 3%	2 10%	1 26%	324 20% ^o	144 16%	180 24% ^{no}	155 35% ^{nop}	138 35% ^{nop}	17 33% ^{no}
NET: 18-34	591 28%	7 29%	2 26%	232 19%	218 40% ^c	71 40% ^c	49 94% ^{cde}	507 27%	79 49% ^g	16 49%	33 46% ^g	18 45%	11 73%	1 40%	513 31% ^{pqr} s	324 37% ^{npq} rs	190 25% ^{qrs}	77 17%	72 18%	6 11%
NET: 35-54	705 34%	9 36%	4 44%	451 36% ^f	173 31% ^f	66 37% ^f	3 6%	636 33%	66 41%	13 40%	32 45%	19 46%	3 17%	1 18%	576 35% ^{qr}	297 34%	278 37% ^{qr}	130 29%	115 29%	15 28%
NET: 55+	785 38%	9 35%	3 30%	561 45% ^{def}	161 29% ^f	39 22% ^f	-	768 40% ^{hj}	16 10%	3 11%	6 9%	4 9%	2 10%	1 42%	548 33%	260 29%	289 38% ^{no}	237 53% ^{nop}	204 52% ^{nop}	33 61% ^{nop}
Average age	47.85	50.87	45.49	51.31 ^d ef	44.11 ^f	41.70 ^f	23.27	48.88 ^h j	36.18	37.15	35.58	36.94	32.93	45.54	46.25 ^o	44.20	48.63 ⁿ o	53.77 ⁿ op	53.53 ⁿ op	55.55 ^{nop}

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 543
Age
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
18-24	233 11%	139 12%ghi	107 11%ghi	32 13%ghi	94 11%ghi	7 9%gh	79 51%abcd eghi	-	-	7 5%gh	203 14%klmo pq	30 5%p	28 5%p	14 3%	22 11%klmo pq	11 4%	3 1%	3 2%
25-34	358 17%	285 24%cd gh	241 26%cd gh	44 17%dgh	73 8%gh	18 22%dgh	21 14%dgh	-	-	33 21%dgh	188 13%q	169 29%j pq	168 31%j mp	123 25%j pq	95 47%j kl mopq	107 35%j mp	36 15%q	4 3%
35-44	335 16%	274 23%dfg h	223 24%dfg h	51 20%dfg h	61 7%gh	16 19%dfg h	12 8%gh	-	1 *	32 20%dfg h	108 7%	226 38%j q	221 41%j q	199 40%j q	69 34%j	137 45%j q	108 46%j q	34 28%j
45-54	370 18%	278 23%dfg h	222 24%dfg h	56 22%dfg h	92 10%gh	26 32%dfg h	17 11%gh	*	6 2%	43 27%dfg h	231 16%n	139 23%j no	100 19%n	135 27%j lno	12 6%	42 14%n	73 31%j kl no	67 55%j klmno p
55-64	306 15%	170 14%g	127 13%g	43 17%g	136 15%g	15 18%g	26 17%g	5 4%	52 15%g	39 25%abc dgh	279 19%klmn opq	26 4%o	19 3%	24 5%o	4 2%	4 1%	15 6%no	12 10%klmno
65+	479 23%	53 4%bf	24 3%	28 11%abe fi	426 48%abce fi	1 1%	-	134 96%abc defhi	289 83%abcd efi	3 2%	476 32%klmn opq	3 *	1 *	3 1%	1 1%	1 *	1 *	3 2%l
NET: 18-34	591 28%	424 35%dgh i	348 37%cdg hi	76 30%dgh	167 19%gh	26 31%dgh	101 65%abcd eghi	-	-	40 26%dgh	390 26%pq	199 34%j pq	196 37%j mp	137 28%pq	117 58%j kl mopq	118 39%j mp	39 16%q	7 6%
NET: 35-54	705 34%	552 46%dfg h	445 47%dfg h	107 42%dfg h	153 17%gh	42 51%dfg h	29 18%gh	*	7 2%	75 48%dfg h	338 23%	365 62%j n	321 60%j n	333 67%j no	82 40%j	179 59%j n	182 77%j kl mno	100 82%j klmno

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 543
Age
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: 55+	785 38%	223 19%	151 16%	71 28%abf	562 64%abc efi	16 19%	26 17%	140 100%abc defi	340 98%abc defi	41 26%abf	755 51%klmn opq	28 5%o	20 4%	27 5%o	5 2%	6 2%	16 7%o	15 12%klmno
Average age	47.85	41.59f	40.82f	44.47a bf	56.35a bcefi	43.47f	33.05	70.82a bcdefh i	69.16a bcdefi	44.98a bf	51.29k lmnopq o	39.27n	38.25n	40.46k lno	34.05	37.03n	42.66k lmno	46.77klmnop

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 544
Age
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
18-24	233 11%	198 34% gi	33 bcef 3% cfi	10 1%	2 11%	20 7% bcfg i	-	-	-	-	11 13% lmn	28 10%	21 7%	21 7%	16 6%	16 8%	15 12%	16 13% lmn	37 19% klmn	37 9% u	24 14% suv	11 4%	5 4%	3 14%	191 12% uv
25-34	358 17%	133 23% bcf gi	219 18% cfg i	116 13% fgi	3 18%	99 33% abcf gi	3 1%	-	2 9%	1 1%	15 17% k	25 9%	37 11%	65 20% kl	51 19% kl	33 16% k	23 18% k	34 28% klo	57 29% klm nop	49 11%	27 17% uv	20 7%	12 8%	3 14%	300 19% suv
35-44	335 16%	79 13% fg i	236 19% afg i	161 18% afg i	5 30%	70 23% afgi	19 7%	3 4%	4 20%	12 8%	10 12%	26 9%	51 16% k	46 14%	54 20% k	43 21% k	24 19% k	33 27% ijkl m	32 16% k	55 13%	40 24% suv x	29 11%	19 13%	2 8%	276 17% su
45-54	370 18%	84 14%	243 20% ag i	182 20% ag i	5 26%	56 19% g	43 17% g	5 6%	6 26%	33 21% ag	23 27% kl	45 16%	46 14%	59 19%	45 17%	47 23% l	28 22%	19 15%	42 21%	85 19%	38 23%	57 21%	33 22%	1 3%	279 17%
55-64	306 15%	61 10%	189 15% ae i	159 17% ae i	1 5%	30 10%	55 21% abe	13 16%	4 19%	38 25% abc e	16 19% qr	58 21% oqr	62 19% oqr	47 15% q	42 16% qr	23 11%	20 16% q	6 5%	16 8%	90 21% x	29 17%	64 23% x	36 24% x	5 24%	208 13%
65+	479 23%	29 5%	313 25% ae i	284 31% abe i	2 10%	26 9% a	136 53% abc efi	60 74% abc	5 26%	71 46% abc e	10 12%	96 35% jmn opqr	105 33% jno pqr	82 26% jpq r	57 22% jqr	41 20% r	19 15% r	15 12%	14 7%	121 28% tx	9 5%	94 34% tx	41 28% t	8 37%	350 22% t
NET: 18-34	591 28%	331 57% bce fgi	252 20% cfg i	127 14% fgi	5 29%	120 40% bcfg i	3 1%	-	2 9%	1 1%	26 30% kl	53 19%	57 18%	86 27% kl	67 25% l	49 24%	38 29% kl	51 41% klm no	94 48% ijkl mnop	86 20% uv	51 31% suv	30 11%	18 12%	7 29%	490 31% suv
NET: 35-54	705 34%	163 28% g i	479 39% afg i	344 38% afg i	10 55%	126 42% afg i	62 24% g	8 10%	10 46%	44 29% g	34 39% k	71 26%	97 30%	106 33%	99 37% k	91 44% klm	52 40% k	51 42% kl	74 37% k	140 32%	78 47% sux	86 31%	52 36%	2 11%	555 35%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 544
Age
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: 55+	785 38%	89 15%	502 41%ae	443 49%abe	3 16%	56 19%	191 75%abc e	72 90%abc efi	10 45%	109 71%abc e	26 31%qr	155 55%jmn opqr	166 52%jmn opqr	129 40%qr	100 38%qr	64 31%qr	40 31%qr	21 17%	30 15%	211 48%tx	37 22%	157 58%stx	77 52%tx	14 60%	558 35%t
Average age	47.85	36.08 e	50.41a	53.44a be	42.67	41.68a	62.63a bce	68.21a bcefi	52.90	61.05a bce	45.14q r	53.89j mnopqr	52.96j mnopqr	49.46j pqr	48.03q r	47.40q r	45.77q r	40.54	39.15 x	51.93t	42.68	55.84s tx	54.19t x	53.02	46.79t

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 545
Age
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
18-24	233 11%	6 34%	6 9%j	3 17%	* 11%	24 11%j	44 9%j	10 8%j	57 10%j	9 9%j	7 3%	12 14%j	2 5%
25-34	358 17%	7 38%	16 23%j	8 51%	2 57%	54 26%hj	90 19%j	21 17%j	106 18%j	20 19%j	19 8%	17 19%j	10 31%
35-44	335 16%	2 11%	13 19%	5 32%	1 32%	36 17%	75 16%	23 19%	99 17%	21 20%	29 12%	25 28%efhj	5 16%
45-54	370 18%	1 7%	19 27%ghk	- -	- -	33 16%	86 18%	14 11%	96 16%	19 18%	42 17%	11 13%	5 16%
55-64	306 15%	- -	10 15%	- -	- -	24 12%	57 12%	22 18%	82 14%	25 24%efh	56 24%efh	18 20%f	3 10%
65+	479 23%	2 10%	6 8%	- -	- -	39 18%k	117 25%bik	32 26%bik	148 25%bik	10 10%	86 36%befhik	6 7%	7 22%
NET: 18-34	591 28%	13 72%	22 32%j	11 68%	3 68%	78 37%ghj	134 29%j	32 26%j	163 28%j	29 28%j	26 11%	29 33%j	12 37%
NET: 35-54	705 34%	3 18%	32 45%gj	5 32%	1 32%	69 33%	161 34%	37 30%	195 33%	39 38%	71 30%	36 40%	11 32%
NET: 55+	785 38%	2 10%	16 23%	- -	- -	63 30%	173 37%b	54 44%bek	231 39%bek	35 34%	142 60%befghi	24 27%	11 32%
Average age	47.85	34.21	43.76	31.99	32.41	44.46	48.00ek	49.04bek	48.59bek	45.17	56.15befg hik	42.30	46.65

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 546
Social Grade
Base: All respondents

	Gender			Age						Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
A	163 8%	105 10%b	58 5%	36 16%efgh i	31 9%h	30 9%h	23 6%h	8 3%	35 7%h	163 29%klm	-	-	-	9 5%	6 8%	13 6%	10 6%	16 9%	6 4%	8 8%	10 5%	28 10% s	31 11% nsu	18 10%	8 12%	23 8%	84 9%
B	394 19%	218 21%b	177 17%	54 23%gh	84 24%gh	62 18%	54 15%	44 14%	96 20%h	394 71%klm	-	-	-	37 21%	22 26%q	37 16%	25 15%	39 22%	26 17%	15 15%	35 18%	60 22%	57 20%	30 17%	11 18%	70 25%	190 21%
C1	580 28%	260 26%	320 30%a	78 33%	99 28%	89 27%	97 26%	84 27%	133 28%	-	580 100%jlm	-	-	50 28%	23 28%	64 27%	40 24%	48 26%	49 32%	27 26%	54 28%	81 30%	69 25%	49 28%	26 41% qw	98 35% B	259 28%
C2	428 21%	205 20%	223 21%	32 14%	75 21% d	73 22% d	95 26% d	58 19%	95 20%	-	-	428 100% jkm	-	35 20%	15 18%	51 22% y	50 30% nuv wy	40 22% y	34 23% y	23 23% y	37 19%	45 17%	56 20%	37 21%	5 8%	47 17%	218 24% A
D	287 14%	142 14%	145 14%	20 9%	53 15% di	54 16% di	54 15% di	62 20% di	44 9%	-	-	-	287 56% jkl	24 14% v	11 13%	45 19% rvw	22 13% v	21 11%	29 19% vw	18 17% v	41 21% rvwx	16 6%	32 12% v	22 12% v	6 10%	40 14%	161 18%
E	229 11%	85 8%	144 13%a	13 5%	14 4%	27 8% e	47 13% de	51 17% def	76 16% def	-	-	-	229 44% jkl	23 13% s	7 9%	23 10%	22 13% s	18 10%	7 4%	10 10%	17 9%	37 14% s	35 13% s	22 12% s	6 10%	-	8 1%
NET: AB	557 27%	323 32%b	234 22%	91 39% fgh i	115 32% gh	92 27% h	77 21%	52 17%	131 27% gh	557 100% klm	-	-	-	46 26%	28 33% pq	50 22%	35 20%	55 30% q	32 21%	23 23%	45 23%	88 33% pqs u	88 31% pqs	48 27%	19 30%	93 33%	274 30%
NET: ABC1	1137 55%	583 57%b	554 52%	168 72% efg hi	215 60% gh	181 54% h	174 47%	135 44%	264 55% gh	557 100% lm	580 100% lm	-	-	96 54%	52 61% q	114 49%	75 44%	103 57% q	81 54%	50 50%	99 51%	169 63% pqt u	157 56% q	97 54%	44 71% npq stu	191 69% B	533 58%
NET: C2DE	944 45%	432 43%	512 48%a	65 28%	143 40% d	154 46% d	196 53% dei	171 56% def	215 45% d	-	-	428 100% jkl	516 100% jk	82 46% y	33 39%	118 51% vy	95 56% orv wy	79 43%	70 46% y	51 50% vy	95 49% vy	99 37%	124 44%	81 46%	18 29%	88 31%	386 42% A
NET: DE	516 25%	227 22%	288 27%a	33 14%	68 19%	81 24% d	102 27% de	112 37% def	120 25% d	-	-	-	516 100% jkl	47 27%	18 21%	67 29% v	44 26%	39 21%	36 24%	28 27%	58 30% v	54 20%	68 24%	44 25%	13 21%	40 14%	169 18%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 547
Social Grade
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
A	163 8%	* 2%	-	66 5%	64 12%c	30 17%cf	2 4%	144 8%	18 11%	3 9%	12 18%g	1 3%	1 10%	1 18%	137 8%	77 9%	60 8%	26 6%	22 6%	4 7%
B	394 19%	2 9%	1 9%	145 12%	171 31%c	63 36%cf	10 19%	352 18%	41 25%g	6 19%	18 26%	13 31%	4 28%	-	288 18%	172 20%p	116 15%	106 24%np	87 22%np	19 36%nop
C1	580 28%	2 9%	4 46%	332 27%e	184 33%ce	33 19%	24 46%ce	534 28%	45 28%	10 32%	12 17%	15 37%	5 35%	2 66%	472 29%	268 30%qr	204 27%	108 24%	96 25%	12 23%
C2	428 21%	5 20%	2 22%	298 24%de	80 14%	27 15%	8 16%	408 21%h	21 13%	3 10%	12 10%	2 17%	3 5%	1 19%	336 21%	157 18%	179 24%o	92 21%	86 22%	6 11%
D	287 14%	6 24%	-	226 18%de	29 5%	14 8%	5 10%	263 14%	20 12%	2 7%	12 17%	5 11%	1 9%	-	224 14%	113 13%	111 15%	63 14%	53 14%	10 19%
E	229 11%	9 37%	2 23%	176 14%de	25 5%	9 5%	2 5%	211 11%	17 11%	7 23%	4 6%	6 14%	-	-	180 11%	92 10%	87 12%	49 11%	47 12%	2 4%
NET: AB	557 27%	3 11%	1 9%	212 17%	234 42%cf	93 53%cdf	12 23%	495 26%	59 37%g	9 28%	30 43%g	14 33%	6 38%	1 18%	425 26%	250 28%p	176 23%	132 30%p	109 28%	23 43%nopr
NET: ABC1	1137 55%	5 19%	5 56%	543 44%	418 76%c	127 72%c	36 69%cd	1030 54%	104 64%g	19 61%	42 60%	29 70%	11 73%	3 84%	897 55%	517 59%pr	380 50%	240 54%	204 52%	35 66%
NET: C2DE	944 45%	20 81%	4 44%	699 56%def	134 24%	49 28%	16 31%	882 46%h	58 36%	13 39%	28 40%	12 30%	4 27%	1 16%	740 45%	363 41%	376 50%o	204 46%	186 48%o	18 34%
NET: DE	516 25%	15 61%	2 23%	401 32%def	54 10%	22 13%	8 15%	474 25%	37 23%	9 30%	16 23%	10 25%	1 9%	-	404 25%	206 23%	198 26%	112 25%	100 26%	12 23%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 548
Social Grade
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
A	163 8%	107 9% _{dgi}	93 10% _{cdgi}	14 6%	56 6% _i	4 5%	8 5%	4 3%	36 10% _{cdfg}	3 2%	106 7%	57 10%	52 10%	46 9%	26 13% _j	32 11%	26 11%	7 6%
B	394 19%	261 22% _{defgi}	214 23% _{defgi}	47 18% _{eg}	134 15% _{eg}	5 6%	18 12% _g	6 4%	85 24% _{defgi}	19 12% _g	288 19%	105 18%	100 19%	88 18%	43 21%	54 18%	40 17%	19 15%
C1	580 28%	357 30% _{cdegi}	297 31% _{cdegi}	61 24% _{egi}	223 25% _{egi}	6 7%	54 34% _{cdegi}	21 15%	123 35% _{cdegi}	20 13%	434 29% _{kln}	146 25%	128 24%	123 25%	44 22%	77 25%	55 23%	30 24%
C2	428 21%	265 22% _{fg}	202 21% _{fg}	63 25% _{dfg}	163 19% _f	12 15%	16 10%	17 12%	71 21% _{fg}	48 30% _{abcd} _{efgh}	280 19%	146 25% _j	130 24% _j	122 24% _j	47 23%	69 23%	54 23%	34 28% _j
D	287 14%	201 17% _d _{deh}	134 14% _d _{deh}	67 27% _{abcd} _{efghi}	86 10%	5 6%	17 11%	15 10%	28 8%	22 14% _{eh}	189 13%	98 17% _j	91 17% _j	85 17% _j	31 15%	56 18% _j	41 17%	21 17%
E	229 11%	8 1%	5 1%	2 1%	221 25% _{abc} _{dfhi}	52 62% _{abc} _{dfhi}	43 28% _{abc} _h	78 56% _{abcd} _h	4 1%	44 28% _{abc} _h	187 13% _{klmn} _o	41 7%	36 7%	33 7%	12 6%	15 5%	20 8%	12 10%
NET: AB	557 27%	368 31% _{cde} _{fgi}	307 32% _{cde} _{fgi}	61 24% _{egi}	189 21% _{eg}	9 11%	26 17% _g	10 7%	121 35% _{cde} _{fgi}	23 15% _g	395 27%	162 27%	151 28%	135 27%	68 34% _q	86 29%	67 28%	26 21%
NET: ABC1	1137 55%	725 60% _{cde} _{fgi}	603 64% _{cde} _{fgi}	121 48% _{egi}	412 47% _{egi}	15 18%	80 51% _{egi}	31 22%	244 70% _{abc} _{defgi}	43 27%	828 56% _q	307 52%	279 52%	258 52%	113 55%	163 54%	122 52%	56 46%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 548
Social Grade
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: C2DE	944	474	341	132	470	69	76	110	103	114	656	285	257	239	91	139	114	66
	45%	40%h	36%h	52%abh	53%abh	82%abc	49%abh	78%abc	30%dfh	73%abc	44%dfh	48%	48%	48%	45%	46%	48%	54%j
NET: DE	516	209	139	70	307	56	60	93	31	66	376	139	127	118	44	70	61	33
	25%	17%h	15%h	27%abh	35%abc	67%abc	39%abc	66%abcd	9%h	42%abc	25%h	23%	24%	24%	21%	23%	26%	27%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 549
Social Grade
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?							
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
A	163 8%	49 8%fi	106 9%fi	87 9%fi	1 8%	18 6%	8 3%	4 5%	1 4%	3 2%	1 2%	3 1%	10 3%	20 6%k	13 5%k	28 14%ijkl mn	13 10%ijkl	14 11%ijkl n	41 21%ijklm np	22 5%	10 6%	12 4%	11 8%	1 3%	139 9%su
B	394 19%	107 18%g	254 21%fg	186 20%fg	3 19%	64 21%fg	34 13%	7 9%	4 19%	22 15%	3 4%	11 4%	35 11%k	43 14%jk	54 20%jkl m	51 25%jkl m	37 29%jkl m	43 35%jkl mn	82 42%jkl mnop	53 12%	25 15%v	29 10%	10 7%	6 24%	337 21%svu
C1	580 28%	180 31%bc	321 26%	229 25%	6 35%	86 28%	76 30%	24 30%	5 23%	47 31%	16 18%	62 22%	109 34%jkr	103 32%jkr	79 30%jr	57 28%	40 31%jr	41 33%jkr	38 19%	99 23%	35 21%	65 24%	28 19%	6 24%	471 29%stv
C2	428 21%	92 16%	301 24%afi	230 25%afi	3 15%	69 23%afi	33 13%	12 15%	5 25%	15 10%	4 5%	39 14%j	70 22%jk	78 24%jkl r	79 30%jkl oqr	40 20%j	33 26%jkl r	17 13%	29 15%j	99 23%	27 16%	65 24%	33 22%	5 22%	325 20%
D	287 14%	79 14%	171 14%	116 13%	3 19%	51 17%	32 13%	8 10%	5 21%	19 13%	14 17%pqr	53 19%pqr	61 19%pqr	61 19%pqr	34 13%pr	27 13%pr	5 4%	8 7%	8 4%	55 13%	22 13%	30 11%	12 8%	1 5%	226 14%
E	229 11%	75 13%bce	80 6%	66 7%	1 4%	14 4%	73 29%abc e	25 31%abc e	2 8%	47 30%abc e	47 55%klm nopqr	111 40%lmn opqr	35 11%mnop qr	16 5%oqr	6 2%	1 1%	2 1%	- -	1 *	110 25%x	48 29%x	73 27%x	52 36%sx	5 21%	105 7%
NET: AB	557 27%	156 27%fgi	360 29%fgi	273 30%fgi	5 27%	82 27%fgi	41 16%	11 14%	5 22%	25 17%	5 5%	14 5%	45 14%jk	63 20%jk	67 25%jkl	78 39%jkl mn	50 39%jkl mn	57 47%jkl mn	123 62%jkl mnopq	74 17%	34 21%	40 15%	21 14%	6 27%	476 30%stuv
NET: ABC1	1137 55%	336 58%fgi	681 55%f	502 55%f	11 62%	168 56%f	118 46%	35 44%	10 46%	73 47%	20 24%	76 27%	154 48%jk	166 52%jk	146 55%jk	135 66%jkl mn	90 70%jkl mn	98 80%jkl mno	161 81%jkl mnop	173 40%	69 41%	105 39%	49 34%	12 52%	948 59%stuv

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 549
Social Grade
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: C2DE	944 45%	247 42%	551 45%	411 45%	7 38%	134 44%	138 54%abc e	45 56%a	12 54%	81 53%a	66 76%lmn opqr	203 73%lmn opqr	166 52%opq r	154 48%opq r	119 45%opq r	68 34%qr	39 30%r	25 20%	37 19%	263 60%x	97 59%x	168 61%x	98 66%x	11 48%	656 41%
NET: DE	516 25%	154 26%bc	250 20%	182 20%	4 23%	65 21%	105 41%abc e	33 41%abc e	6 29%	66 43%abc e	62 72%klm nopqr	164 59%lmn opqr	96 30%nop qr	76 24%nop qr	40 15%pqr	28 14%pr	6 5%	8 7%	8 4%	165 38%x	70 42%x	103 38%x	65 44%x	6 26%	331 21%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 550
Social Grade
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
A	163 8%	5 29%	3 4%	1 8%	1 19%	19 9%	41 9%	9 7%	59 10%	8 7%	17 7%	5 6%	4 12%
B	394 19%	2 9%	15 21%	2 11%	1 18%	49 23%	100 21%	27 22%	114 19%	16 16%	41 17%	17 19%	6 19%
C1	580 28%	4 23%	25 35%	4 26%	2 49%	55 26%	147 31%	34 27%	179 30%	24 23%	64 27%	20 23%	6 18%
C2	428 21%	2 12%	15 21%	5 31%	1 14%	42 20%	103 22%g	17 13%	128 22%g	17 16%	45 19%	15 17%	13 39%
D	287 14%	2 11%	3 5%	4 25%	-	25 12%	61 13%	15 12%	77 13%	20 20%bj	23 10%	12 13%	3 8%
E	229 11%	3 15%	10 14%fh	-	-	19 9%f	17 4%	22 18%efh	32 5%	18 18%efh	47 20%efh	20 22%efh	1 4%
NET: AB	557 27%	7 38%	17 25%	3 18%	2 37%	68 32%	141 30%	36 29%	173 29%	24 23%	58 24%	22 24%	10 31%
NET: ABC1	1137 55%	11 62%	42 60%	7 44%	4 86%	122 58%	288 61%ijk	70 57%	352 60%ijk	48 46%	123 51%	42 47%	16 49%
NET: C2DE	944 45%	7 38%	28 40%	9 56%	1 14%	87 42%	181 39%	54 43%	237 40%	55 54%fh	116 49%fh	48 53%fh	17 51%
NET: DE	516 25%	5 26%	13 19%	4 25%	-	45 21%	78 17%	37 30%fh	109 18%	39 37%befh	71 30%fh	32 36%befh	4 12%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 551
GO Region
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	Eastern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Scotland	178	83	94	15	31	32	34	24	41	46	50	35	47	178	-	-	-	-	-	-	-	-	-	-	-	30	74
	9%	8%	9%	6%	9%	10%	9%	8%	9%	8%	9%	8%	9%	100%opq	-	-	-	-	-	-	-	-	-	-	-	11%	8%
North East	85	48	37	13	19	7	12	17	16	28	23	15	18	-	85	-	-	-	-	-	-	-	-	-	-	10	44
	4%	5%	3%	6%f	5%	2%	3%	6%f	3%	5%	4%	4%	3%	-	100%npqr	-	-	-	-	-	-	-	-	-	-	4%	5%
North West	232	137	95	25	36	45	48	33	46	50	64	51	67	-	-	232	-	-	-	-	-	-	-	-	-	34	108
	11%	13%b	9%	11%	10%	13%	13%	11%	10%	9%	11%	12%	13%j	-	-	100%noqr	-	-	-	-	-	-	-	-	-	12%	12%
Yorkshire & Humberside	170	76	94	20	27	34	27	24	38	35	40	50	44	-	-	-	170	-	-	-	-	-	-	-	-	22	71
	8%	7%	9%	9%	7%	10%	7%	8%	8%	6%	7%	12%jk	9%	-	-	-	100%noqr	-	-	-	-	-	-	-	-	8%	8%
West Midlands	182	93	88	21	33	31	24	24	49	55	48	40	39	-	-	-	182	-	-	-	-	-	-	-	-	20	84
	9%	9%	8%	9%	9%	9%	6%	8%	10%	10%	8%	9%	8%	-	-	-	100%nopq	-	-	-	-	-	-	-	-	7%	9%
East Midlands	151	70	81	11	27	28	28	22	35	32	49	34	36	-	-	-	-	151	-	-	-	-	-	-	-	18	64
	7%	7%	8%	5%	8%	8%	7%	7%	7%	6%	8%	8%	7%	-	-	-	-	100%nopq	-	-	-	-	-	-	-	7%	7%
Wales	101	52	49	9	17	17	18	15	25	23	27	23	28	-	-	-	-	-	-	101	-	-	-	-	-	15	47
	5%	5%	5%	4%	5%	5%	5%	5%	5%	4%	5%	5%	5%	-	-	-	-	-	-	100%nopq	-	-	-	-	-	5%	5%
Eastern	194	81	113	17	38	20	42	30	47	45	54	37	58	-	-	-	-	-	-	-	194	-	-	-	-	28	83
	9%	8%	11%	7%	11%	6%	11%f	10%	10%	8%	9%	9%	11%	-	-	-	-	-	-	-	100%nopq	-	-	-	-	10%	9%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 551
GO Region
Base: All respondents

	Gender			Age							Social Grade				Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
London	268	126	143	42	58	41	45	36	46	88	81	45	54	-	-	-	-	-	-	-	-	268	-	-	-	41	126
	13%	12%	13%	18% ⁱ	16% ⁱ	12%	12%	12%	10%	16% ^{lm}	14%	11%	10%	-	-	-	-	-	-	-	-	100% ^{nopq}	-	-	-	15%	14%
South East	280	131	149	45	46	44	39	42	66	88	69	56	68	-	-	-	-	-	-	-	-	-	280	-	-	34	114
	13%	13%	14%	19% ^g	13%	13%	10%	14%	14%	16%	12%	13%	13%	-	-	-	-	-	-	-	-	-	100% ^{nopq}	-	-	12%	12%
South West	178	88	90	15	21	24	37	27	53	48	49	37	44	-	-	-	-	-	-	-	-	-	-	178	-	18	75
	9%	9%	8%	7%	6%	7%	10%	9%	11% ^e	9%	8%	9%	8%	-	-	-	-	-	-	-	-	-	-	100% ^{nopq}	-	7%	8%
Northern Ireland	62	29	33	-	6	11	17	13	16	19	26	5	13	-	-	-	-	-	-	-	-	-	-	-	62	8	29
	3%	3%	3%	-	2%	3% ^d	5% ^{de}	4% ^d	3% ^d	3% ^l	4% ^l	1%	2%	-	-	-	-	-	-	-	-	-	-	-	100% ^{nopq}	3%	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 552
GO Region
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Scotland	178 9%	3 12%	-	111 9%	43 8%	12 7%	7 14%	171 9%h	5 3%	-	2 3%	1 2%	2 11%	-	132 8%	71 8%	61 8%	46 10%	35 9%	11 20%no
North East	85 4%	2 9%	-	48 4%	24 4%	7 4%	2 3%	83 4%	2 1%	1 3%	1 1%	-	-	-	68 4%	32 4%	36 5%	17 4%	17 4%	-
North West	232 11%	3 11%	-	146 12%	61 11%	18 10%	3 6%	215 11%	17 11%	3 8%	9 12%	4 10%	2 11%	-	198 12%qr	93 11%	105 14%qr	34 8%	31 8%	3 5%
Yorkshire & Humberside	170 8%	4 18%	2 26%	112 9%e	43 8%e	4 2%	4 7%	162 8%	8 5%	1 2%	5 6%	1 2%	2 10%	1 18%	138 8%	76 9%	61 8%	32 7%	32 8%	-
West Midlands	182 9%	3 11%	-	114 9%	43 8%	17 10%	3 5%	167 9%	15 9%	2 5%	10 14%	3 8%	-	-	153 9%r	83 9%r	70 9%r	29 6%	22 6%	7 12%
East Midlands	151 7%	1 4%	-	103 8%	34 6%	9 5%	4 8%	144 8%	7 5%	1 4%	5 7%	1 3%	-	-	102 6%	49 6%	53 7%	50 11%no	47 12%no	3 5%
Wales	101 5%	-	-	64 5%	26 5%	8 4%	4 7%	100 5%h	1 1%	-	-	1 3%	-	-	71 4%	32 4%	39 5%	30 7%no	25 6%o	5 10%
Eastern	194 9%	4 16%	-	124 10%	41 7%	17 9%	5 9%	183 10%	8 5%	4 11%	1 2%	3 7%	-	-	127 8%	58 7%	69 9%	67 15%no	61 16%no	6 11%
London	268 13%	-	2 21%	128 10%	77 14%c	46 26%cd	10 20%c	189 10%	77 48%g	13 40%	31 44%g	24 58%	8 55%	1 40%	265 16%pqrs	224 25%npqr	41 5%qr	4 1%	4 1%	-
South East	280 13%	3 10%	2 22%	159 13%	92 17%ce	14 8%	8 16%	262 14%	17 11%	6 20%	6 9%	2 6%	2 13%	1 16%	221 13%o	80 9%	141 19%noq	60 13%o	56 14%o	3 6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 552
GO Region
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
South West	178	3	-	109	47	12	3	173	3	1	1	-	-	1	122	57	66	55	47	8
	9%	10%	-	9%	9%	7%	6%	9%h	2%	3%	2%	-	-	26%	7%	6%	9%	12%no	12%no	15%o
Northern Ireland	62	-	3	25	21	13	-	61	1	1	-	-	-	-	40	25	15	22	14	8
	3%	-	31%	2%	4%c	7%c	-	3%	1%	3%	-	-	-	2%	3%	2%	5%np	4%	15%nopqr	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 553
GO Region
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Scotland	178	104	77	26	74	7	16	12	31	9	123	55	51	44	19	32	17	8
	9%	9%	8%	10%	8%	8%	10%	8%	9%	5%	8%	9%	10%	9%	9%	11%	7%	6%
North East	85	54	41	13	30	5	6	4	11	4	62	23	21	20	7	11	10	4
	4%	5%	4%	5%	3%	6%	4%	3%	3%	3%	4%	4%	4%	4%	3%	4%	4%	3%
North West	232	142	114	28	90	9	19	15	34	14	160	72	65	64	17	35	34	14
	11%	12%	12%	11%	10%	10%	12%	11%	10%	9%	11%	12%	12%	13%	9%	11%	14%	12%
Yorkshire & Humberside	170	94	71	23	76	7	13	14	22	20	109	60	53	48	27	29	26	15
	8%	8%	7%	9%	9%	9%	9%	10%	6%	13%abh	7%	10%cj	10%	10%	13%ej	10%	11%	12%
West Midlands	182	104	79	25	77	4	12	16	37	9	128	53	49	45	18	27	25	11
	9%	9%	8%	10%	9%	5%	8%	11%	11%	6%	9%	9%	9%	9%	9%	10%	10%	9%
East Midlands	151	83	68	15	69	3	11	11	28	16	104	47	44	39	18	26	22	12
	7%	7%	7%	6%	8%	4%	7%	8%	8%	10%	7%	8%	8%	8%	9%	9%	9%	10%
Wales	101	62	48	14	39	3	8	6	14	8	75	26	23	23	6	14	8	8
	5%	5%	5%	5%	4%	3%	5%	4%	4%	5%	5%	4%	4%	5%	3%	4%	3%	7%
Eastern	194	111	85	27	82	3	12	11	33	24	137	55	46	47	16	27	16	14
	9%	9%	9%	11%e	9%	3%	8%	8%	9%	15%abde	9%	9%	9%	9%	8%	9%	7%	11%
London	268	166	144	22	102	15	24	15	38	11	190	78	69	66	28	38	34	15
	13%	14%ci	15%cdi	9%	12%	18%ci	15%ci	11%	11%	7%	13%	13%	13%	13%	14%	13%	14%	12%
South East	280	149	112	37	132	18	23	14	50	27	210	69	66	53	33	36	24	9
	13%	12%	12%	15%	15%	21%abg	15%	10%	15%	17%	14%cq	12%	12%	11%	16%q	12%	10%	7%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 553
GO Region
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?									
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122	
South West	178	93	75	18	84	7	9	19	39	10	137	41	36	37	12	22	13	10	
		9%	8%	8%	7%	10%	9%	6%	14%abc fi	11%	6%	9%	7%	7%	7%	6%	7%	5%	9%
Northern Ireland	62	36	31	5	26	5	3	4	10	5	49	13	13	11	3	7	8	2	
		3%	3%	3%	2%	3%	5%	2%	3%	3%	3%	2%	2%	2%	1%	2%	4%	2%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 554
GO Region
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Scotland	178 9%	40 7%	108 9%	80 9%	4 21%	24 8%	26 10%	7 9%	4 20%	15 10%	7 8%	25 9%	31 10%	38 12%	23 9%	13 6%	18 14%	10 8%	5 2%	47 11%	21 13%	30 11%	12 8%	2 9%	127 8%
North East	85 4%	32 5%	45 9%	37 4%	-	9 3%	8 3%	-	2 12%	5 3%	5 6%	8 3%	19 6%	12 4%	7 2%	7 3%	4 3%	6 5%	12 6%	11 3%	5 3%	6 2%	1 1%	-	73 5%
North West	232 11%	77 13%	132 11%	99 11%	-	33 11%	23 9%	8 10%	-	15 10%	12 14%	33 12%	32 10%	31 10%	39 15%	36 18%	9 7%	8 6%	12 6%	53 12%	24 14%	34 13%	19 13%	2 7%	175 11%
Yorkshire & Humberside	170 8%	44 8%	97 8%	72 8%	1 4%	25 8%	29 11%	7 9%	3 15%	18 12%	6 6%	28 10%	36 11%	32 10%	21 8%	12 6%	6 4%	11 9%	10 5%	30 7%	6 4%	15 6%	12 8%	2 9%	136 8%
West Midlands	182 9%	47 8%	107 9%	88 10%	3 17%	16 5%	26 10%	10 13%	-	16 10%	5 6%	26 9%	29 9%	29 9%	20 7%	23 11%	12 9%	10 8%	15 8%	33 7%	12 7%	19 7%	15 10%	2 8%	147 9%
East Midlands	151 7%	29 5%	111 9%	76 8%	2 11%	33 11%	11 4%	2 3%	* 2%	8 5%	5 6%	24 9%	25 8%	25 8%	20 8%	9 4%	11 9%	11 9%	9 5%	31 7%	7 4%	21 8%	8 6%	2 11%	114 7%
Wales	101 5%	25 4%	67 5%	46 5%	1 8%	19 6%	9 4%	5 6%	1 6%	3 2%	4 5%	12 4%	24 7%	16 5%	12 4%	8 4%	4 3%	3 2%	14 7%	22 5%	6 4%	15 5%	12 8%	1 5%	77 5%
Eastern	194 9%	48 8%	119 10%	91 10%	-	28 9%	24 10%	8 9%	2 9%	15 10%	5 6%	26 9%	25 8%	29 9%	33 12%	21 10%	12 9%	14 11%	16 8%	35 8%	17 10%	19 7%	9 6%	4 17%	155 10%
London	268 13%	97 17%	130 11%	90 10%	5 30%	34 11%	40 16%	17 21%	5 23%	19 12%	19 22%	30 11%	39 12%	30 9%	29 11%	26 13%	15 12%	16 13%	41 21%	39 9%	10 6%	27 10%	11 8%	2 10%	222 14%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 554
GO Region
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
South East	280	88	160	113	1	46	31	5	3	23	10	34	31	50	22	21	28	18	33	69	28	44	23	1	204
	13%	15%g	13%	12%	6%	15%g	12%	6%	13%	15%	12%	12%	10%	16%ln	8%	10%	22%kln	15%	17%ln	16%	17%	16%	16%	6%	13%
South West	178	41	113	87	*	25	23	10	-	13	3	26	24	22	29	23	5	12	21	51	25	33	19	3	125
	9%	7%	9%	10%	3%	8%	9%	12%	-	9%	3%	9%	8%	7%	11%jp	11%jp	4%	10%	10%	12%x	15%x	12%x	13%	15%	8%
Northern Ireland	62	16	43	34	-	9	4	1	-	3	5	6	6	7	11	7	4	4	9	15	4	9	5	1	47
	3%	3%	4%	4%	-	3%	1%	1%	-	2%	6%	2%	2%	2%	4%	3%	3%	3%	5%	4%	2%	3%	3%	3%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 555
GO Region
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Scotland	178 9%	2 10%	10 15%hj	3 21%	-	18 9%	37 8%	8 7%	43 7%	8 8%	15 6%	9 10%	1 2%
North East	85 4%	-	3 4%	-	-	11 5%	22 5%	3 3%	17 3%	5 5%	12 5%	1 1%	3 9%
North West	232 11%	3 18%	1 2%	1 3%	-	20 10%	56 12%b	7 6%	70 12%b	10 9%	24 10%b	15 17%bg	6 16%
Yorkshire & Humberside	170 8%	-	2 3%	2 12%	1 18%	20 10%	45 10%	10 8%	50 9%	7 6%	16 7%	7 7%	4 11%
West Midlands	182 9%	4 21%	2 2%	1 4%	-	17 8%	37 8%	13 10%	41 7%	8 7%	18 8%	4 4%	2 6%
East Midlands	151 7%	1 8%	6 9%	3 17%	2 38%	14 7%	29 6%	14 12%f	40 7%	7 7%	15 6%	6 7%	2 7%
Wales	101 5%	1 7%	3 5%	-	-	11 5%	24 5%	5 4%	29 5%	3 3%	14 6%	4 4%	2 5%
Eastern	194 9%	1 4%	5 8%	3 17%	* 11%	21 10%	44 9%	11 9%	61 10%	11 11%	29 12%	11 12%	1 3%
London	268 13%	4 22%	18 25%efghijk	1 8%	1 33%	21 10%	67 14%	15 12%	84 14%	12 12%	33 14%	8 9%	12 35%
South East	280 13%	2 10%	6 9%	3 19%	-	26 13%	55 12%	15 12%	81 14%	16 15%	25 10%	15 16%	2 5%
South West	178 9%	-	10 14%	-	-	22 10%	38 8%	16 13%	60 10%	11 10%	31 13%	12 13%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 555
GO Region
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Northern Ireland	62 3%	-	3 5%k	-	-	8 4%	13 3%	5 4%	12 2%	7 7%fhk	8 3%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 556
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Gender			Age						Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Yes	1301 63%	645 64%	655 62%	183 78% efg hi	250 70% ghi	209 62% h	213 57%	157 51%	289 60% h	430 77% klm	400 69% lm	246 57% m	225 44%	100 56%	57 68%	149 64%	98 58%	112 62%	97 64%	59 59%	106 55%	196 73% npq rtuw	178 63%	103 58%	45 73% nu	211 76% B	617 67%
No	780 37%	370 36%	410 38%	50 22%	108 30% d	126 38% d	158 43% de	149 49% def i	190 40% de	127 23%	180 31% j	183 43% jk	291 56% jkl	78 44% vy	27 32%	84 36% v	71 42% v	69 38% v	55 36%	42 41% v	87 45% vy	73 27%	103 37% v	75 42% v	17 27%	68 24%	302 33% A

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 557
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Yes	1301 63%	9 36%	3 37%	681 55%	416 75% ^c	141 80% ^c	41 80% ^c	1167 61%	128 79% ^g	24 75%	58 82% ^g	28 69%	15 94%	3 100%	1038 63% ^p	598 68% ^{npq}	440 58%	262 59%	229 59%	34 63%
No	780 37%	16 64%	6 63%	562 45% ^{def}	136 25%	35 20%	11 20%	744 39% ^h	34 21%	8 25%	12 18%	12 31%	1 6%	-	599 37% ^o	283 32%	316 42% ^{no}	181 41% ^o	162 41% ^o	20 37%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 558
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired pri-vate pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Yes	1301	829	676	153	472	33	91	65	223	61	907	391	356	330	135	200	166	79
	63%	69% ^{cde}	72% ^{cde}	60% ^{deg}	53% ^{ei}	39%	58% ^{ei}	46%	64% ^{deg}	39%	61%	66%	66% ^j	66%	66%	70% ^j	65%	
No	780	370	269	101	410	51	65	75	124	96	577	202	180	69	103	70	43	
	37%	31%	28%	40% ^{ab}	47% ^{abc}	61% ^{abc}	42% ^{ab}	54% ^{abc}	36% ^b	61% ^{abc}	39% ^{lp}	34%	34%	34%	34%	30%	35%	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 559
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/div-orceed (f)	Wid-owed (g)	Separated (h)	Div-orceed (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Yes	1301 63%	344 59%fi	824 67%afg i	620 68%afg i	13 75%	191 63%fgi	126 49%	40 50%	15 72%	70 46%	32 37%	105 38%	154 48%k	188 59%jkl	175 66%jkl	162 80%jkl mn	96 74%jkl mnp	106 87%jkl mnp	174 88%jkl mnp	205 47%	74 44%	124 45%	68 47%	9 40%	1076 67%stuv
No	780 37%	239 41%bc	409 33%	293 32%	4 25%	111 37%	130 51%abc e	40 50%bce	6 28%	84 54%abc e	54 63% pqr	174 62% opqr	166 52% pqr	132 41% r	91 34% opqr	41 20%	34 26% qr	16 13%	24 12%	231 53% x	93 56% x	149 55% x	79 53% x	14 60%	528 33%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 560
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Yes	1301	13	43	14	3	141	334	66	416	54	133	48	17
	63%	74%	61%	85%	68%	67%gijk	71%gijk	53%	71%gijk	53%	56%	53%	50%
No	780	5	27	3	1	68	134	57	173	49	105	42	17
	37%	26%	39%	15%	32%	33%	29%	47%efh	29%	47%efh	44%efh	47%efh	50%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 561
Tenure
Base: All respondents

	Gender		Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
NET: Homeowners	1349	678	671	112	191	203	229	215	399	431	402	295	221	102	53	160	99	136	99	63	135	156	173	125	48	195	597
	65%	67%	63%	48%	53%	61% ^d	62% ^{de}	70% ^{def}	83% ^{def}	77% ^{klm}	69% ^m	69% ^m	43%	57%	63%	69% ^{nqv}	58%	75% ^{nqt}	65%	63%	70% ^{nqv}	58%	62%	70% ^{nqv}	77% ^{nqv}	70%	65%
Owned outright - without mortgage	751	374	378	47	52	33	105	144	370	212	232	161	146	55	24	81	53	71	61	37	88	80	90	85	26	59	248
	36%	37%	35%	20% ^f	15%	10%	28% ^{def}	47% ^{def}	77% ^{def}	38% ^m	40% ^m	38% ^m	28%	31%	28%	35%	31%	39%	40% ^v	37%	45% ^{nop}	30%	32%	48% ^{nop}	42%	21%	27%
Owned with a mortgage or loan	597	304	293	64	139	170	124	70	29	218	170	133	76	47	29	80	45	65	38	26	47	75	83	40	22	136	349
	29%	30%	27%	28% ^{hi}	39% ^{dhi}	51% ^{deg}	34% ^{hi}	23% ^{hi}	6%	39% ^{klm}	29% ^m	31% ^m	15%	26%	35% ^x	34% ^{lux}	27%	36% ^{sux}	25%	26%	24%	28%	29%	22%	35%	49% ^B	38%
NET: Renters	698	322	376	104	160	130	139	88	78	118	168	125	288	74	26	69	67	42	51	36	56	108	102	53	15	81	305
	34%	32%	35%	45% ^{hi}	45% ^{hi}	39% ^{hi}	37% ^{hi}	29% ^{hi}	16%	21%	29% ^j	29% ^j	56% ^{kl}	42% ^{pru}	31%	30%	40% ^{ru}	23%	33%	36% ^r	29%	40% ^{pru}	36% ^r	30%	23%	29%	33%
Rented from the council	271	123	147	24	57	46	70	42	31	29	49	55	137	40	13	19	31	13	25	18	20	48	28	13	2	30	103
	13%	12%	14%	10%	16% ⁱ	14% ⁱ	19% ^{di}	14% ⁱ	7%	5%	8% ^j	13% ^{jk}	27% ^{kl}	23% ^{pru}	16% ^y	8%	18% ^{pru}	7%	16% ^{prx}	18% ^{prx}	10%	18% ^{pru}	10%	7%	3%	11%	11%
Rented from a housing association	157	66	91	28	25	21	29	24	28	23	29	25	80	19	5	24	11	12	4	7	11	19	28	13	3	16	48
	8%	7%	9%	12% ^{fi}	7%	6%	8%	8%	6%	4%	5%	6%	15% ^{kl}	11% ^s	6%	10% ^s	6%	7%	3%	7%	6%	7%	10% ^s	7%	5%	6%	5%
Rented from someone else	271	133	138	51	78	64	39	21	18	66	90	44	71	15	8	26	25	16	21	12	25	41	46	27	10	35	155
	13%	13%	13%	22% ^{ghi}	22% ^{ghi}	19% ^{ghi}	10% ⁱ	7%	4%	12%	16% ^l	10%	14%	8%	9%	11%	15%	9%	14%	12%	13%	15% ⁿ	16% ^{nr}	15%	15%	12%	17%
Rent free	34	15	19	17	7	2	3	3	2	8	10	9	7	2	5	3	4	4	2	1	3	5	6	-	-	3	17
	2%	2%	2%	7% ^{efgh}	2%	1%	1%	1%	*	2%	2%	2%	1%	1%	6% ^{npsx}	1%	2%	2%	1%	1%	2%	2%	2%	-	-	1%	2%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 562
Tenure
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
NET: Homeowners	1349	11	6	781	400	122	21	1265	81	12	49	8	12	1	1010	516	494	338	289	50
	65%	44%	71%	63% ^f	72% ^{cf}	69% ^f	40%	66% ^h	50%	39%	69% ^h	19%	75%	26%	62%	59%	65% ^o	76% ^{nop}	74% ^{nop}	93% ^{nopqr}
Owned outright - without mortgage	751	9	3	484	183	58	10	727	24	5	12	1	6	1	530	250	280	222	184	38
	36%	36%	34%	39% ^{df}	33% ^f	33%	19%	38% ^{hj}	15%	15%	17%	2%	38%	26%	32%	28%	37% ^{no}	50% ^{nop}	47% ^{nop}	70% ^{nopqr}
Owned with a mortgage or loan	597	2	3	297	217	63	11	538	57	7	37	7	6	-	481	266	214	117	105	12
	29%	9%	37%	24%	39% ^{cf}	36% ^{cf}	21%	28%	35%	23%	52% ^{gh}	17%	37%	-	29%	30%	28%	26%	27%	22%
NET: Renters	698	13	2	447	140	51	29	616	78	19	19	33	4	2	599	349	250	99	96	3
	34%	52%	23%	36% ^d	25%	29%	56% ^{cde}	32%	48% ^{gj}	59%	28%	81%	25%	74%	37% ^{qrs}	40% ^{pqr}	33% ^{qrs}	22% ^s	24% ^s	6%
Rented from the council	271	8	-	194	35	15	6	235	32	5	6	20	-	1	230	134	96	40	40	-
	13%	32%	-	16% ^{de}	6%	9%	12%	20% ^g	15%	9%	9%	48%	-	40%	14% ^{qs}	15% ^{qrs}	13% ^s	9% ^s	10% ^s	-
Rented from a housing association	157	3	-	115	24	6	8	139	18	4	5	7	2	-	133	71	62	24	24	-
	8%	11%	-	9% ^{de}	4%	3%	16% ^{de}	7%	11%	12%	7%	18%	11%	-	8%	8%	8%	5%	6%	-
Rented from someone else	271	2	2	138	81	30	15	242	27	10	8	6	2	1	236	144	93	34	31	3
	13%	9%	23%	11%	15% ^c	17% ^c	28% ^{cd}	13%	17%	31%	11%	15%	14%	34%	14% ^{qr}	16% ^{pqr}	12% ^{qr}	8%	8%	6%
Rent free	34	1	1	15	12	4	2	31	3	1	2	-	-	-	27	15	13	7	6	1
	2%	4%	6%	1%	2%	2%	4%	2%	2%	2%	3%	-	-	-	2%	2%	2%	2%	2%	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 563
Tenure
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: Homeowners	1349	792	634	159	556	20	60	88	310	78	1004	342	314	288	113	172	160	62
	65%	66%efi	67%efi	63%efi	63%efi	23%	39%e	63%efi	89%abc defgi	50%ef	68%klm noq	58%	59%	58%	56%	57%	68%klm noq	51%
Owned outright - without mortgage	751	308	227	80	444	10	32	80	287	35	679	71	64	62	21	28	41	16
	36%	26%e	24%e	32%abe fi	50%abc efi	11%	21%	57%abc efi	83%abc defgi	23%e	46%klm nopq	12%	12%	12%	10%	9%	17%o	13%
Owned with a mortgage or loan	597	485	406	78	112	10	28	9	23	43	325	271	250	226	92	144	118	46
	29%	40%cde fghi	43%cde fghi	31%def gh	13%gh	12%	18%gh	6%	7%	28%def gh	22%	46%j	47%j	46%j	45%j	48%j	50%jq	38%j
NET: Renters	698	386	296	90	312	61	89	51	35	76	451	246	217	209	87	130	76	59
	34%	32%h	31%h	36%h	35%h	73%abc dfgi	57%abc dgh	37%h	10%	48%abc dh	30%	42%jp	41%jp	42%jp	43%jp	43%jp	32%	48%jp
Rented from the council	271	133	94	39	138	30	30	25	15	37	167	104	89	95	31	59	39	33
	13%	11%h	10%h	16%abh	16%abh	36%abc dfgi	19%abh	18%abh	4%	24%abc dh	11%	18%j	17%j	19%j	15%	19%j	17%j	27%jklmp
Rented from a housing association	157	64	49	15	93	11	29	19	9	24	102	54	46	48	16	23	22	14
	8%	5%	5%	6%h	11%abc h	14%abc dh	19%abc dh	13%abch	3%	15%abch	7%	9%	9%	10%	8%	8%	9%	12%
Rented from someone else	271	189	153	36	82	19	30	8	11	14	182	89	82	66	40	49	15	12
	13%	16%dgh i	16%dgh i	14%dgh	9%h	23%dgh i	19%dghi	5%	3%	9%h	12%p	15%p	15%p	13%p	19%jpq	16%p	6%	10%
Rent free	34	20	15	5	14	3	6	1	2	2	30	4	4	1	4	-	1	1
	2%	2%	2%	2%	2%	4%h	4%h	*	1%	1%	2%mo	1%	1%	*	2%mo	-	*	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 564
Tenure
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: Homeowners	1349	308	892	720	4	168	145	53	6	86	22	121	178	201	199	156	98	103	161	229	65	156	76	10	1100
	65%	53%	72% ^{ae} _i	79% ^{abe} _{fgi}	21%	56%	57%	66% ^a	30%	56%	25%	43% ^j	56% ^{jk}	63% ^{jk}	75% ^{ijkl} _m	77% ^{ijkl} _m	76% ^{ijkl} _m	84% ^{ijkl} _m	82% ^{ijkl} _m	53% ^t	39%	57% ^t	51% ^t	46%	69% ^{stuv}
Owned outright - without mortgage	751	168	469	415	3	50	112	49	2	62	16	97	135	120	108	73	51	39	49	148	30	111	50	6	590
	36%	29% ^e	38% ^{ae}	45% ^{abe}	17%	17%	44% ^{ae}	61% ^{abce} _{fi}	8%	40% ^{ae}	19%	35% ^{jr}	42% ^{jr}	38% ^{jr}	41% ^{jr}	36% ^{jr}	39% ^{jr}	32% ^j	25%	34% ^t	18%	40% ^t	34% ^t	26%	37% ^t
Owned with a mortgage or loan	597	140	423	305	1	118	33	4	5	24	6	24	44	80	91	83	48	64	113	81	35	45	26	4	510
	29%	24% ^f _{gi}	34% ^{afg} _i	33% ^{afgi}	4%	39% ^{afg} _i	13%	5%	23%	16% ^g	7%	9%	14%	25% ^{ijkl} _m	34% ^{ijkl} _m	41% ^{ijkl} _m	37% ^{ijkl} _m	52% ^{ijkl} _{mnp}	57% ^{ijkl} _{mnp}	19%	21%	16%	18%	19%	32% ^{stuv}
NET: Renters	698	253	332	188	13	131	108	27	14	67	63	154	139	115	66	46	31	20	26	198	96	114	70	12	479
	34%	43% ^{bc}	27% ^c	21%	74%	43% ^{bc}	42% ^{bc}	33% ^c	65%	44% ^{bc}	73% ^{klm} _{nopqr}	55% ^{lmn} _{opqr}	43% ^{nop} _{qr}	36% ^{nop} _{qr}	25% ^r	22% ^r	24% ^r	16%	13%	45% ^x	58% ^{sux}	42% ^x	48% ^x	54%	30%
Rented from the council	271	95	128	75	7	46	44	13	4	27	32	77	59	42	24	13	3	3	4	83	31	44	36	7	178
	13%	16% ^{bc}	10%	8%	38%	15% ^{bc}	17% ^{bc}	16% ^c	20%	17% ^{bc}	38% ^{lmn} _{opqr}	28% ^{lmn} _{opqr}	18% ^{nop} _{qr}	13% ^{opqr} _{qr}	9% ^{pqr}	6%	2%	2%	2%	19% ^x	19% ^x	16% ^x	24% ^{ux}	32%	11%
Rented from a housing association	157	59	64	42	2	20	33	10	2	21	14	41	32	25	13	6	9	2	2	58	33	34	23	4	95
	8%	10% ^{bc}	5%	5%	14%	6%	13% ^{bce}	13% ^{bc}	11%	13% ^{bce}	16% ^{mno} _{pqr}	15% ^{mno} _{pqr}	10% ^{noqr} _{pqr}	8% ^{oqr}	5% ^r	3%	7% ^r	2%	1%	13% ^x	20% ^{sux}	12% ^x	15% ^x	16%	6%
Rented from someone else	271	99	141	72	4	65	30	3	7	20	16	35	48	47	28	27	19	15	20	57	32	36	12	1	206
	13%	17% ^{bcd} _g	11% ^{cdg}	8%	22%	22% ^{bcd} _{gi}	12% ^g	4%	35%	13% ^{cdg}	19%	13%	15%	15%	11%	13%	15%	12%	10%	13%	19% ^v _x	13%	8%	6%	13%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 564
Tenure
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separ-ated/div-orced (f)	Wid-owed (g)	Separ-ated (h)	Div-orced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Rent free	34 2%	22 4%	9 bcef 1%	5 1%	1 5%	3 1%	3 1%	1 1%	1 4%	1 1%	1 2%	4 2%	3 1%	4 1%	1 *	2 1%	- -	- -	11 5%klmn opq	9 2%	5 3%	4 2%	1 1%	- -	24 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 565
Tenure
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Homeowners	1349	7	41	11	2	128	358	72	450	44	162	41	26
	65%	41%	58%i	68%	56%	61%ik	76%begijk	58%i	76%begijk	42%	68%ik	46%	78%
Owned outright - without mortgage	751	4	20	2	-	53	197	39	255	19	115	19	13
	36%	20%	28%	15%	-	25%	42%begik	31%i	43%begik	18%	48%begik	22%	39%
Owned with a mortgage or loan	597	4	21	9	2	75	161	33	196	25	47	22	13
	29%	20%	30%	53%	56%	36%ij	34%ij	27%	33%j	24%	20%	24%	39%
NET: Renters	698	10	27	5	2	79	107	49	132	56	74	46	7
	34%	55%	39%fh	32%	44%	38%fh	23%	40%fh	22%	54%efghj	31%fh	51%efhj	22%
Rented from the council	271	8	11	2	-	33	39	20	44	20	26	11	3
	13%	45%	16%h	13%	-	16%fh	8%	16%fh	8%	19%fhj	11%	12%	8%
Rented from a housing association	157	-	6	1	-	19	20	15	24	15	25	15	2
	8%	-	8%	4%	-	9%fh	4%	12%fh	4%	15%fh	10%fh	16%fh	6%
Rented from someone else	271	2	11	3	2	27	48	14	64	21	23	21	3
	13%	10%	15%	15%	44%	13%	10%	11%	11%	20%fhj	10%	24%efghj	8%
Rent free	34	1	2	-	-	2	3	2	6	4	3	3	-
	2%	4%	3%	-	-	1%	1%	2%	1%	4%fh	1%	3%	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 566

What is the highest educational level that you have achieved to date?**Base: All respondents**

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of London (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
No formal education	25 1%	13 1%	12 1%	2 1%	5 1%	2 1%	7 2%	1 *	8 2%	3 *	2 *	5 1%	15 3%jk	3 2%v	2 3%v	3 1%	4 3%v	3 1%	1 1%	- -	4 2%v	- -	3 1%	3 1%	- -	2 1%	6 1%
Primary	9 *	7 1%	2 *	1 *	1 *	3 1%	1 *	1 *	2 *	1 *	4 1%	2 *	2 *	- -	- -	- -	2 1%	- -	- -	- -	2 1%	2 1%	- -	3 4%np r s t u x	- -	4 *	
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1243 60%	587 58%	656 62%	92 39%	140 39%	191 57%de	260 70%def	229 75%def	331 69%def	212 38%	332 57%j	298 70%jk	401 78%jkl	111 62%vy	48 57%	146 63%vy	112 66%vy	114 63%vy	103 68%vwy	64 63%vy	124 64%vy	128 48%	159 57%	109 61%vy	25 41%	122 44%	530 58%A
University degree or equivalent professional qualification, NVQ level 4, etc.	552 27%	281 28%	271 25%	79 34%ghi	139 39%fgh	97 29%ghi	75 20%	55 18%	106 22%	234 42%klm	184 32%lm	80 19%lm	54 10%	43 24%	24 29%	61 26%	43 25%	43 24%	34 23%	26 25%	41 21%	77 29%	92 33%su	47 27%	21 34%	102 37%	280 30%
Higher university degree, doctorate, MBA, NVQ level 5, etc.	176 8%	95 9%	81 8%	16 7%	55 15%dghi	39 12%ghi	26 7%	18 6%	22 5%	93 17%klm	33 6%	27 6%	22 4%	12 7%	7 9%q	18 8%q	4 2%	17 10%q	9 6%	8 8%q	17 9%q	46 17%npqr stuw	14 5%	12 7%	13 21%npq rstuw	49 17%B	89 10%
Still in full time education	52 2%	21 2%	31 3%	41 17%efghi	8 2%ghi	2 *	1 *	- -	- -	12 2%	24 4%lm	8 2%	8 2%	7 4%	2 2%	3 1%	4 2%	3 1%	4 3%	4 4%	5 2%	10 4%	8 3%	3 2%	- -	1 *	3 *
Don't know	7 *	4 *	3 *	1 *	1 *	- -	1 *	2 1%	3 1%	2 *	- -	2 *	4 1%	- -	1 1%	1 *	1 1%	2 1%	- -	- -	- -	- -	- -	3 2%	- -	1 *	4 *
Prefer not to answer	17 1%	7 1%	10 1%	2 1%	8 2%fgh	- -	- -	- -	7 2%fgh	1 *	1 *	6 1%jk	9 2%jk	2 1%	- -	1 *	- -	- -	1 *	- -	4 2%	5 2%	3 1%	1 *	- -	2 1%	5 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 567
What is the highest educational level that you have achieved to date?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
No formal education	25 1%	25 100%	-	-	-	-	-	23 1%	3 2%	-	3 4%	-	-	-	15 1%	8 1%	7 1%	10 2% _n	10 3% _{nop}	-
Primary	9 *	-	9 100%	-	-	-	-	9 *	-	-	-	-	-	-	9 1%	6 1%	3 *	-	-	-
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1243 60%	-	-	1243 100% _{def}	-	-	-	1178 62% _{hj}	64 39%	14 44%	25 36%	16 40%	5 33%	3 82%	974 59% _o	460 52% _o	514 68% _{noq}	269 61% _o	242 62% _o	28 51%
University degree or equivalent professional qualification, NVQ level 4, etc.	552 27%	-	-	-	552 100% _{cef}	-	-	492 26%	59 36% _g	10 31%	26 37%	15 36%	8 50%	1 18%	437 27%	257 29% _p	181 24%	115 26%	95 24%	20 37%
Higher university degree, doctorate, MBA, NVQ level 5, etc.	176 8%	-	-	-	-	176 100% _{cdf}	-	147 8%	27 17% _g	5 15%	15 21% _g	7 18%	-	136 8% _p	99 11% _{np}	36 5%	40 9% _p	34 9% _p	6 12% _p	
Still in full time education	52 2%	-	-	-	-	52 100% _{cde}	44 2%	8 5%	2 6%	1 1%	3 6%	3 17%	-	47 3%	35 4% _{pqr}	12 2%	5 1%	5 1%	-	
Don't know	7 *	-	-	-	-	-	7 *	-	-	-	-	-	-	6 *	5 1%	1 *	2 *	2 *	-	
Prefer not to answer	17 1%	-	-	-	-	-	12 1%	2 1%	2 5%	-	-	-	-	14 1%	11 1%	3 *	3 1%	3 1%	-	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 568
What is the highest educational level that you have achieved to date?
 Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
No formal education	25 1%	7 1%	7 1%	-	18 2%abc	4 4%abch	2 2%c	6 4%abch	3 1%	2 1%c	19 1%	6 1%	5 1%	6 1%	2 1%	4 1%	3 1%	2 2%
Primary	9 *	4 *	3 *	1 *	5 1%	1 2%	1 1%	-	2 1%	-	6 *	3 1%	3 1%	1 *	2 1%	1 *	1 1%	-
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1243 60%	652 54%f	491 52%	161 64%abf	591 67%abf	60 72%abf	68 44%	114 82%abc	227 65%abf	121 77%abc	907 61%lno	333 56%	290 54%	285 57%	104 51%	162 54%	132 56%	87 72%ijklmnop
University degree or equivalent professional qualification, NVQ level 4, etc.	552 27%	382 32%cde	319 34%cde	63 25%deg	170 19%g	10 12%	31 20%g	12 9%	93 27%deg	24 15%	389 26%	162 27%	150 28%	133 27%	58 28%	83 28%	68 29%	27 22%
Higher university degree, doctorate, MBA, NVQ level 5, etc.	176 8%	137 11%dfg	113 12%dfg	24 10%dfgh	39 4%	7 8%g	4 3%	2 2%	18 5%	7 5%	101 7%	75 13%cj	74 14%cj	62 12%cj	32 16%cj	43 14%cj	29 12%cj	5 4%
Still in full time education	52 2%	4 *	1 *	3 1%bh	48 5%abce	-	48 31%abcd	-	-	-	46 3%klmp	6 1%	6 1%	5 1%	2 1%	4 1%	1 *	-
Don't know	7 *	4 *	2 *	2 1%	3 *	-	-	1 1%	2 *	-	5 *	2 *	2 *	2 *	1 *	-	2 1%	1 1%
Prefer not to answer	17 1%	7 1%	7 1%	-	9 1%	2 2%c	-	3 2%ac	3 1%	2 1%	12 1%	5 1%	5 1%	4 1%	3 1%	4 1%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 569
What is the highest educational level that you have achieved to date?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?				
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
No formal education	25 1%	10 2%e	11 1%	11 1%	-	-	4 2%e	3 4%be	-	1 1%	3 4% <i>mopr</i>	8 3% <i>mor</i>	10 3% <i>mor</i>	*	2 1%	-	-	2 2%	-	8 2%	4 2%	5 2%	5 3% <i>x</i>	1 5%	18 1%
Primary	9 *	3 *	6 *	5 1%	-	1 *	-	-	-	-	1 1%	3 1%	1 *	1 *	2 1%	-	-	-	-	1 *	-	1 *	-	-	7 *
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1243 60%	300 51%	744 60% <i>a</i>	550 60% <i>a</i>	11 63%	182 60% <i>a</i>	195 76% <i>abc</i>	61 76% <i>abc</i>	15 72%	119 77% <i>abc</i>	57 67% <i>ppqr</i>	210 75% <i>nop</i>	239 75% <i>nop</i>	229 71% <i>nop</i>	151 57% <i>pqr</i>	123 60% <i>pqr</i>	56 44% <i>qr</i>	35 29%	57 29%	295 68% <i>x</i>	114 69% <i>x</i>	192 70% <i>x</i>	101 69% <i>x</i>	11 50%	920 57%
University degree or equivalent professional qualification, NVQ level 4, etc.	552 27%	171 29% <i>fgi</i>	338 27% <i>fgi</i>	240 26% <i>fgi</i>	1 6%	96 32% <i>fgi</i>	42 16%	12 15%	4 19%	25 17%	13 16%	35 13%	45 14%	69 22% <i>kl</i>	75 28% <i>ijkl</i>	63 31% <i>ijkl</i>	60 47% <i>ijkl</i>	65 53% <i>ijkl</i>	82 42% <i>ijkl</i>	98 22%	36 22%	58 21%	34 23%	5 24%	449 28% <i>su</i>
Higher university degree, doctorate, MBA, NVQ level 5, etc.	176 8%	51 9% <i>fi</i>	114 9% <i>fi</i>	92 10% <i>efi</i>	5 29%	17 6%	10 4%	3 3%	2 9%	6 4%	7 8% <i>k</i>	7 3%	15 5%	17 5%	26 10% <i>kl</i>	14 7% <i>k</i>	12 9% <i>k</i>	19 15% <i>klm</i>	50 25% <i>ijklm</i>	21 5%	8 5%	11 4%	5 3%	1 5%	151 9% <i>stuv</i>
Still in full time education	52 2%	42 7% <i>bcef</i>	9 1%	6 1%	* 2%	3 1%	-	-	-	-	4 5% <i>mp</i>	11 4% <i>mp</i>	6 2%	3 1%	5 2%	4 2%	-	1 1%	7 4% <i>p</i>	10 2%	4 2%	3 1%	3 2%	2 9%	41 3%
Don't know	7 *	-	4 *	2 *	-	2 1%	3 1% <i>ac</i>	2 2% <i>abc</i>	-	1 1% <i>a</i>	-	1 1%	2 1%	-	3 1%	-	-	-	1 1%	1 *	1 *	1 *	-	-	7 *

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 569

What is the highest educational level that you have achieved to date?

Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Prefer not to answer	17	6	6	6	-	-	1	-	-	1	-	5	2	-	1	-	-	-	-	3	-	2	-	2	11
	1%	1%	1%	1%	-	-	*	-	-	*	-	2% ^m	1%	-	*	-	-	-	-	1%	-	1%	-	7%	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 570
What is the highest educational level that you have achieved to date?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
No formal education	25 1%	-	-	-	-	2 1%	1 *	3 3%th	3 1%	-	3 1%	1 1%	-
Primary	9 *	-	-	-	-	1 *	3 1%	-	1 *	1 1%	1 *	-	-
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1243 60%	8 44%	33 47%	8 51%	2 44%	118 56%	249 53%	73 59%	320 54%	66 64%b	142 59%	57 64%b	20 60%
University degree or equivalent professional qualification, NVQ level 4, etc.	552 27%	4 25%	21 29%	7 40%	2 38%	68 33%	148 32%	38 31%	186 32%	26 25%	66 28%	23 25%	5 14%
Higher university degree, doctorate, MBA, NVQ level 5, etc.	176 8%	5 31%	13 19%	1 9%	1 18%	12 6%	56 12%eg	6 5%	64 11%	6 6%	21 9%	7 8%	9 26%
Still in full time education	52 2%	-	1 2%	-	-	5 2%	8 2%	3 2%	11 2%	3 3%	2 1%	2 2%	-
Don't know	7 *	-	-	-	-	2 1%	1 *	-	1 *	-	-	-	-
Prefer not to answer	17 1%	-	2 2%	-	-	2 1%	3 1%	-	2 *	2 2%	4 2%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 571

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Yes - responsible for half or more of the items bought	1893	885	1008	158	326	322	355	292	440	503	516	387	487	170	75	210	156	168	138	94	178	242	242	162	57	262	847
	91%	87%	95%a	68%	91%d	96%dei	96%dei	96%de	92%d	90%	89%	90%	94%ijkl	95%w	89%	91%	92%	93%	91%	94%	92%	90%	86%	91%	92%	94%	92%
No - not responsible for most of the items bought	188	131	58	75	32	12	15	14	39	54	64	41	29	8	9	22	14	14	14	7	16	26	38	16	5	17	73
	9%	13%b	5%	32%efgh	9%fgh	4%	4%	4%	8%fg	10%m	11%m	10%m	6%	5%	11%	9%	8%	7%	9%	6%	8%	10%	14%n	9%	8%	6%	8%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 572

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Sec-ndary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Yes - responsible for half or more of the items bought	1893 91%	25 100%	9 100%	1144 92%f	493 89%f	165 94%f	34 66%	1747 91%h	137 85%	29 92%	60 86%	35 85%	10 68%	2 74%	1482 91%	800 91%	682 90%	411 93%	364 93%	47 88%
No - not responsible for most of the items bought	188 9%	-	-	99 8%	59 11%	11 6%	18 34%cde	164 9%	24 15%g	3 8%	10 14%	6 15%	5 32%	1 26%	155 9%	80 9%	75 10%	33 7%	26 7%	7 12%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 573

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired pri-vate pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Yes - responsible for half or more of the items bought	1893 91%	1109 92%df	871 92%df	238 94%df	784 89%f	74 89%f	113 73%	134 95%dfh	309 89%f	154 99%abc delh	1318 89%	572 97%j	518 97%j	485 98%j	192 94%j	298 99%jn	229 97%j	118 97%j
No - not responsible for most of the items bought	188 9%	90 8%i	74 8%i	16 6%i	98 11%abc gi	10 11%i	43 27%abcd eghi	6 5%	37 11%gi	2 1%	167 11%klmn opq	20 3%	18 3%	12 2%	11 6%o	4 1%	7 3%	3 3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 574

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Yes - responsible for half or more of the items bought	1893 91%	479 82%	1149 93%a	844 92%a	16 89%	290 96%ac	256 100%abc	81 100%abc	21 100%	154 100%abc	80 93%	268 96%mp	297 93%r	293 91%	247 93%r	185 91%	114 88%	113 92%	170 86%	404 93%	154 93%	253 93%	137 94%	22 97%	1451 91%
No - not responsible for most of the items bought	188 9%	104 18%bc	84 7%fgi	69 8%efgi	2 11%	12 4%fi	-	-	-	-	6 7%	11 4%	23 7%	27 9%k	19 7%	19 9%k	15 12%k	9 8%	28 14%kl	32 7%	12 7%	20 7%	10 6%	1 3%	152 9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 575

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Yes - responsible for half or more of the items bought	1893 91%	18 100%	68 97%	15 93%	4 100%	198 94%	433 92%	116 94%	541 92%	96 93%	228 96%	86 95%	30 91%
No - not responsible for most of the items bought	188 9%	- -	2 3%	1 7%	- -	12 6%	36 8%	7 6%	48 8%	7 7%	11 4%	4 5%	3 9%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 576
How many cars are there in your household?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ireland (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
No cars in the household	437	190	247	58	73	73	83	63	87	59	132	54	191	48	16	53	34	34	19	13	32	107	41	30	9	47	175
	21%	19%	23%a	25%	20%	22%	22%	21%	18%	11%	23%jl	13%	37%ijkl	27%stuwx	18%	23%stw	20%	19%	13%	13%	16%	40%nopqrstuwxy	15%	17%	15%	17%	19%
NET: Any	1644	826	819	175	285	262	288	243	392	498	448	374	325	129	69	179	136	147	132	88	162	161	240	147	53	232	745
	79%	81%b	77%	75%	80%	78%	78%	79%	82%	89%akm	77%am	87%akm	63%	73%v	82%v	77%v	80%v	81%v	87%npv	87%npv	84%nv	60%	85%npv	83%nv	85%v	83%	81%
1	844	419	425	49	151	137	136	139	232	218	232	182	212	88	39	89	66	67	63	42	72	103	122	68	25	113	343
	41%	41%	40%	21%	42%d	41%d	37%d	45%dg	49%dfg	39%	40%	42%	41%	49%pruwx	46%	38%	39%	37%	42%	41%	37%	39%	43%	38%	41%	40%	37%
2	609	300	309	58	112	112	110	78	140	207	168	149	85	39	18	74	61	62	44	33	60	37	101	59	20	92	290
	29%	30%	29%	25%	31%	33%dh	30%	25%	29%	37%km	29%km	35%km	17%	22%v	21%	32%nv	36%nov	34%nov	29%v	33%v	31%v	14%	36%nov	33%nv	33%v	33%	32%
3+	191	107	84	68	21	14	42	26	20	73	47	44	27	2	12	16	8	18	25	13	30	21	17	20	7	27	112
	9%	11%b	8%	29%efghj	6%	4%	11%efi	9%fi	4%	13%km	8%	10%km	5%	1%	14%nqw	7%n	5%	10%n	17%npq	13%nqw	16%npqv	8%n	6%n	11%nq	12%n	10%	12%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 577
How many cars are there in your household?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
No cars in the household	437 21%	7 29%	1 7%	285 23% ^d	88 16%	33 19%	9 17%	376 20%	56 35% ^g	15 47%	14 20%	19 46%	7 46%	1 40%	392 24% ^{pqr}	254 29% ^{npq}	139 18% ^{qrs}	45 10%	44 11%	1 2%
NET: Any	1644 79%	18 71%	8 93%	958 77%	464 84% ^c	143 81%	43 83%	1535 80% ^h	106 65%	17 53%	56 80% ^h	22 54%	8 54%	2 60%	1245 76% ^o	627 71%	618 82% ^{no}	399 90% ^{nop}	347 89% ^{nop}	53 98% ^{nop}
1	844 41%	11 43%	4 41%	528 42% ^{df}	203 37%	78 45% ^f	13 25%	779 41%	62 38%	9 27%	33 47%	14 33%	5 33%	2 60%	680 42%	343 39%	337 45% ^{oqs}	164 37%	149 38%	15 28%
2	609 29%	4 15%	5 52%	335 27%	196 36% ^{ce}	46 26%	19 36%	577 30% ^h	31 19%	7 23%	17 24%	4 10%	3 22%	-	428 26%	213 24%	216 29%	181 41% ^{nop}	151 39% ^{nop}	29 55% ^{nop}
3+	191 9%	3 12%	-	94 8%	65 12% ^c	18 10%	11 21% ^{cde}	179 9%	12 8%	1 3%	7 10%	4 11%	-	-	137 8%	71 8%	65 9%	55 12% ^{no}	46 12% ⁿ	8 16%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 578
How many cars are there in your household?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
No cars in the household	437	222	172	50	215	44	47	42	53	30	340	97	87	76	32	41	39	18
	21%	19%	18%	20%	24%abh	52%abc	30%abc	30%abc	15%	19%	23%klm	16%	16%	15%	16%	13%	16%	15%
NET: Any	1644	977	773	204	668	40	108	98	294	127	1145	496	449	422	171	262	197	104
	79%	81%defg	82%defg	80%efg	76%e	48%	70%e	70%e	85%def	81%efg	77%	84%j	84%j	85%j	84%j	87%j	84%j	85%
1	844	456	370	86	388	25	48	64	174	78	586	257	234	213	91	141	86	46
	41%	38%	39%	34%	44%ace	30%	31%	45%cef	50%abc	50%abc	39%	43%	44%	43%	45%	47%jp	36%	38%
2	609	382	298	84	227	11	35	30	106	46	403	205	186	179	73	109	94	49
	29%	32%defg	32%defg	33%defg	26%e	13%	22%	21%	30%e	29%e	27%	35%j	35%j	36%j	36%j	36%j	40%j	40%j
3+	191	138	104	34	53	4	26	5	15	3	156	34	29	31	6	12	17	8
	9%	12%cdghi	11%cdghi	14%deghi	6%	4%	16%deghi	4%	4%	2%	10%klmno	6%	5%	6%	3%	4%	7%	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 579
How many cars are there in your household?
 Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
No cars in the household	437 21%	192 33% ^{bce}	132 11% ^c	72 8%	3 16%	58 19% ^{bc}	108 42% ^{abc}	31 38% ^{bce}	10 45%	67 44% ^{abc}	51 59% ^{klm}	127 45% ^{lmn}	95 30% ^{mno}	53 16% ^{nopr}	22 8%	18 9%	10 8%	13 10%	17 9%	109 25% ^x	55 33% ^{sux}	64 23%	36 24%	7 31%	312 19%
NET: Any	1644 79%	391 67% ^{fi}	1101 89% ^{aef}	842 92% ^{abe}	15 84%	244 81% ^{afg}	148 58%	50 62%	12 55%	87 56%	35 41%	153 55% ^{ij}	226 70% ^{jk}	268 84% ^{jkl}	243 92% ^{jkl}	186 91% ^{jkl}	119 92% ^{jkl}	110 90% ^{jkl}	181 91% ^{jkl}	327 75% ^t	111 67%	209 77% ^t	111 76%	16 69%	1292 81% st
1	844 41%	200 34%	518 42% ^{aa}	399 44% ^{aa}	8 47%	111 37%	122 48% ^{aae}	38 48% ^{aa}	10 46%	74 48% ^{aae}	28 32%	115 41% ^{qqr}	168 52% ^{jkopqr}	169 53% ^{jkopqr}	122 46% ^{joqr}	71 35% ^r	49 38% ^r	36 29%	43 22%	199 46% ^{tx}	60 36%	131 48% ^{tx}	71 49% ^{tx}	7 30%	633 39%
2	609 29%	103 18% ^{fi}	484 39% ^{afg}	366 40% ^{afg}	5 26%	113 37% ^{afgi}	22 9%	11 14%	-	11 7%	6 7%	30 11%	49 15% ^{ij}	86 27% ^{ijkl}	101 38% ^{ijkl}	91 45% ^{ijkl}	52 40% ^{ijkl}	52 42% ^{ijkl}	95 48% ^{ijkl}	93 21%	36 22%	59 22%	31 21%	7 30%	507 32% ^{stuv}
3+	191 9%	88 15% ^{bcef}	99 8% ^{fgi}	76 8% ^{fgi}	2 10%	21 7% ^{fgi}	3 1%	-	2 9%	2 1%	2 2%	8 3%	9 3%	13 4%	20 8% ^{ckl}	24 12% ^{ijkl}	19 14% ^{ijkl}	23 18% ^{ijkl}	42 21% ^{ijklm}	35 8%	15 9%	19 7%	9 6%	2 9%	152 9%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 580
How many cars are there in your household?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
No cars in the household	437 21%	8 47%	19 27%h	1 4%	- -	36 17%	81 17%	33 27%fh	94 16%	31 30%efh	50 21%	23 26%h	8 23%
NET: Any	1644 79%	9 53%	51 73%	16 96%	4 100%	174 83%i	388 83%gi	90 73%	495 84%bgik	72 70%	188 79%	67 74%	26 77%
1	844 41%	4 21%	28 40%	8 51%	2 44%	80 38%	180 38%	55 45%	245 42%	40 39%	103 43%	37 41%	16 48%
2	609 29%	3 17%	18 26%	6 38%	2 56%	68 33%	157 34%gi	29 24%	187 32%	23 22%	66 28%	25 27%	8 23%
3+	191 9%	3 15%	5 7%	1 7%	- -	25 12%	50 11%	6 5%	62 11%	9 8%	19 8%	5 6%	2 6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 581
To which of the following ethnic groups do you consider you belong?
Base: All respondents

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
White	1911	935	976	193	314	288	348	298	470	495	534	408	474	171	83	215	162	167	144	100	183	189	262	173	61	239	843
	92%	92%	92%	83%	88%	86%	94%def	97%def	98%def	89%	92%	95%j	92%	96%v	98%v	93%v	95%v	92%v	95%v	99%prv	95%v	71%	94%v	98%prv	98%v	86%	92%A
NET: BAME	162	77	85	39	40	45	21	8	9	59	45	21	37	5	2	17	8	15	7	1	8	77	17	3	1	37	72
	8%	8%	8%	17%ghi	11%ghi	14%ghi	6%i	2%	2%	11%l	8%	5%	7%	3%	2%	7%ntx	5%	8%ntx	5%	1%	4%	29%nopq	6%x	2%	2%	13%B	8%
Mixed	32	12	19	7	9	9	4	2	2	9	10	3	9	-	1	3	1	2	1	-	4	13	6	1	1	2	13
	2%	1%	2%	3%hi	2%i	3%i	1%	1%	*	2%	2%	1%	2%	-	1%	1%	*	1%	1%	-	2%	5%npqr	2%	1%	2%	1%	1%
Asian	70	37	33	14	18	24	8	3	3	30	12	12	16	2	1	9	5	10	5	-	1	31	6	1	-	19	34
	3%	4%	3%	6%ghi	5%hi	7%ghi	2%	1%	1%	5%k	2%	3%	3%	1%	1%	4%	3%	5%ntux	3%	-	1%	12%nopq	2%	1%	-	7%	4%
Black	41	19	22	8	10	11	8	2	1	14	15	2	10	1	-	4	1	3	1	1	3	24	2	-	-	13	16
	2%	2%	2%	3%hi	3%i	3%hi	2%i	1%	*	2%l	3%l	1%	2%	*	-	2%	*	2%	1%	1%	1%	9%nopq	1%	-	-	5%B	2%
Chinese	15	6	10	8	3	1	2	-	2	6	5	3	1	2	-	2	2	-	-	-	-	8	2	-	-	4	9
	1%	1%	1%	4%efgh	1%	*	*	-	*	1%	1%	1%	*	1%	-	1%	1%	-	-	-	-	3%rsux	1%	-	-	1%	1%
Other ethnic group	3	3	1	1	-	1	-	1	1	1	2	1	-	-	-	-	1	-	-	-	-	1	1	1	-	-	1
	*	*	*	1%	-	*	-	*	*	*	*	*	-	-	-	-	*	-	-	-	-	*	*	*	-	-	*
Prefer not to answer	8	4	4	1	4	1	2	*	-	2	1	-	5	2	-	-	-	-	-	-	2	2	1	1	-	3	5
	*	*	*	*	1%i	*	*	*	-	*	*	-	1%	1%	-	-	-	-	-	-	1%	1%	*	1%	-	1%	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 582
To which of the following ethnic groups do you consider you belong?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
White	1911	23	9	1178	492	147	44	1911	-	-	-	-	-	-	1474	754	721	437	383	53
	92%	90%	100%	95%def	89%	84%	85%	100%hj	-	-	-	-	-	-	90%o	86%	95%no	98%nop	98%no	100%no
NET: BAME	162	3	-	64	59	27	8	-	162	32	70	41	15	3	155	119	36	7	7	-
	8%	10%	-	5%	11%c	15%c	15%c	-	100%g	100%	100%g	100%	100%	100%	9%pqrs	13%npqs	5%qr	2%	2%	-
Mixed	32	-	-	14	10	5	2	-	32	32	-	-	-	-	27	21	7	4	4	-
	2%	-	-	1%	2%	3%	3%	-	20%gj	100%	-	-	-	-	2%	2%p	1%	1%	1%	-
Asian	70	3	-	25	26	15	1	-	70	-	70	-	-	-	69	51	18	2	2	-
	3%	10%	-	2%	5%c	9%c	2%	-	43%g	-	100%gh	-	-	-	4%pqr	6%pqr	2%qr	*	*	-
Black	41	-	-	16	15	7	3	-	41	-	-	41	-	-	41	35	6	-	-	-
	2%	-	-	1%	3%	4%c	5%c	-	25%gj	-	-	100%	-	-	2%pqr	4%pqr	1%	-	-	-
Chinese	15	-	-	5	8	-	3	-	15	-	-	-	15	-	15	10	5	1	1	-
	1%	-	-	*	1%c	-	5%ce	-	10%gj	-	-	-	100%	-	1%	1%	1%	*	*	-
Other ethnic group	3	-	-	3	1	-	-	-	3	-	-	-	-	3	3	2	1	-	-	-
	*	-	-	*	*	-	-	-	2%g	-	-	-	-	100%	*	*	*	-	-	-
Prefer not to answer	8	-	-	2	1	2	-	-	-	-	-	-	-	-	8	8	-	-	-	-
	*	-	-	*	*	1%	-	-	-	-	-	-	-	-	*	1%p	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 583
To which of the following ethnic groups do you consider you belong?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
White	1911	1082	841	241	830	72	130	135	344	150	1385	522	469	441	176	263	205	113
	92%	90% ^f	89%	95% ^{abe}	94% ^{abe}	85%	83%	96% ^{abe}	99% ^{abc}	96% ^{abe}	93% ^{klm}	88%	87%	89%	86%	87%	87%	92%
NET: BAME	162	109	99	11	53	12	26	6	3	6	95	67	64	54	27	37	31	9
	8%	9% ^{cdh}	10% ^{cdgh}	4% ^h	6% ^h	15% ^{cdg}	17% ^{abcd}	4% ^h	1%	4% ^h	6%	11% ^j	12% ^j	11% ^j	13% ^j	12% ^j	13% ^j	8%
Mixed	32	14	12	2	18	7	6	2	1	2	22	10	10	9	1	4	8	2
	2%	1%	1%	1%	2% ^h	8% ^{abcd}	4% ^{abch}	1%	*	1%	1%	2%	2%	2%	1%	1%	3%	2%
Asian	70	53	48	4	18	2	9	2	1	4	30	40	37	33	18	25	17	6
	3%	4% ^{cdh}	5% ^{cdh}	2%	2% ^h	2%	6% ^{cdh}	1%	*	3% ^h	2%	7% ^j	7% ^j	7% ^j	9% ^j	8% ^j	7% ^j	5%
Black	41	29	26	2	12	2	8	1	-	1	25	15	15	11	7	6	6	2
	2%	2% ^h	3% ^h	1%	1% ^h	3% ^h	5% ^{cdgh}	1%	-	*	2%	3%	3%	2%	3%	2%	3%	1%
Chinese	15	13	11	1	3	-	3	-	-	-	15	1	1	1	-	1	-	-
	1%	1%	1% ^d	1%	*	-	2% ^{dh}	-	-	-	1%	*	*	*	-	*	-	-
Other ethnic group	3	1	1	-	3	2	-	1	-	-	3	1	1	1	1	1	-	-
	*	*	*	-	*	2% ^{abcd}	-	1%	-	-	*	*	*	*	*	*	-	-
Prefer not to answer	8	8	5	3	-	-	-	-	-	-	4	4	4	2	1	2	-	-
	*	1% ^d	1% ^d	1% ^{dh}	-	-	-	-	-	-	*	1%	1%	*	1%	1%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 584
To which of the following ethnic groups do you consider you belong?
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
White	1911	507	1163	858	15	290	235	73	20	142	74	259	299	304	243	191	120	106	178	418	158	266	138	19	1458
	92%	87%	94%a	94%a	86%	96%afg	92%a	91%	93%	92%	86%	93%	93%jq	95%jq	91%	94%	93%	86%	90%	96%x	95%	97%ax	94%	84%	91%
NET: BAME	162	74	69	55	3	11	19	8	2	10	11	20	20	15	23	13	8	16	20	19	8	7	9	4	138
	8%	13%bc	6%ef	6%	14%	4%	8%e	9%e	7%	7%	13%lm	7%	6%	5%	9%	6%	6%	13%lm	10%lm	4%	5%	3%	6%	16%	9%su
Mixed	32	17	10	7	-	3	5	1	2	2	3	5	1	4	3	1	4	2	7	11	6	4	5	2	20
	2%	3%bc	1%	1%	-	1%	2%	1%	7%	1%	3%l	2%	*	1%	1%	1%	3%l	2%	3%l	2%	4%x	1%	3%	7%	1%
Asian	70	23	40	36	-	4	8	3	-	4	3	9	11	3	10	8	3	8	9	3	1	2	3	-	66
	3%	4%	3%	4%e	-	1%	3%	4%	-	3%	3%	3%	3%lm	1%	4%lm	4%lm	2%	7%lm	4%lm	1%	1%	1%	2%	-	4%stu
Black	41	23	13	9	3	2	5	2	-	3	5	4	5	6	8	1	1	3	4	5	1	2	2	2	34
	2%	4%bce	1%	1%	14%	1%	2%	2%	-	2%	6%klmo	2%	2%	2%	3%o	*	1%	2%	2%	1%	1%	1%	1%	9%	2%
Chinese	15	10	3	2	-	2	2	2	-	1	-	3	2	2	2	2	-	3	-	-	-	-	-	-	14
	1%	2%bc	*	*	-	1%	1%	2%bc	-	1%	-	1%	*	1%	1%	-	2%	-	-	-	-	-	-	-	1%
Other ethnic group	3	1	2	2	-	-	-	-	-	-	-	-	1	-	-	1	1	-	-	-	-	-	-	-	3
	*	*	*	*	-	-	-	-	-	-	-	-	*	-	-	*	*	-	-	-	-	-	-	-	*
Prefer not to answer	8	3	1	-	-	1	1	-	-	1	1	*	1	1	-	-	1	1	-	-	-	-	-	-	7
	*	*	*	-	-	*	*c	-	-	1%bc	1%	*	*	*	-	-	1%	1%	-	-	-	-	-	-	*

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 585

To which of the following ethnic groups do you consider you belong?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
White	1911	13	66	16	4	189	431	110	542	97	230	87	28
	92%	72%	95%	100%	100%	90%	92%	90%	92%	94%	96%efgh	97%g	84%
NET: BAME	162	5	4	-	-	20	37	13	43	6	9	3	5
	8%	28%	5%	-	-	10%j	8%j	10%jk	7%	6%	4%	3%	16%
Mixed	32	3	1	-	-	5	5	1	6	2	5	2	-
	2%	15%	1%	-	-	2%	1%	1%	1%	2%	2%	2%	-
Asian	70	1	2	-	-	7	16	8	27	3	3	1	4
	3%	4%	4%	-	-	4%	3%	7%j	5%j	3%	1%	1%	11%
Black	41	2	1	-	-	6	10	4	5	2	2	-	-
	2%	9%	1%	-	-	3%h	2%	3%	1%	1%	1%	-	-
Chinese	15	-	-	-	-	1	5	-	4	-	-	-	1
	1%	-	-	-	-	1%	1%	-	1%	-	-	-	4%
Other ethnic group	3	-	-	-	-	-	1	-	2	-	-	-	-
	*	-	-	-	-	-	*	-	*	-	-	-	-
Prefer not to answer	8	-	-	-	-	-	1	-	4	-	-	-	-
	*	-	-	-	-	-	*	-	1%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 586
To which of the following religious groups do you consider yourself to be a member of?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874	
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920	
Christian	1088	525	564	81	119	145	203	196	345	297	297	221	273	87	41	138	90	94	80	56	102	125	139	94	41	142	440	
	52%	52%	53%	35%	33%	43%e	55%def	64%defg	72%defgh	53%	51%	52%	53%	49%	49%	60% _{nvw}	53%	52%	53%	56%	53%	47%	49%	53%	66% _{nvw}	51%	48%	
NET: Other	121	68	53	29	27	26	17	13	9	39	26	21	34	4	2	11	7	17	6	5	4	48	13	4	-	25	52	
	6%	7%	5%	12%ghi	8% _{hi}	8% _{hi}	5% _{hi}	4%	2%	7%	5%	5%	7%	2%	2%	5%	4%	10% _{nwx}	4%	5%	2%	18% _{nopq}	4%	2%	-	9%	6%	
Muslim	49	34	14	11	18	11	7	1	2	18	9	9	13	3	-	8	3	8	4	-	1	19	3	-	-	13	24	
	2%	3% _b	1%	5% _{hi}	5% _{ghi}	3% _{hi}	2% _{hi}	*	*	3%	2%	2%	3%	2%	-	3% _{ux}	2%	5% _{tux}	3% _x	-	*	19	1%	-	-	5%	3%	
Hindu	16	4	12	4	4	5	1	1	1	8	1	4	3	-	1	1	-	-	-	-	1	10	2	1	-	3	4	
	1%	*	1%	2% _i	1%	1% _i	*	*	*	2% _{ck}	*	1%	1%	-	1%	*	-	-	-	-	*	4% _{npqr}	1%	1%	-	1%	*	
Jewish	11	8	3	5	-	1	-	2	2	3	3	1	3	-	1	-	-	-	-	-	-	7	2	1	-	-	6	
	1%	1%	*	2% _{egi}	-	*	-	1%	*	1%	1%	*	1%	-	1%	-	-	-	-	-	-	3% _{npu}	1%	1%	-	-	1%	
Sikh	4	3	2	-	-	3	1	-	-	2	-	1	2	-	-	-	2	1	2	-	-	-	-	-	-	2	3	
	*	*	*	-	-	1% _i	*	-	-	*	-	*	*	-	-	-	1%	1%	1%	-	-	-	-	-	-	-	1%	*
Buddhist	16	8	9	5	2	1	2	3	4	4	5	2	5	1	-	-	1	1	-	2	-	11	1	-	-	3	6	
	1%	1%	1%	2% _f	1%	*	1%	1%	1%	1%	1%	1%	1%	*	-	-	*	*	-	2% _p	-	4% _{npqr}	*	-	-	1%	1%	
Other	25	11	14	4	3	4	6	6	2	5	9	4	7	-	1	2	2	7	*	3	3	1	4	2	-	4	10	
	1%	1%	1%	2%	1%	1%	2%	2% _i	*	1%	2%	1%	1%	-	1%	1%	1%	4% _{nsv}	*	3% _{nv}	2%	*	1%	1%	-	1%	1%	
None	848	410	438	121	207	160	144	94	122	212	254	181	200	85	41	80	72	68	65	38	87	89	127	76	20	111	413	
	41%	40%	41%	52% _{ghi}	58% _{fghi}	48% _{ghi}	39% _{hi}	31%	25%	38%	44%	42%	39%	48% _p	49% _p	34%	42%	38%	43%	38%	45% _p	33%	45% _p	43%	32%	40%	45%	
Prefer not to say	24	13	11	3	5	4	6	2	3	9	3	4	8	2	-	3	1	2	1	2	1	7	2	2	1	1	14	
	1%	1%	1%	1%	1%	1%	2%	1%	1%	2%	*	1%	2%	1%	-	1%	*	1%	*	2%	*	3%	1%	1%	1%	*	2%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 587

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Christian	1088 52%	9 37%	7 77%	697 56%def	267 48%	80 46%	21 40%	1029 54%hj	59 37%j	11 34%	7 10%	35 87%	5 34%	1 26%	822 50%	422 48%	400 53%	266 60%nop	238 61%nop	28 53%
NET: Other	121 6%	3 12%	1 7%	51 4%	33 6%	24 13%cd	5 10%cd	55 3%	66 41%g	6 18%	57 81%gh	1 3%	2 14%	1 18%	114 7%qr	78 9%pqr	36 5%qr	7 2%	5 1%	2 3%
Muslim	49 2%	3 10%	-	15 1%	13 2%	14 8%cd	1 2%	9 *	40 25%g	3 8%	35 50%gh	1 3%	-	1 18%	49 3%pqr	38 4%pqr	10 1%qr	-	-	-
Hindu	16 1%	-	-	7 1%	4 1%	4 2%cd	1 2%	1 *	15 10%g	-	15 22%gh	-	-	-	14 1%	12 1%p	2 *	2 *	2 *	-
Jewish	11 1%	-	-	6 *	2 *	1 1%	1 1%	11 1%	-	-	-	-	-	-	11 1%	6 1%	5 1%	-	-	-
Sikh	4 *	-	-	3 *	1 *	-	-	-	4 3%g	-	4 6%g	-	-	-	4 *	4 *	-	-	-	-
Buddhist	16 1%	-	-	7 1%	3 1%	2 1%	2 4%cd	11 1%	5 3%g	1 4%	2 2%	-	2 14%	-	15 1%	11 1%	4 *	2 *	2 *	-
Other	25 1%	* 2%	1 7%	13 1%	9 2%	2 1%	* 1%	23 1%	2 1%	2 6%	-	-	-	-	21 1%	6 1%	15 2%o	4 1%	2 *	2 3%
None	848 41%	13 51%	1 6%	485 39%	246 45%cd	69 39%	25 48%	808 42%hj	34 21%j	14 45%	6 8%	4 10%	7 47%	2 56%	681 42%	369 42%	312 41%	167 38%	147 38%	21 38%
Prefer not to say	24 1%	-	1 10%	11 1%	6 1%	4 2%	1 2%	20 1%	2 1%	1 2%	1 1%	-	1 4%	-	20 1%	12 1%	9 1%	4 1%	1 *	3 5%nopqr

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 588
To which of the following religious groups do you consider yourself to be a member of?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Work-ing full time (b)	Work-ing part time (c)	NET: Not work-ing (d)	Not work-ing seek-ing work (e)	Not work-ing not seek-ing work (f)	Ret-ired state pen-sion only (g)	Ret-ired private pen-sion (h)	House person (i)	No child-ren aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Christian	1088	582	450	132	506	36	56	106	236	73	822	264	234	224	77	128	110	61
	52%	49%f	48%f	52%f	57%abe	43%	36%	75%abc	68%abc	47%	55%klm	45%	44%	45%	38%	42%	46%	50%n
NET: Other	121	78	64	13	43	3	18	6	5	11	70	50	46	44	21	33	23	8
	6%	6%h	7%h	5%h	5%h	4%	12%abcd	5%	2%	7%h	5%	9%j	9%j	9%j	10%j	11%j	10%j	7%
Muslim	49	38	33	5	11	1	6	2	-	3	20	29	28	24	17	17	12	4
	2%	3%dh	3%dh	2%h	1%h	1%	4%dh	1%	-	2%h	1%	5%j	5%j	5%j	9%j	6%j	5%j	3%
Hindu	16	7	6	1	9	-	5	1	-	3	6	9	8	8	2	7	1	1
	1%	1%	1%	*	1%	-	3%abcd	*	-	2%h	*	2%j	1%j	2%j	1%	2%j	1%	1%
Jewish	11	6	4	1	5	-	1	2	1	2	9	1	1	1	-	1	1	-
	1%	*	*	1%	1%	-	*	1%	*	1%	1%	*	*	*	-	*	1%	-
Sikh	4	4	4	-	-	-	-	-	-	-	1	3	3	3	2	3	3	-
	*	*	*	-	-	-	-	-	-	-	*	1%j	1%j	1%j	1%j	1%j	1%j	-
Buddhist	16	9	7	1	8	-	3	2	2	1	12	4	2	4	-	2	1	2
	1%	1%	1%	*	1%	-	2%	1%	*	1%	1%	1%	*	1%	-	1%	*	2%
Other	25	14	9	5	11	2	3	1	3	2	22	3	3	3	*	2	3	1
	1%	1%	1%	2%	1%	3%	2%	*	1%	1%	1%	1%	1%	1%	*	1%	1%	1%
None	848	524	419	105	324	42	80	28	103	71	578	269	248	222	102	138	97	50
	41%	44%dgh	44%dgh	41%gh	37%gh	50%dgh	52%cdg	20%	30%g	45%dgh	39%	45%j	46%j	45%j	50%j	46%j	41%	41%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 588

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Prefer not to say	24	15	12	3	9	3	1	-	3	1	15	9	9	7	4	3	7	2
	1%	1%	1%	1%	1%	3%g	1%	-	1%	1%	1%	2%	2%	1%	2%	1%	3%j	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 589
To which of the following religious groups do you consider yourself to be a member of?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Christian	1088	239	680	545	12	122	168	61	12	95	30	159	173	180	132	113	58	55	107	231	73	152	75	12	837
	52%	41%	55%ae	60%abe	71%	40%	66%abe	76%abc	55%	62%ae	35%	57%jp	54%j	56%jp	50%j	55%j	45%	45%	54%j	53%t	44%	55%t	51%	53%	52%t
NET: Other	121	45	65	59	-	5	11	4	-	7	4	19	16	13	17	12	6	9	13	24	9	15	10	2	94
	6%	8%e	5%e	6%e	-	2%	4%	5%	-	4%	5%	7%	5%	4%	6%	6%	5%	7%	6%	5%	5%	5%	7%	7%	6%
Muslim	49	15	32	32	-	1	1	-	-	1	1	8	8	5	9	3	4	4	6	3	1	-	-	2	46
	2%	3%ef	3%ef	3%ef	-	*	*	-	-	1%	2%	3%	2%	1%	3%	1%	3%	3%	3%	1%	1%	-	-	7%	3% ^{suv}
Hindu	16	6	7	7	-	-	3	1	-	2	1	1	2	1	-	2	-	1	4	3	1	2	3	-	12
	1%	1%	1%	1%	-	-	1%	1%	-	1%	1%	*	1%	1%	-	1%	-	1%	2% ⁿ	1%	1%	1%	2%	-	1%
Jewish	11	6	5	5	-	-	-	-	-	-	1	1	2	-	-	-	1	-	4	2	1	2	-	-	7
	1%	1%	*	1%	-	-	-	-	-	-	1%	*	1%	1%	-	-	1%	-	1%	1%	1%	*	1%	-	*
Sikh	4	-	3	3	-	-	1	-	-	1	-	-	1	-	-	2	-	-	1	-	-	-	-	-	4
	*	-	*	*	-	-	*	-	-	*	-	-	*	-	-	1%	-	-	*	-	-	-	-	-	*
Buddhist	16	10	5	5	-	-	2	1	-	1	-	5	1	4	4	1	1	1	1	6	1	5	1	-	10
	1%	2%be	*	1%	-	-	1%	1%e	-	1%	-	2%	*	1%	1%	1%	-	1%	1%	1%	1%	2% ^x	1%	-	1%
Other	25	8	12	8	-	5	4	2	-	2	1	5	3	2	4	5	2	1	-	8	4	7	4	-	15
	1%	1%	1%	1%	-	2%	2%	3%	-	1%	1%	2%	1%	1%	2%	2%	2%	*	-	2%	2%	3% ^x	3% ^x	-	1%
None	848	293	473	298	5	169	77	15	10	52	49	100	129	126	112	76	65	58	76	178	83	105	62	9	654
	41%	50% ^{bcf}	38% ^{cfg}	33% ^g	29%	56% ^{bcf}	30%	19%	45%	34% ^g	57% ^{klm}	36%	40%	39%	42%	37%	50% ^{kmo}	47%	38%	41%	50% ^{sux}	38%	42%	40%	41%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 589

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Prefer not to say	24	6	16	11	-	5	-	-	-	-	3	1	3	1	5	2	1	1	2	4	2	2	-	-	19
	1%	1%	1%	1%	-	2%f	-	-	-	-	3%km	*	1%	*	2%	1%	*	1%	1%	1%	1%	1%	-	-	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 590

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Christian	1088	7	24	7	2	109	258	59	306	49	125	34	15
	52%	42%	35%	41%	49%	52%bk	55%bk	48%	52%bk	47%	53%bk	38%	46%
NET: Other	121	2	10	1	-	14	27	11	39	8	19	5	2
	6%	11%	14%fh	7%	-	7%	6%	9%	7%	7%	8%	5%	6%
Muslim	49	2	2	1	-	8	9	4	17	3	4	-	1
	2%	11%	2%	7%	-	4%	2%	3%	3%	3%	2%	-	3%
Hindu	16	-	3	-	-	1	1	4	7	1	2	1	-
	1%	-	4%g	-	-	*	*	3%g	1%	1%	1%	1%	-
Jewish	11	-	2	-	-	2	2	1	2	1	2	1	-
	1%	-	2%h	-	-	1%	*	1%	*	1%	1%	1%	-
Sikh	4	-	-	-	-	-	1	-	2	-	-	-	1
	*	-	-	-	-	-	*	-	*	-	-	-	3%
Buddhist	16	-	2	-	-	-	8	-	3	1	5	1	-
	1%	-	3%e	-	-	-	2%	-	1%	1%	2%	1%	-
Other	25	-	2	-	-	3	6	2	8	3	6	2	-
	1%	-	2%	-	-	1%	1%	2%	1%	3%	2%	2%	-
None	848	8	35	9	2	85	179	53	236	47	94	51	14
	41%	43%	50%	52%	51%	40%	38%	43%	40%	45%	40%	57%efhj	42%
Prefer not to say	24	1	1	-	-	1	5	-	8	-	-	-	2
	1%	4%	2%	-	-	1%	1%	-	1%	-	-	-	6%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 591
Which of the following best describes where you live?
Base: All respondents

	Gender			Age						Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
NET: Urban	1637	827	810	207	306	280	296	224	324	425	472	336	404	132	68	198	138	153	102	71	127	265	221	122	40	238	742
	79%	81% ^b	76%	89% ^{ghi}	86% ^{hi}	84% ^{hi}	80% ⁱ	73%	68%	76%	81%	78%	78%	74%	80% ^{su}	85% ^{nst}	81% ^{sux}	84% ^{nst}	67%	70%	66%	99% ^{nop}	79% ^{sux}	69%	64%	85%	81%
Urban - Population over 10,000	881	475	406	127	197	156	141	116	144	250	268	157	206	71	32	93	76	83	49	32	58	224	80	57	25	142	413
	42%	47% ^b	38%	54% ^{ghi}	55% ^{fghi}	47% ^{ghi}	38% ⁱ	38% ⁱ	30%	45% ^l	46% ^l	37%	40%	40% ^{uw}	38%	40% ^{uw}	45% ^{astu}	46% ^{astu}	32%	31%	30%	83% ^{nop}	29%	32%	40%	51%	45%
Town and Fringe	757	352	405	81	109	123	155	108	180	176	204	179	198	61	36	105	61	70	53	39	69	41	141	66	15	96	329
	36%	35%	38%	35%	30%	37%	42% ^e	35%	38%	32%	35%	42% ^j	38% ^j	34% ^v	42% ^v	45% ^{nvy}	36% ^v	38% ^v	35% ^v	39% ^v	36% ^v	15%	50% ^{nqr}	37% ^v	25%	34%	36%
NET: Rural	444	188	255	26	52	55	75	82	155	132	108	92	112	46	17	34	32	29	50	30	67	4	60	55	22	41	177
	21%	19%	24% ^a	11%	14%	16%	20% ^d	27% ^{def}	32% ^{def}	24%	19%	22%	22%	26% ^{prv}	20% ^v	15% ^v	19% ^v	16% ^v	33% ^{opq}	30% ^{prv}	34% ^{opqr}	1%	21% ^v	31% ^{pqr}	36% ^{pqr}	15%	19%
Village	390	165	226	22	50	52	62	66	138	109	96	86	100	35	17	31	32	22	47	25	61	4	56	47	14	37	151
	19%	16%	21% ^a	9%	14%	16% ^d	17% ^d	22% ^{de}	29% ^{def}	19%	16%	20%	19%	20% ^v	20% ^v	13% ^v	19% ^v	12% ^v	31% ^{npq}	25% ^{prv}	31% ^{npqr}	1%	20% ^{rv}	26% ^{prv}	23% ^v	13%	16%
Hamlet & Isolated Dwelling	53	24	30	4	2	3	12	15	17	23	12	6	12	11	-	3	-	7	3	5	6	-	3	8	8	4	27
	3%	2%	3%	2%	1%	1%	3% ^{ef}	5% ^{def}	4% ^{ef}	4% ^l	2%	1%	2%	6% ^{opqv}	-	1%	-	4% ^{qv}	2% ^v	5% ^{qvw}	3% ^{qv}	-	1%	5% ^{qvw}	13% ^{opqr}	2%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 592
Which of the following best describes where you live?
Base: All respondents

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
NET: Urban	1637	15	9	974	437	136	47	1474	155	27	69	41	15	3	1637	881	757	-	-	-
	79%	59%	100%	78%	79%	77%	90%	77%	96%g	86%	98%g	100%	95%	100%	100%qrs	100%qr	100%qrs	-	-	-
Urban - Population over 10,000	881	8	6	460	257	99	35	754	119	21	51	35	10	2	881	881	-	-	-	-
	42%	32%	67%	37%	47%cd	56%cd	67%cd	39%	74%g	65%	73%g	85%	64%	74%	54%pqrs	100%npqr	-	-	-	-
Town and Fringe	757	7	3	514	181	36	12	721	36	7	18	6	5	1	757	-	757	-	-	-
	36%	27%	33%	41%def	33%e	21%	23%	38%h	22%	21%	25%	15%	31%	26%	46%oqrs	-	100%noqr	-	-	-
NET: Rural	444	10	-	269	115	40	5	437	7	4	2	-	1	-	-	-	-	444	390	53
	21%	41%	-	22%	21%	23%	10%	23%hj	4%	14%	2%	-	5%	-	-	-	-	100%no	100%no	100%nop
Village	390	10	-	242	95	34	5	383	7	4	2	-	1	-	-	-	-	390	390	-
	19%	41%	-	19%	17%	19%	10%	20%hj	4%	14%	2%	-	5%	-	-	-	-	88%no	100%nopq	-
Hamlet & Isolated Dwelling	53	-	-	28	20	6	-	53	-	-	-	-	-	-	-	-	-	53	-	53
	3%	-	-	2%	4%	4%	-	3%	-	-	-	-	-	-	-	-	-	12%noqr	-	100%nopqr

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 593
Which of the following best describes where you live?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: Urban	1637	980	790	190	657	74	134	96	236	117	1142	493	448	412	175	258	194	96
	79%	82%cdg	84%cdg	75%	74%h	88%cdg	86%cdg	68%	68%	75%	77%	83%j	84%j	83%j	86%j	85%j	82%	79%
Urban - Population over 10,000	881	555	464	91	325	39	85	38	112	51	614	266	243	225	94	142	105	44
	42%	46%cdg	49%cdg	36%	37%g	47%ghi	55%cdg	27%	32%	33%	41%	45%	45%	45%	46%	47%	44%	36%
Town and Fringe	757	425	325	99	332	35	49	58	124	66	528	227	205	187	80	117	90	51
	36%	35%	34%	39%	38%	42%	32%	41%	36%	42%	36%	38%	38%	38%	39%	39%	38%	42%
NET: Rural	444	218	155	63	225	10	21	45	111	39	343	100	88	85	29	44	42	26
	21%	18%	16%	25%abe	26%abe	12%	14%	32%abe	32%abd	25%abe	23%klm	17%	16%	17%	14%	15%	18%	21%
Village	390	187	132	56	203	10	19	44	92	39	295	94	83	79	28	43	38	24
	19%	16%	14%	22%abe	23%abe	12%	12%	31%abc	26%abe	25%abe	20%klo	16%	16%	16%	14%	14%	16%	20%
Hamlet & Isolated Dwelling	53	31	23	8	22	-	2	1	19	1	47	6	5	6	1	1	4	2
	3%	3%	2%	3%	3%	-	1%	1%	5%abde	5%abde	3%klmn	1%	1%	1%	*	*	2%	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 594
Which of the following best describes where you live?
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: Urban	1637	494	930	659	18	254	203	60	20	124	69	229	253	250	195	168	102	99	158	325	135	196	104	17	1276
	79%	85%bcg	75%	72%	100%	84%bcg	79%bc	74%	92%	80%c	80%	82%n	79%	78%	73%	82%n	79%	81%	80%	74%	81%uv	72%	71%	76%	80%stv
Urban - Population over 10,000	881	304	463	315	13	135	106	32	7	67	44	117	135	124	107	91	49	58	104	140	53	78	46	8	715
	42%	52%bcfg	38%	34%	73%	45%bc	41%	39%	34%	44%c	51%m	42%	42%	39%	40%	45%	38%	47%	52%klmnp	32%	32%	28%	31%	36%	45%stuv
Town and Fringe	757	190	468	344	5	119	97	28	12	57	25	113	117	127	88	77	53	41	54	185	82	118	58	9	562
	36%	33%	38%a	38%	27%	40%	38%	35%	58%	37%	29%	40%r	37%	40%r	33%	38%	41%r	34%	27%	42%x	49%x	43%x	40%	41%	35%
NET: Rural	444	89	302	255	-	48	53	21	2	30	17	50	68	70	71	36	27	24	40	111	31	78	43	5	327
	21%	15%	25%ae	28%aefi	-	16%	21%	26%ae	8%	20%	20%	18%	21%	22%	27%ko	18%	21%	19%	20%	26%x	19%	28%tx	29%tx	24%	20%
Village	390	78	262	219	-	43	50	20	2	29	16	47	58	62	59	31	24	24	33	96	29	64	40	5	290
	19%	13%	21%ae	24%ae	-	14%	20%a	25%ae	8%	19%	19%	17%	18%	19%	22%	15%	18%	19%	17%	22%	18%	23%	27%x	24%	18%
Hamlet & Isolated Dwelling	53	10	41	36	-	5	3	1	-	2	1	3	9	7	12	5	3	-	7	15	2	14	3	-	37
	3%	2%	3%	4%af	-	2%	1%	1%	-	1%	1%	1%	3%	2%	5%kq	3%	2%	-	3%	4%	1%	5%tx	2%	-	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 595

Which of the following best describes where you live?**Base: All respondents**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Urban	1637	16	62	11	2	175	364	98	474	79	176	68	28
	79%	91%	89%fijk	65%	44%	83%j	78%	79%	80%j	76%	74%	76%	82%
Urban - Population over 10,000	881	12	41	4	1	88	213	53	262	39	91	28	19
	42%	69%	58%ehijk	25%	25%	42%	46%k	43%	44%k	38%	38%	31%	56%
Town and Fringe	757	4	22	7	1	86	151	45	212	39	85	40	9
	36%	22%	31%	40%	19%	41%f	32%	36%	36%	38%	36%	45%f	26%
NET: Rural	444	2	8	6	2	35	105	25	115	25	63	22	6
	21%	9%	11%	35%	56%	17%	22%b	21%	20%	24%b	26%beh	24%b	18%
Village	390	2	6	4	2	32	87	21	98	20	55	20	5
	19%	9%	8%	25%	56%	15%	18%b	17%	17%	20%	23%bh	22%b	15%
Hamlet & Isolated Dwelling	53	-	2	1	-	2	18	4	18	4	8	2	1
	3%	-	3%	9%	-	1%	4%	3%	3%	4%	3%	2%	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 596
Which of the following best describes your current working status?
Base: All respondents

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
NET: Working	1199	660	538	139	285	274	278	170	53	368	357	265	209	104	54	142	94	104	83	62	111	166	149	93	36	279	920
	58%	65%b	51%	60%i	80%dhi	82%dgh	75%dhi	56%i	11%	66%am	62%am	62%am	40%	58%	64%	61%	55%	57%	55%	61%	58%	62%	53%	53%	58%	100%	100%
Working full time - working 30 hours per week or more	945	590	355	107	241	223	222	127	24	307	297	202	139	77	41	114	71	79	68	48	85	144	112	75	31	228	717
	45%	58%b	33%	46%i	67%dhi	67%dhi	60%dhi	41%i	5%	55%lm	51%lm	47%lm	27%	44%	48%	49%w	42%	44%	45%	48%	44%	54%anqw	40%	42%	50%	82%	78%
Working part time - working between 8 and 29 hours per week	254	71	183	32	44	51	56	43	28	61	61	63	70	26	13	28	23	25	15	14	27	22	37	18	5	51	203
	12%	7%	17%a	14%i	12%i	15%i	15%i	14%i	6%	11%	10%	15%	14%	15%v	16%	12%	13%	14%	10%	14%	14%	8%	13%	10%	8%	18%	22%
NET: Not working	882	355	527	94	73	61	92	136	426	189	223	163	307	74	30	90	76	77	69	39	82	102	132	84	26	-	-
	42%	35%	49%a	40%efg	20%	18%	25%f	44%efg	89%def	34%	38%	38%	60%jkl	42%	36%	39%	45%	43%	45%	39%	42%	38%	47%	47%	42%	-	-
Not working but seeking work or temporarily unemployed or sick	84	46	37	7	18	16	26	15	1	9	6	12	56	7	5	9	7	4	3	3	3	15	18	7	5	-	-
	4%	5%	4%	3%i	5%i	5%i	7%i	5%i	*	2%	1%	3%k	11%jkl	4%	6%	4%	4%	2%	2%	3%	1%	6%u	6%u	4%	7%u	-	-
Not working and not seeking work/ student	155	64	91	79	21	12	17	26	-	26	54	16	60	16	6	19	13	12	11	8	12	24	23	9	3	-	-
	7%	6%	9%	34%efgh	6%i	3%i	5%i	8%fi	-	5%	9%jl	4%	12%jl	9%	7%	8%	8%	7%	7%	8%	6%	9%	8%	5%	4%	-	-
Retired on a state pension only	140	39	101	-	-	-	*	5	134	10	21	17	93	12	4	15	14	16	11	6	11	15	14	19	4	-	-
	7%	4%	9%a	-	-	-	*	2%efg	28%defgh	2%	4%	4%	18%jkl	7%	4%	7%	8%	9%	7%	6%	6%	6%	5%	11%w	7%	-	-
Retired with a private pension	347	188	158	-	-	1	6	52	289	121	123	71	31	31	11	34	22	37	28	14	33	38	50	39	10	-	-
	17%	19%b	15%	-	-	*	2%e	17%def	60%defgh	22%am	21%am	17%am	6%	17%	13%	15%	13%	20%	19%	14%	17%	14%	18%	22%q	15%	-	-
House person, housewife, househusband, etc.	156	17	140	7	33	32	43	39	3	23	20	48	66	9	4	14	20	9	16	8	24	11	27	10	5	-	-
	8%	2%	13%a	3%i	9%di	10%di	12%di	13%di	1%	4%	3%	11%jk	13%jk	5%	5%	6%	12%nprv	5%	10%v	8%	12%nprv	4%	10%v	6%	8%	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 597
Which of the following best describes your current working status?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
NET: Working	1199	7	4	652	382	137	4	1082	109	14	53	29	13	1	980	555	425	218	187	31
	58%	29%	44%	52%f	69%cf	78%cdf	8%	57%	67%g	45%	75%g	71%	83%	18%	60%qr	63%pqr	56%qr	49%	48%	59%
Working full time - working 30 hours per week or more	945	7	3	491	319	113	1	841	99	12	48	26	11	1	790	464	325	155	132	23
	45%	29%	37%	39%f	58%cf	64%cf	3%	44%	61%g	38%	68%g	65%	73%	18%	48%pqr	53%npqr	43%qr	35%	34%	44%
Working part time - working between 8 and 29 hours per week	254	-	1	161	63	24	3	241	11	2	4	2	1	-	190	91	99	63	56	8
	12%	-	7%	13%	11%	14%	5%	13%h	6%	7%	6%	6%	9%	-	12%	10%	13%	14%	14%	15%
NET: Not working	882	18	5	591	170	39	48	830	53	18	18	12	3	3	657	325	332	225	203	22
	42%	71%	56%	48%de	31%e	22%	92%cde	43%hj	33%	55%	25%	29%	17%	82%	40%	37%	44%o	51%nop	52%nop	41%
Not working but seeking work or temporarily unemployed or sick	84	4	1	60	10	7	-	72	12	7	2	2	-	2	74	39	35	10	10	-
	4%	15%	16%	5%d	2%	4%	-	4%	8%g	21%	2%	5%	-	56%	5%q	4%	5%q	2%	2%	-
Not working and not seeking work/ student	155	2	1	68	31	4	48	130	26	6	9	8	3	-	134	85	49	21	19	2
	7%	10%	15%	5%	6%	2%	92%cde	7%	16%g	20%	12%	19%	17%	-	8%qr	10%pqr	7%	5%	5%	3%
Retired on a state pension only	140	6	-	114	12	2	-	135	6	2	2	1	-	1	96	38	58	45	44	1
	7%	24%	-	9%def	2%	1%	-	7%	4%	5%	3%	3%	-	26%	6%	4%	8%o	10%no	11%no	2%
Retired with a private pension	347	3	2	227	93	18	-	344	3	1	1	-	-	-	236	112	124	111	92	19
	17%	13%	24%	18%ef	17%ef	10%f	-	18%hj	2%	4%	2%	-	-	-	14%	13%	16%o	25%nop	24%nop	35%nop
House person, housewife, househusband, etc.	156	2	-	121	24	7	-	150	6	2	4	1	-	-	117	51	66	39	39	1
	8%	9%	-	10%def	4%	4%	-	8%	4%	6%	6%	2%	-	-	7%	6%	9%o	9%	10%o	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 598
Which of the following best describes your current working status?
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (l)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: Working	1199	1199	945	254	-	-	-	-	-	-	739	457	413	384	156	228	187	87
	58%	100%de	100%de	100%defg	-	-	-	-	-	-	50%	77%j	77%j	77%j	76%j	75%j	79%j	71%j
Working full time - working 30 hours per week or more	945	945	945	-	-	-	-	-	-	-	588	357	323	302	124	179	145	65
	45%	79%cd	100%acde	-	-	-	-	-	-	-	40%	60%j	60%j	61%j	61%j	59%j	61%j	53%j
Working part time - working between 8 and 29 hours per week	254	254	-	254	-	-	-	-	-	-	152	100	90	82	32	49	42	22
	12%	21%bdef	-	100%abde	-	-	-	-	-	-	10%	17%j	17%j	16%j	16%j	16%j	18%j	18%j
NET: Not working	882	-	-	-	882	84	155	140	347	156	745	135	123	114	48	74	49	35
	42%	-	-	-	100%abc	100%abc	100%abc	100%abc	100%abc	100%abc	50%klm	23%	23%	23%	24%	25%	21%	29%
Not working but seeking work or temporarily unemployed or sick	84	-	-	-	84	84	-	-	-	-	69	15	14	14	2	8	6	5
	4%	-	-	-	10%ab	100%abcd	-	-	-	-	5%kn	3%	3%	3%	1%	3%	2%	4%
Not working and not seeking work/ student	155	-	-	-	155	-	155	-	-	-	132	22	18	18	6	10	6	7
	7%	-	-	-	18%abce	-	100%abcd	-	-	-	9%klmn	4%	3%	4%	3%	3%	2%	5%
Retired on a state pension only	140	-	-	-	140	-	-	140	-	-	140	-	-	-	-	-	-	-
	7%	-	-	-	16%abce	-	-	100%abcd	-	-	9%klmn	-	-	-	-	-	-	-
Retired with a private pension	347	-	-	-	347	-	-	-	347	-	341	6	4	6	1	2	4	4
	17%	-	-	-	39%abce	-	-	-	100%abcd	-	23%klmn	1%	1%	1%	1%	1%	2%	3%lo

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 598
Which of the following best describes your current working status?
Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
House person, housewife, househusband, etc.	156	-	-	-	156	-	-	-	-	156	64	93	87	75	39	54	32	20
	8%	-	-	-	18%abce	-	-	-	-	100%abcd	4%	16%j	16%j	15%j	19%j	18%j	14%j	16%j
					fgh				efgh									

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
*** small base**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 599
Which of the following best describes your current working status?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: Working	1199	370	734	495	13	226	87	14	14	59	21	72	148	182	172	151	101	108	165	158	72	88	38	3	1025
	58%	63% _{cf} i	60% _{cf} i	54% _{cf} i	75%	75% _{abc} fji	34% _g fji	17%	67%	38% _g	25%	26%	46% _{jk}	57% _{jkl}	65% _{jkl} m	74% _{ijkl} mn	78% _{ijkl} mno	83% _{ijkl} mno	36% _v	43% _{uv}	32%	26%	12%	64% _{stuv}	
Working full time - working 30 hours per week or more	945	292	583	390	12	181	64	9	9	47	5	35	121	144	137	126	80	93	147	103	43	60	31	1	830
	45%	50% _{cf} i	47% _{cf} i	43% _{cf} i	69%	60% _{abc} fji	25% _g fji	11%	41%	30% _g	6%	12%	38% _{jk}	45% _{jk}	52% _{jkl} mn	62% _{ijkl} m	62% _{ijkl} m	76% _{ijkl} mnop	24%	26%	22%	21%	3%	52% _{stuv}	
Working part time - working between 8 and 29 hours per week	254	78	151	104	1	45	23	5	5	12	16	38	27	39	35	25	21	15	18	55	28	28	7	2	195
	12%	13%	12%	11%	6%	15% _f fji	9%	6%	25%	8%	18% _{lr}	13%	9%	12%	13%	12%	16% _l	12%	9%	13% _v	17% _{uv}	10%	5%	9%	12% _v
NET: Not working	882	213	499	419	4	75	169	67	7	95	65	207	172	138	93	53	28	14	33	279	95	185	109	20	579
	42%	37% _e	40% _e	46% _{abe}	25%	25%	66% _{abc} e	83% _{abc} efi	33%	62% _{abc} e	75% _{lmn} opqr	74% _{lmn} opqr	54% _{mno} pqr	43% _{opq} r	35% _{pqr}	26% _{qr}	22%	12%	17%	64% _x	57% _x	68% _{tx}	74% _{stx}	88%	36%
Not working but seeking work or temporarily unemployed or sick	84	53	16	9	*	6	15	3	1	11	22	30	6	5	6	1	3	-	4	39	24	19	15	1	38
	4%	9% _{bce}	1%	1%	3%	2%	6% _{bce}	4% _c	4%	7% _{bce}	26% _{klm} nopqr	11% _{lmno} pqr	2%	1%	2%	*	3%	-	2%	9% _x	14% _{ux}	7% _x	10% _x	5%	2%
Not working and not seeking work/ student	155	109	32	23	1	8	13	2	-	11	25	42	17	15	10	6	-	1	13	65	36	40	31	5	84
	7%	19% _{bcef} gi	3%	2%	6%	3%	5% _{bc}	3%	-	7% _{bce}	29% _{klm} nopqr	15% _{lmno} pqr	5% _p	5% _p	4% _p	3%	-	1%	7% _{pq}	15% _x	22% _{sx}	15% _x	21% _x	21%	5%
Retired on a state pension only	140	10	75	70	-	5	55	26	2	27	9	55	29	19	11	3	-	3	-	42	3	30	18	2	92
	7%	2%	6% _{ae}	8% _{ae}	-	2%	22% _{abc} e	32% _{abce} i	8%	18% _{abc} e	10% _{nop} qr	20% _{ijlmn} opqr	9% _{nopq} r	6% _{opr}	4% _{pr}	1%	-	2%	-	10% _{tx}	2%	11% _{tx}	13% _{tx}	7%	6% _t

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 599
Which of the following best describes your current working status?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Retired with a private pension	347	30	237	213	2	22	78	32	3	43	3	54	85	68	41	34	18	9	10	85	13	65	30	10	260
	17%	5%	19%ae	23%abe	10%	7%	31%abc	40%abc	16%	28%abe	3%	19%jqr	27%jkn	21%jqr	16%jqr	16%jqr	14%jr	7%	5%	19%t	8%	24%tx	20%t	43%	16%t
House person, housewife, househusband, etc.	156	11	139	104	1	33	7	3	1	2	6	27	35	31	25	9	7	2	6	48	19	31	15	3	105
	8%	2%	11%afi	11%afi	6%	11%afi	3%	4%	5%	1%	7%	10%qr	11%oqr	10%oqr	9%qr	5%	5%	1%	3%	11%x	12%x	11%x	10%	12%	7%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 600

Which of the following best describes your current working status?**Base: All respondents**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Working	1199	13	42	13	3	134	316	50	385	55	93	48	22
	58%	76%	60%gj	77%	75%	64%gj	67%gijk	41%	65%gijk	53%j	39%	54%j	65%
Working full time - working 30 hours per week or more	945	9	29	9	2	105	250	38	308	35	62	31	19
	45%	54%	42%j	54%	57%	50%gijk	53%gijk	31%	52%gijk	34%	26%	35%	57%
Working part time - working between 8 and 29 hours per week	254	4	13	4	1	29	66	12	77	19	31	17	3
	12%	22%	19%	24%	18%	14%	14%	10%	13%	19%	13%	19%	8%
NET: Not working	882	4	28	4	1	75	153	73	204	48	146	42	12
	42%	24%	40%	23%	25%	36%	33%	59%bafh	35%	47%fh	61%befhik	46%fh	35%
Not working but seeking work or temporarily unemployed or sick	84	2	3	1	-	5	4	6	13	9	13	5	1
	4%	11%	4%f	4%	-	2%	1%	5%f	2%	8%efh	6%fh	5%f	2%
Not working and not seeking work/ student	155	-	7	1	-	13	18	14	23	12	20	15	1
	7%	-	10%fh	3%	-	6%	4%	11%fh	4%	12%fh	8%fh	16%efhj	2%
Retired on a state pension only	140	-	2	-	-	12	24	11	35	5	22	3	3
	7%	-	3%	-	-	6%	5%	9%	6%	5%	9%	3%	8%
Retired with a private pension	347	1	7	-	-	22	87	28	109	10	67	8	4
	17%	4%	10%	-	-	10%	18%eik	22%beik	19%eik	9%	28%befhik	9%	13%
House person, housewife, househusband, etc.	156	2	9	3	1	24	21	14	24	13	25	11	3
	8%	9%	13%fh	15%	25%	11%fh	4%	11%fh	4%	12%fh	10%fh	12%fh	10%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 601
Do you work in any of the following occupations?
Base: All respondents who work

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri- vate (B)
Unweighted base	1135	610	525	128	244	265	268	177	53	367	325	253	190	113	54	133	92	89	84	59	109	150	141	85	26	261	874
Weighted base	1199	660	538	139	285	274	278	170	53*	368	357	265	209	104*	54*	142	94*	104*	83*	62*	111*	166	149	93*	36**	279	920
NET: Public Sector	279	126	153	27	73	68	74	31	5	93	98	47	40	30	10	34	22	20	18	15	28	41	34	18	8	279	-
	23%	19%	28% ^a	19%	26% ⁱ	25% ⁱ	27% ⁱ	18%	10%	25% ^l	27% ^l	18%	19%	29%	19%	24%	24%	19%	22%	24%	25%	24%	23%	20%	21%	100%B	-
A nationalised industry/state corporation	16	7	9	2	7	1	3	2	-	6	3	4	3	2	1	1	3	-	1	1	3	3	-	-	-	16	-
	1%	1%	2%	1%	3%	*	1%	1%	-	2%	1%	1%	1%	1%	2%	1%	4%	-	1%	2%	1%	2%	2%	-	-	6%B	-
Central government or civil service (including Courts service and Bank of England)	30	15	15	2	10	8	8	1	2	16	10	4	-	7	-	3	1	-	-	4	-	7	3	4	2	30	-
	3%	2%	3%	2%	4% ^h	3%	3%	*	4%	4% ^m	3% ^m	2%	-	6% ^{rsu}	-	2%	2%	-	-	7% ^{rsu}	-	4%	2%	4%	2%	11%B	-
Local government or council (including fire services, police and local authority controlled schools/colleges)	97	51	46	6	19	28	30	12	1	30	49	8	9	11	4	10	4	13	6	5	13	12	11	6	1	97	-
	8%	8%	9%	4%	7%	10%	11%	7%	3%	8% ^l	14% ^{jm}	3%	4%	11%	8%	7%	4%	12%	7%	8%	12%	7%	8%	7%	4%	35%B	-
A university, or other grant funded establishment (include opted-out schools)	28	15	12	1	6	10	8	2	1	14	8	5	1	1	-	8	1	1	1	-	3	5	8	-	1	28	-
	2%	2%	2%	1%	2%	4%	3%	1%	2%	4% ^m	2%	2%	1%	1%	-	5% ^x	1%	1%	1%	-	3%	3%	5% ^x	-	3%	10%B	-
A health authority or NHS Trust	62	14	48	8	16	17	17	6	-	14	17	11	21	5	1	10	4	2	6	4	8	8	6	6	2	62	-
	5%	2%	9% ^a	5%	6%	6%	6%	3%	-	4%	5%	4%	10% ^{ijkl}	5%	2%	7%	5%	2%	7%	6%	7%	5%	4%	7%	6%	22%B	-
The armed forces	1	-	1	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1	-
	*	-	*	-	-	*	-	-	-	*	-	-	-	-	-	-	-	-	-	-	-	-	1%	-	-	*	-

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 601

Do you work in any of the following occupations?

Base: All respondents who work

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	1199	660	538	139	285	274	278	170	53*	368	357	265	209	104*	54*	142	94*	104*	83*	62*	111*	166	149	93*	36**	279	920
Other public sector occupation (Please specify as much detail as possible)	45	23	22	8	15	4	8	9	1	13	10	15	6	5	3	3	8	5	5	*	3	6	3	2	1	45	-
	4%	4%	4%	6%f	5%f	2%	3%	5%f	1%	4%	3%	6%	3%	5%	6%	2%	9%pw	5%	6%	1%	3%	3%	2%	2%	3%	16%B	-
NET: Private Sector	920	534	385	112	212	206	204	138	47	274	259	218	169	74	44	108	71	84	64	47	83	126	114	75	29	-	920
	77%	81%b	72%	81%	74%	75%	73%	82%	90%efg	75%	73%	82%jk	81%	71%	81%	76%	76%	81%	78%	76%	75%	76%	77%	80%	79%	-	100%A
A charity, voluntary organisation or trust	38	16	22	5	10	4	6	10	3	12	15	4	7	5	-	2	1	3	3	5	5	10	3	-	2	-	38
	3%	2%	4%	3%	4%	1%	2%	6%f	6%	3%	4%	1%	4%	5%x	-	1%	1%	3%	3%	8%pqwx	5%	6%x	2%	-	4%	-	4%A
Self-employed (Private sector)	128	77	52	12	22	22	35	25	12	36	37	33	22	3	6	17	8	5	8	5	14	25	20	17	1	-	128
	11%	12%	10%	9%	8%	8%	12%	15%ef	23%def	10%	10%	12%	11%	2%	11%on	12%on	8%	4%	10%on	7%	13%on	15%onr	13%onr	18%onr	3%	-	14%A
None of the above/ I work in the Private sector	753	442	311	95	180	179	163	103	33	227	206	181	139	66	38	89	62	76	54	38	64	90	92	58	26	-	753
	63%	67%b	58%	68%	63%	65%	59%	61%	62%	62%	58%	68%k	67%	64%	70%	63%	67%	73%uv	65%	61%	57%	54%	62%	62%	72%	-	82%A

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 602

Do you work in any of the following occupations?**Base: All respondents who work**

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	1135	5	3	628	352	131	5	1024	103	16	49	25	12	1	929	520	409	206	178	28
Weighted base	1199	7**	4**	652	382	137	4**	1082	109*	14**	53*	29**	13**	1**	980	555	425	218	187	31**
NET: Public Sector	279	2	-	122	102	49	1	239	37	2	19	13	4	-	238	142	96	41	37	4
	23%	21%	-	19%	27% ^c	35% ^c	34%	22%	34% ^g	12%	35% ^g	45%	28%	-	24%	26%	23%	19%	20%	14%
A nationalised industry/state corporation	16	-	-	11	3	2	-	14	1	1	-	1	-	-	16	6	10	-	-	-
	1%	-	-	2%	1%	1%	-	1%	1%	5%	-	2%	-	-	2%	1%	2% ^q	-	-	-
Central government or civil service (including Courts service and Bank of England)	30	-	-	11	13	7	-	27	3	-	3	-	-	-	26	15	11	4	4	-
	3%	-	-	2%	3%	5% ^c	-	2%	3%	-	6%	-	-	-	3%	3%	3%	2%	2%	-
Local government or council (including fire services, police and local authority controlled schools/colleges)	97	-	-	41	44	10	1	81	16	1	6	6	4	-	83	52	31	14	12	2
	8%	-	-	6%	11% ^c	8%	34%	7%	15% ^g	7%	11%	19%	28%	-	8%	9%	7%	6%	6%	6%
A university, or other grant funded establishment (include opted-out schools)	28	-	-	5	13	10	-	25	3	-	3	-	-	-	24	19	5	4	3	*
	2%	-	-	1%	3% ^c	8% ^c	-	2%	2%	-	5%	-	-	-	2%	3%	1%	2%	2%	1%
A health authority or NHS Trust	62	2	-	29	20	9	-	51	9	-	4	5	-	-	50	27	23	13	12	1
	5%	21%	-	4%	5%	7%	-	5%	8%	-	8%	16%	-	-	5%	5%	5%	6%	6%	2%
The armed forces	1	-	-	-	-	1	-	1	-	-	-	-	-	-	1	-	1	-	-	-
	*	-	-	-	-	1%	-	*	-	-	-	-	-	*	-	*	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 602
Do you work in any of the following occupations?
Base: All respondents who work

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	1199	7**	4**	652	382	137	4**	1082	109*	14**	53*	29**	13**	1**	980	555	425	218	187	31**
Other public sector occupation (Please specify as much detail as possible)	45	-	-	26	10	9	-	40	5	-	3	2	-	-	38	23	15	7	6	1
	4%	-	-	4%	3%	7%	-	4%	5%	-	5%	7%	-	-	4%	4%	3%	3%	3%	5%
NET: Private Sector	920	6	4	530	280	89	3	843	72	13	34	16	9	1	742	413	329	177	151	27
	77%	79%	100%	81% ^{de}	73%	65%	66%	78% ^{hj}	66%	88%	65%	55%	72%	100%	76%	74%	77%	81%	80%	86%
A charity, voluntary organisation or trust	38	-	-	13	20	5	-	36	2	1	-	*	1	-	25	14	11	13	8	4
	3%	-	-	2%	5% ^c	4%	-	3%	2%	7%	-	2%	5%	-	3%	3%	3%	6% ^{no}	4%	14%
Self-employed (Private sector)	128	2	-	69	44	12	-	118	9	2	*	3	3	1	89	60	29	39	37	2
	11%	23%	-	11%	12%	9%	-	11% ^j	8%	15%	1%	10%	24%	100%	9%	11% ^p	7%	18% ^{nop}	20% ^{nop}	7%
None of the above/ I work in the Private sector	753	4	4	447	216	71	3	689	61	9	34	13	6	-	628	339	289	125	105	20
	63%	56%	100%	69% ^{de}	57%	52%	66%	64%	56%	66%	64%	44%	44%	-	64%	61%	68% ^{oqr}	57%	56%	65%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 603

Do you work in any of the following occupations?**Base: All respondents who work**

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	1135	1135	785	350	-	-	-	-	-	-	690	443	400	365	155	218	172	86
Weighted base	1199	1199	945	254	-**	-**	-**	-**	-**	-**	739	457	413	384	156	228	187	87*
NET: Public Sector	279	279	228	51	-	-	-	-	-	-	156	123	107	107	36	57	49	27
	23%	23%	24%	20%	-	-	-	-	-	-	21%	27% _j	26%	28% _j	23%	25%	26%	31% _j
A nationalised industry/state corporation	16	16	15	1	-	-	-	-	-	-	11	5	5	5	1	2	3	-
	1%	1%	2%	*	-	-	-	-	-	-	1%	1%	1%	*	1%	2%	-	-
Central government or civil service (including Courts service and Bank of England)	30	30	27	3	-	-	-	-	-	-	17	13	12	13	3	12	2	2
	3%	3%	3%	1%	-	-	-	-	-	-	2%	3%	3%	3%	2%	5% _j _p	1%	2%
Local government or council (including fire services, police and local authority controlled schools/colleges)	97	97	82	15	-	-	-	-	-	-	55	42	35	38	7	19	19	12
	8%	8%	9%	6%	-	-	-	-	-	-	7%	9%	9%	10%	5%	8%	10%	13% _n
A university, or other grant funded establishment (include opted-out schools)	28	28	21	7	-	-	-	-	-	-	17	11	8	7	6	4	1	3
	2%	2%	2%	3%	-	-	-	-	-	-	2%	2%	2%	2%	4%	2%	1%	3%
A health authority or NHS Trust	62	62	49	13	-	-	-	-	-	-	29	33	29	29	9	15	15	6
	5%	5%	5%	5%	-	-	-	-	-	-	4%	7% _j	7% _j	8% _j	6%	6%	8%	7%
The armed forces	1	1	-	1	-	-	-	-	-	-	-	1	1	-	1	-	-	-
	*	*	-	*	-	-	-	-	-	-	-	*	*	-	1%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 603
Do you work in any of the following occupations?
Base: All respondents who work

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?							
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	1199	1199	945	254	-**	-**	-**	-**	-**	-**	739	457	413	384	156	228	187	87*
Other public sector occupation (Please specify as much detail as possible)	45	45	35	10	-	-	-	-	-	-	27	18	17	14	9	6	8	6
	4%	4%	4%	4%	-	-	-	-	-	-	4%	4%	4%	4%	6%	2%	4%	7%
NET: Private Sector	920	920	717	203	-	-	-	-	-	-	583	335	306	277	119	171	139	60
	77%	77%	76%	80%	-	-	-	-	-	-	79%klmq	73%	74%	72%	77%	75%	74%	69%
A charity, voluntary organisation or trust	38	38	26	12	-	-	-	-	-	-	32	6	5	6	1	4	4	2
	3%	3%	3%	5%	-	-	-	-	-	-	4%klmn	1%	1%	2%	1%	2%	2%	2%
Self-employed (Private sector)	128	128	90	39	-	-	-	-	-	-	92	34	33	31	13	20	13	5
	11%	11%	9%	15%ab	-	-	-	-	-	-	12%klm	8%	8%	8%	8%	9%	7%	5%
None of the above/ I work in the Private sector	753	753	601	152	-	-	-	-	-	-	459	294	268	241	106	146	122	53
	63%	63%	64%	60%	-	-	-	-	-	-	62%	64%	65%	63%	68%	64%	65%	61%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 604

Do you work in any of the following occupations?**Base: All respondents who work**

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	1135	343	689	459	12	218	97	16	19	62	25	84	153	179	168	135	98	91	134	167	81	91	33	4	952
Weighted base	1199	370	734	495	13**	226	87*	14**	14**	59*	21**	72*	148	182	172	151	101*	108*	165	158	72*	88*	38**	3**	1025
NET: Public Sector	279	75	176	126	4	45	25	3	6	16	4	8	32	38	43	30	23	34	44	32	13	17	9	2	242
	23%	20%	24%	26%	32%	20%	29%	24%	43%	27%	17%	11%	22%	21%	25%k	20%	23%	31%k	27%k	20%	18%	19%	24%	78%	24%
A nationalised industry/state corporation	16	6	9	6	2	1	-	-	-	-	-	-	-	4	4	1	2	2	1	4	2	1	-	-	12
	1%	2%	1%	1%	13%	1%	-	-	-	-	-	-	-	2%	2%	1%	2%	2%	1%	2%	3%	2%	-	-	1%
Central government or civil service (including Courts service and Bank of England)	30	8	17	12	-	5	4	-	2	2	-	-	3	6	2	2	3	4	8	5	-	3	2	1	25
	3%	2%	2%	2%	-	2%	4%	-	13%	3%	-	-	2%	3%	1%	1%	3%	3%	5%	3%	-	4%	4%	24%	2%
Local government or council (including fire services, police and local authority controlled schools/colleges)	97	24	61	43	-	18	12	1	3	8	1	3	11	12	16	10	10	13	14	8	5	5	3	-	86
	8%	6%	8%	9%	-	8%	13%a	8%	18%	13%	6%	4%	8%	7%	9%	7%	10%	12%	9%	5%	6%	5%	7%	-	8%
A university, or other grant funded establishment (include opted-out schools)	28	7	21	13	-	8	-	-	-	-	-	1	3	4	4	3	4	2	7	1	1	1	1	-	27
	2%	2%	3%	3%	-	4%	-	-	-	-	-	1%	2%	2%	2%	4%	2%	4%	4%	1%	2%	2%	4%	-	3%
A health authority or NHS Trust	62	14	40	30	3	8	6	1	2	4	-	2	9	7	9	8	4	8	7	7	3	4	-	2	54
	5%	4%	5%	6%	19%	3%	7%	6%	12%	6%	-	3%	6%	4%	5%	5%	4%	7%	4%	5%	5%	5%	-	54%	5%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 604

Do you work in any of the following occupations?**Base: All respondents who work**

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	1199	370	734	495	13**	226	87*	14**	14**	59*	21**	72*	148	182	172	151	101*	108*	165	158	72*	88*	38**	3**	1025
The armed forces	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
Other public sector occupation (Please specify as much detail as possible)	45	15	27	22	-	5	4	1	-	2	2	3	6	4	8	6	1	5	6	7	2	2	3	-	38
	4%	4%	4%	4%	-	2%	4%	10%	-	4%	11%	4%	4%	2%	4%	4%	1%	5%	4%	5%	2%	2%	9%	-	4%
NET: Private Sector	920	295	558	368	9	181	62	10	8	43	18	64	116	144	129	121	78	74	121	126	58	71	28	1	783
	77%	80%	76%	74%	68%	80%	71%	76%	57%	73%	83%	89% ^{nqr}	78%	79%	75%	80%	77%	69%	73%	80%	82%	81%	76%	22%	76%
A charity, voluntary organisation or trust	38	13	24	16	-	7	1	-	1	-	-	2	9	5	-	8	5	-	5	5	3	4	-	-	32
	3%	4%	3%	3%	-	3%	1%	-	7%	-	-	2%	6% ^{nq}	3% ⁿ	-	5% ^{nq}	5% ^{nq}	-	3% ⁿ	3%	5%	4%	-	-	3%
Self-employed (Private sector)	128	48	65	42	2	21	13	1	-	12	9	20	16	19	16	13	3	6	12	29	13	20	8	-	99
	11%	13%	9%	9%	14%	9%	15%	9%	-	21% ^{bce}	42%	27% ^{lmn}	11% ^p	10%	9%	9%	3%	5%	7%	18% ^x	18% ^x	22% ^x	21%	-	10%
None of the above/ I work in the Private sector	753	233	469	310	7	153	47	9	7	31	9	43	90	120	114	100	69	68	104	91	42	48	20	1	652
	63%	63%	64%	63%	54%	67% ^{fi}	55%	67%	50%	53%	41%	59%	61%	66%	66%	66%	68%	63%	63%	58%	59%	54%	54%	22%	64%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 605

Do you work in any of the following occupations?**Base: All respondents who work**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	1135	11	46	11	3	118	289	49	353	58	90	54	21
Weighted base	1199	13**	42*	13**	3**	134*	316	50*	385	55*	93*	48*	22**
NET: Public Sector	279	3	20	3	2	38	76	13	100	10	18	9	4
	23%	21%	48%efghijk	22%	74%	28%	24%	25%	26%	19%	19%	18%	19%
A nationalised industry/state corporation	16	-	1	-	-	3	5	-	5	3	-	2	-
	1%	-	3%	-	-	2%	1%	-	1%	5%j	-	5%j	-
Central government or civil service (including Courts service and Bank of England)	30	-	5	-	-	2	5	1	10	2	1	1	2
	3%	-	11%efhj	-	-	1%	2%	2%	3%	3%	1%	2%	8%
Local government or council (including fire services, police and local authority controlled schools/colleges)	97	1	7	1	-	15	18	7	31	1	5	1	1
	8%	9%	16%fik	11%	-	11%i	6%	14%ik	8%	1%	5%	2%	6%
A university, or other grant funded establishment (include opted-out schools)	28	2	3	-	1	1	11	2	8	2	3	2	*
	2%	11%	7%e	-	24%	1%	3%	5%	2%	4%	3%	4%	2%
A health authority or NHS Trust	62	-	3	-	-	14	21	-	28	2	5	1	-
	5%	-	7%	-	-	11%g	7%	-	7%	4%	5%	3%	-
The armed forces	1	-	-	-	-	-	1	-	1	-	-	-	-
	*	-	-	-	-	-	*	-	*	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 605
Do you work in any of the following occupations?
Base: All respondents who work

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	1199	13**	42*	13**	3**	134*	316	50*	385	55*	93*	48*	22**
Other public sector occupation (Please specify as much detail as possible)	45 4%	- -	1 4%	1 12%	2 50%	4 3%	15 5%	2 5%	16 4%	2 3%	4 5%	1 2%	1 3%
NET: Private Sector	920 77%	11 79%	22 52%	10 78%	1 26%	96 72%b	240 76%b	38 75%b	285 74%b	44 81%b	75 81%b	40 82%b	18 81%
A charity, voluntary organisation or trust	38 3%	- -	* 1%	2 12%	- -	3 2%	13 4%	- -	13 3%	1 2%	4 4%	1 2%	- -
Self-employed (Private sector)	128 11%	- -	5 13%	1 6%	- -	16 12%	37 12%	5 11%	45 12%	6 11%	20 22%fh	8 16%	3 12%
None of the above/ I work in the Private sector	753 63%	11 79%	16 38%	8 60%	1 26%	78 58%b	189 60%b	32 64%b	228 59%b	37 68%b	51 55%	31 64%b	15 69%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 606
Do you have any children aged 18 or under? If so, how old are they?
Base: All respondents

	Gender		Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
No children aged 18 or under	1484	758	726	203	188	108	231	279	476	395	434	280	376	123	62	160	109	128	104	75	137	190	210	137	49	156	583
	71%	75%b	68%	87%efg	52%f	32%	62%ef	91%efg	99%defgh	71%	75%l	65%	73%l	69%	73%	69%	64%	71%	69%	75%	71%	71%	75%q	77%q	79%	56%	63%
NET: Yes	593	255	338	30	169	226	139	26	3	162	146	146	139	55	23	72	60	53	47	26	55	78	69	41	13	123	335
	28%	25%	32%a	13%i	47%dghi	68%deg	38%dhi	8%i	1%	29%	25%	34%km	27%	31%	27%	31%	36%wx	29%	31%	25%	28%	29%	25%	23%	21%	44%B	36%
NET: Any 5-18	498	213	285	14	123	199	135	24	3	135	123	122	118	44	20	64	48	45	39	23	47	66	53	37	11	107	277
	24%	21%	27%a	6%i	34%dhi	59%deg	36%dhi	8%i	1%	24%	21%	28%k	23%	25%	24%	27%w	29%w	25%	26%	23%	24%	25%	19%	21%	18%	38%B	30%
NET: Any 11-18	308	139	168	6	37	123	117	22	3	79	76	74	78	23	13	43	35	29	29	13	25	43	27	19	8	65	175
	15%	14%	16%	3%i	10%di	37%deh	32%dehi	7%di	1%	14%	13%	17%	15%	13%	15%	19%wx	21%wx	16%	19%w	13%	13%	16%w	10%	11%	13%	23%	19%
Yes - children aged under 5 years old	204	87	117	22	95	69	12	4	1	68	44	47	44	19	7	17	27	18	18	6	16	28	33	12	3	36	119
	10%	9%	11%	10%ghi	26%dghi	21%dghi	3%i	1%	*	12%k	8%	11%	8%	11%	8%	7%	16%ptu	10%	12%	6%	8%	10%	12%	7%	4%	13%	13%
Yes - children aged 5 to 10 years old	302	121	181	11	107	137	42	4	1	86	77	69	70	32	11	35	29	27	26	14	27	38	36	22	7	57	171
	15%	12%	17%a	5%hi	30%dghi	41%deg	11%dhi	1%	*	16%	13%	16%	14%	18%	13%	15%	17%	15%	17%	13%	14%	14%	13%	12%	11%	20%	19%
Yes - children aged 11 to 15 years old	236	104	132	3	36	108	73	15	1	67	55	54	61	17	10	34	26	25	22	8	16	34	24	13	8	49	139
	11%	10%	12%	1%	10%dhi	32%deg	20%dehi	5%di	*	12%	10%	13%	12%	10%	12%	15%wx	15%wx	14%	14%	8%	8%	13%	8%	7%	13%	17%	15%
Yes - children aged 16 to 18 years old	122	58	64	3	4	34	67	12	3	26	30	34	33	8	4	14	15	11	12	8	14	15	9	10	2	27	60
	6%	6%	6%	1%	1%	10%deh	18%defh	4%ei	1%	5%	5%	8%	6%	4%	5%	6%	9%w	6%	8%w	8%	7%	5%	3%	6%	3%	10%	6%
Refused	4	2	2	*	1	1	1	1	-	*	1	2	1	-	-	-	-	1	-	-	2	-	1	-	-	-	2
	*	*	*	*	*	*	*	*	-	*	*	*	*	-	-	-	-	*	-	-	1%	-	1%	-	-	-	*

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 607
Do you have any children aged 18 or under? If so, how old are they?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
No children aged 18 or under	1484	19	6	907	389	101	46	1385	95	22	30	25	15	3	1142	614	528	343	295	47
	71%	77%	63%	73%e	70%e	57%	88%cde	72%hj	58%	69%	43%	61%	94%	82%	70%	70%	70%	77%nop	76%nop	88%nop
NET: Yes	593	6	3	333	162	75	6	522	67	10	40	15	1	1	493	266	227	100	94	6
	28%	23%	37%	27%f	29%f	43%cdf	11%	27%	41%g	31%	57%g	38%	6%	18%	30%qrs	30%qrs	30%qrs	23%	24%	12%
NET: Any 5-18	498	6	1	285	133	62	5	441	54	9	33	11	1	1	412	225	187	85	79	6
	24%	23%	16%	23%f	24%f	35%cdf	9%	23%	34%g	29%	47%g	26%	6%	18%	25%qs	26%qs	25%q	19%	20%	12%
NET: Any 11-18	308	4	1	186	84	30	1	273	34	8	20	6	-	-	251	131	120	57	52	5
	15%	16%	16%	15%f	15%f	17%f	1%	14%	21%g	26%	29%g	14%	-	15%	15%	16%	13%	13%	13%	10%
Yes - children aged under 5 years old	204	2	2	104	58	32	2	176	27	1	18	7	-	1	175	94	80	29	28	1
	10%	7%	21%	8%	10%	18%cdf	4%	9%	17%g	4%	26%g	16%	-	18%	11%q	11%q	11%q	7%	7%	2%
Yes - children aged 5 to 10 years old	302	4	1	162	83	43	4	263	37	4	25	6	1	1	258	142	117	44	43	1
	15%	17%	16%	13%	15%	24%cdf	8%	14%	23%g	13%	35%g	16%	6%	18%	16%qrs	16%qrs	15%qs	10%	11%	2%
Yes - children aged 11 to 15 years old	236	3	1	132	68	29	1	205	31	8	17	6	-	-	194	105	90	42	38	4
	11%	12%	16%	11%f	12%f	17%cf	1%	11%	19%g	26%	25%g	14%	-	12%	12%	12%	9%	10%	10%	7%
Yes - children aged 16 to 18 years old	122	2	-	87	27	5	-	113	9	2	6	2	-	-	96	44	51	26	24	2
	6%	8%	-	7%	5%	3%	-	6%	6%	6%	8%	4%	-	6%	5%	7%	6%	6%	6%	4%
Refused	4	-	-	3	1	-	*	3	*	-	-	*	-	-	3	1	1	1	1	-
	*	-	-	*	*	-	1%	*	*	-	-	1%	-	-	*	*	*	*	*	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 608
Do you have any children aged 18 or under? If so, how old are they?
 Base: All respondents

	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
No children aged 18 or under	1484	739	588	152	745	69	132	140	341	64	1484	-	-	-	-	-	-	-
	71%	62%i	62%i	60%i	84%abc	82%abc	85%abc	100%abc	98%abc	41%	100%klmn	-	-	-	-	-	-	-
NET: Yes	593	457	357	100	135	15	22	-	6	93	593	536	498	204	302	236	122	
	28%	38%def	38%def	39%def	15%gh	18%gh	14%gh	-	2%	59%abcd	100%j	100%j	100%j	100%j	100%j	100%j	100%j	
NET: Any 5-18	498	384	302	82	114	14	18	-	6	75	498	441	498	109	302	236	122	
	24%	32%def	32%def	32%def	13%gh	17%gh	12%gh	-	2%	48%abcd	84%jn	82%jn	100%jkl	53%j	100%jkl	100%jkl	100%jkl	
NET: Any 11-18	308	241	188	53	67	8	10	-	6	42	308	251	308	36	112	236	122	
	15%	20%def	20%def	21%def	8%gh	10%gh	7%gh	-	2%	27%abde	52%jno	47%jno	62%jkl	18%j	37%jn	100%jkl	100%jklmno	
Yes - children aged under 5 years old	204	156	124	32	48	2	6	-	1	39	204	204	109	204	96	34	7	
	10%	13%def	13%def	13%def	5%gh	3%h	4%gh	-	*	25%abcd	34%jmp	38%jmp	22%jqp	100%jkl	32%jmp	15%jq	6%j	
Yes - children aged 5 to 10 years old	302	228	179	49	74	8	10	-	2	54	302	302	302	96	302	99	27	
	15%	19%def	19%dfg	19%defg	8%gh	10%gh	6%gh	-	1%	35%abcd	51%jpp	56%jnp	61%jkn	47%jq	100%jkl	42%jq	22%j	
Yes - children aged 11 to 15 years old	236	187	145	42	49	6	6	-	4	32	236	236	236	34	99	236	50	
	11%	16%def	15%def	17%defg	6%gh	7%gh	4%g	-	1%	21%defg	40%jn	44%jno	47%jkn	17%j	33%jn	100%jkl	41%jn	
Yes - children aged 16 to 18 years old	122	87	65	22	35	5	7	-	4	20	122	65	122	7	27	50	122	
	6%	7%dgh	7%dgh	9%dgh	4%gh	5%gh	4%gh	-	1%	13%abdf	21%jln	12%jn	24%jln	3%j	9%jn	21%jln	100%jklmnop	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 608
Do you have any children aged 18 or under? If so, how old are they?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Refused	4	2	-	2	2	-	2	-	-	-	-	-	-	-	-	-	-	-
	*	*	-	1%b	*	-	1%abh	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 609
Do you have any children aged 18 or under? If so, how old are they?
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?										Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
No children aged 18 or under	1484	503	759	580	9	170	216	72	12	132	70	233	244	229	169	124	87	74	126	322	107	210	112	18	1124
	71%	86% ^{bce}	62%	63% ^e	51%	56%	85% ^{bce}	90% ^{bce}	57%	86% ^{bce}	82% ^{nop}	84% ^{lmn}	76% ^{noq}	71% ^{oq}	64%	61%	67%	60%	64%	74% ^t	64%	77% ^{tx}	76% ^t	78%	70%
NET: Yes	593	78	472	332	9	131	39	8	9	22	16	46	76	91	97	80	42	49	72	112	59	63	34	5	478
	28%	13%	38% ^{afgi}	36% ^{afgi}	49%	44% ^{acfgi}	15%	10%	43%	14%	18%	16%	24% ^k	28% ^k	36% ^{ijkl}	39% ^{ijkl}	33% ^{ijk}	40% ^{ijkl}	36% ^{ijkl}	26%	35% ^{suv}	23%	23%	22%	30% ^u
NET: Any 5-18	498	65	392	285	7	100	38	8	9	22	14	33	63	82	79	69	35	45	60	99	53	56	31	3	397
	24%	11%	32% ^{afgi}	31% ^{afgi}	39%	33% ^{afgi}	15%	10%	41%	14%	16%	12%	20% ^k	26% ^k	30% ^{ijkl}	34% ^{ijkl}	27% ^k	36% ^{ijkl}	30% ^{ijkl}	23%	32% ^{suv}	20%	21%	13%	25%
NET: Any 11-18	308	36	238	184	4	51	33	7	7	19	8	23	39	42	43	46	22	35	38	76	38	46	27	2	230
	15%	6%	19% ^{afgi}	20% ^{afgi}	20%	17% ^a	13% ^a	9%	33%	12% ^a	9%	8%	12%	13%	16% ^k	23% ^{ijkl}	17% ^k	28% ^{ijkl}	19% ^{ijkl}	17%	23% ^x	17%	18%	10%	14%
Yes - children aged under 5 years old	204	24	174	113	2	59	5	1	1	3	4	18	23	31	38	29	16	16	20	27	14	10	4	3	177
	10%	4%	14% ^{afgi}	12% ^{afgi}	10%	20% ^{abcfgi}	2%	1%	5%	2%	5%	6%	7%	10%	14% ^{ijkl}	14% ^{ijkl}	12%	13%	10%	6%	8% ^{uv}	3%	3%	12%	11% ^{suv}
Yes - children aged 5 to 10 years old	302	35	254	173	3	78	10	1	4	5	6	14	34	57	56	42	18	24	39	46	31	19	11	1	255
	15%	6%	21% ^{afgi}	19% ^{afgi}	19%	26% ^{acfgi}	4%	1%	20%	3%	7%	5%	11% ^k	18% ^{ijkl}	21% ^{ijkl}	21% ^{ijkl}	14% ^k	20% ^{ijkl}	20% ^{ijkl}	11%	19% ^{suv}	7%	8%	6%	16% ^{suv}
Yes - children aged 11 to 15 years old	236	25	191	146	3	43	20	7	3	10	6	14	29	29	37	37	16	29	29	56	29	29	13	2	179
	11%	4%	15% ^{afi}	16% ^{afi}	14%	14% ^{afi}	8% ^a	8%	15%	7%	7%	5%	9%	9%	14% ^k	18% ^{ijkl}	12% ^k	24% ^{ijkl}	15% ^k	13%	18% ^{uvx}	11%	9%	7%	11%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 609

Do you have any children aged 18 or under? If so, how old are they?

Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Yes - children aged 16 to 18 years old	122	13	88	70	1	17	21	5	4	12	5	12	16	17	19	17	10	10	13	29	15	21	17	1	92
	6%	2%	7%a	8%a	6%	6%a	8%a	6%	20%	8%a	6%	4%	5%	5%	7%	8%	8%	8%	7%	7%	9%	8%	12% ^x	3%	6%
Refused	4	2	2	2	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	2	1	1	1	-	*
	*	*	*	*	-	-	-	-	-	-	-	-	*	*	-	-	-	-	-	* ^x	1% ^x	*	1% ^x	-	*

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 610
Do you have any children aged 18 or under? If so, how old are they?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
No children aged 18 or under	1484 71%	13 75%	46 66%	7 41%	-	133 63%	332 71% ⁱ	82 67%	419 71% ⁱ	59 58%	188 79% ^{befghi}	55 61%	20 60%
NET: Yes	593 28%	4 25%	23 33% ^j	10 59%	4 100%	77 37% ^h ^j	135 29% ^j	41 33% ^j	168 29% ^j	43 42% ^f ^h ^j	50 21%	35 39% ^j	14 40%
NET: Any 5-18	498 24%	2 12%	22 31%	8 49%	-	64 31% ^j	116 25%	33 27%	146 25%	35 34% ^j	48 20%	29 32% ^j	10 29%
NET: Any 11-18	308 15%	1 4%	15 21%	4 25%	-	40 19%	72 15%	17 13%	85 14%	20 20%	36 15%	19 21%	8 23%
Yes - children aged under 5 years old	204 10%	4 20%	4 6%	4 22%	4 100%	28 14% ^j	47 10% ^j	17 14% ^j	54 9% ^j	16 16% ^j	9 4%	12 13% ^j	7 22%
Yes - children aged 5 to 10 years old	302 15%	1 7%	11 15%	5 32%	-	37 17% ^j	68 15%	22 18% ^j	93 16% ^j	19 18% ^j	24 10%	18 20% ^j	5 14%
Yes - children aged 11 to 15 years old	236 11%	1 4%	9 13%	4 25%	-	29 14%	51 11%	12 10%	64 11%	16 16%	26 11%	12 14%	7 21%
Yes - children aged 16 to 18 years old	122 6%	1 4%	6 9%	-	-	15 7%	31 7%	7 6%	28 5%	9 9%	16 7%	9 10%	1 2%
Refused	4 *	-	1 1%	-	-	-	1 *	1 *	2 *	1 1%	1 *	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 611
Which of the following ITV regions do you live in?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Anglia	221 11%	93 9%	128 12%a	25 11%	43 12%	28 8%	40 11%	33 11%	52 11%	52 9%	59 10%	46 11%	64 12%	-	-	1 *	-	1 *	20 13%nopq	-	172 89%nopq	-	28 10%nopq	-	-	26 9%	97 11%
Border	26 1%	16 2%	10 1%	3 1%	1 *	2 1%	9 2%e	2 1%	9 2%	4 1%	7 1%	7 2%	8 2%	12 7%oqrs tuvwx	-	14 6%oqrs tuvwx	-	-	-	-	-	-	-	-	-	4 1%	12 1%
Central	276 13%	143 14%	133 12%	26 11%	49 14%	46 14%	46 12%	40 13%	70 15%	80 14%	78 13%	62 14%	56 11%	1 1%	-	3 1%	-	171 94%nop qstuvw xy	90 59%nopq tuvwxy	-	1 1%	-	3 1%	7 4%qv	-	30 11%	127 14%
Granada	211 10%	121 12%b	90 8%	17 7%	35 10%	43 13%d	42 11%	31 10%	43 9%	45 8%	58 10%	46 11%	63 12%j	-	-	208 90%noqr stuvwxy	-	1 1%	2 1%	-	-	-	-	-	-	33 12%	93 10%
London	380 18%	166 16%	213 20%a	58 25%fhi	73 20%	57 17%	66 18%	51 17%	75 16%	114 20%	115 20%	70 16%	82 16%	-	-	-	-	2 1%	2 1%	-	18 9%no pqrs txy	268 100%nop qrstuvw xy	89 32%nopq rstuxy	-	-	62 22%	166 18%
Meridian	175 8%	93 9%	83 8%	26 11%	32 9%	26 8%	23 6%	26 8%	43 9%	60 11%kl	41 7%	28 7%	46 9%	-	-	-	-	-	3 2%v	-	-	-	159 57%nopq rstuvxy	14 8%nopq rstuv	-	16 6%	74 8%
STV	166 8%	77 8%	89 8%	13 6%	29 8%	32 9%	31 8%	23 8%	37 8%	43 8%	48 8%	32 8%	42 8%	165 93%opqr stuvwxy	-	1 *	-	-	-	-	-	-	1 *	-	-	26 9%	71 8%
Tyne Tees	87 4%	48 5%	39 4%	14 6%f	20 6%f	7 2%	11 3%	18 6%f	17 4%	29 5%	23 4%	16 4%	19 4%	-	84 99%npqr stuvwxy	-	3 2%w	-	-	-	-	-	-	-	-	10 4%	45 5%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 611
Which of the following ITV regions do you live in?
Base: All respondents

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Wales	100 5%	51 5%	49 5%	11 5%	17 5%	17 5%	18 5%	15 5%	23 5%	25 4%	26 4%	23 5%	26 5%	-	-	-	-	-	-	99 98% nopq rsuvwxy	-	-	-	1 1%	-	16 6%	47 5%
West	56 3%	30 3%	26 2%	8 4%	7 2%	11 3%	8 2%	6 2%	15 3%	15 3%	18 3%	10 2%	13 3%	-	-	6 3% nuv	-	6 3% nquv w	2 1%	2 2% v	-	-	1 *	39 22% nopq rstuvwxy	-	7 2%	29 3%
Westcountry	119 6%	59 6%	60 6%	13 5%	17 5%	14 4%	22 6%	20 7%	33 7%	33 6%	29 5%	29 7%	28 5%	-	-	-	1 1%	*	-	-	-	-	-	117 66% nopq rstuvwxy	-	12 4%	50 5%
Yorkshire	202 10%	90 9%	113 11%	21 9%	30 8%	41 12%	37 10%	28 9%	47 10%	39 7%	53 9%	54 13% j	56 11% j	-	1 1%	-	166 98% nopr stuvwxyz	-	34 22% nopr tuvwxyz	-	3 1%	-	-	-	-	28 10%	80 9%
UTV	62 3%	29 3%	33 3%	-	6 2%	11 3% d	17 5% de	13 4% d	16 3% d	19 3% l	26 4% l	5 1%	13 2%	-	-	-	-	-	-	-	-	-	-	-	62 100% nopq rstuvwxy	8 3%	29 3%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 612
Which of the following ITV regions do you live in?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Anglia	221	3	-	143	48	17	6	211	9	4	1	5	-	148	64	84	72	66	6	
	11%	13%	-	12%	9%	9%	12%	11%j	6%	14%	1%	11%	-	9%	7%	11%o	16%nop	17%nop	11%	
Border	26	-	-	19	6	-	-	25	1	-	1	-	-	18	4	14	8	5	2	
	1%	-	-	2%	1%	-	-	1%	*	-	1%	-	-	1%	*	2%o	2%o	1%	5%no	
Central	276	3	-	178	64	23	5	257	18	2	13	3	-	220	116	103	56	49	7	
	13%	11%	-	14%	12%	13%	10%	13%	11%	7%	19%	7%	-	13%	13%	14%	13%	12%	14%	
Granada	211	3	-	135	57	14	3	198	13	3	7	3	1	180	83	97	31	29	2	
	10%	11%	-	11%	10%	8%	6%	10%	8%	8%	10%	7%	6%	11%q	9%	13%oqr	7%	7%	3%	
London	380	3	2	191	111	52	12	287	89	15	38	25	10	1	356	260	95	24	24	
	18%	13%	21%	15%	20%cd	30%cd	24%	15%	55%g	47%	54%g	60%	68%	40%	22%pqrs	30%npqs	13%qrs	5%	6%	
Meridian	175	-	1	100	58	10	4	169	6	4	1	*	-	136	52	84	39	36	3	
	8%	-	16%	8%	10%	6%	8%	9%hj	4%	13%	1%	1%	-	16%	8%o	6%	11%no	9%	9%	
STV	166	3	1	100	41	12	7	160	4	-	1	1	2	-	124	70	54	42	32	
	8%	12%	7%	8%	7%	7%	14%	8%h	2%	-	2%	2%	11%	-	8%	8%	7%	9%	8%	
Tyne Tees	87	2	-	49	25	7	3	85	2	1	1	-	-	69	33	36	18	18	-	
	4%	9%	-	4%	5%	4%	5%	4%	1%	3%	1%	-	-	4%	4%	5%	4%	5%	-	
Wales	100	-	-	64	25	8	4	99	1	-	-	1	-	70	32	38	30	25	5	
	5%	-	-	5%	5%	4%	7%	5%h	1%	-	-	3%	-	4%	4%	5%	7%no	6%o	10%	
West	56	1	-	34	13	6	-	50	6	-	3	3	1	46	22	23	10	10	-	
	3%	5%	-	3%	2%	3%	-	3%	4%	-	4%	6%	5%	3%	3%	3%	2%	3%	-	
Westcountry	119	1	-	67	36	9	3	115	3	1	1	-	-	1	77	38	38	42	34	
	6%	5%	-	5%	7%	5%	6%	6%h	2%	3%	1%	-	-	26%	5%	4%	5%	9%nop	9%nop	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 612
Which of the following ITV regions do you live in?
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Yorkshire	202	5	2	138	47	5	5	195	8	1	5	1	2	1	153	79	73	50	48	2
	10%	21%	26%	11%e	8%e	3%	9%	10%h	5%	2%	6%	2%	10%	18%	9%	9%	10%	11%	12%	4%
UTV	62	-	3	25	21	13	-	61	1	1	-	-	-	-	40	25	15	22	14	8
	3%	-	31%	2%	4%c	7%c	-	3%	1%	3%	-	-	-	2%	3%	2%	5%np	4%	15%nopqr	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 613
Which of the following ITV regions do you live in?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Anglia	221 11%	123 10%	97 10%	26 10%	97 11%	8 10%	13 8%	12 9%	36 10%	28 18% ^{abc}	160 11%	59 10%	51 10%	47 9%	20 10%	28 9%	15 6%	13 10%
Border	26 1%	16 1%	14 1%	2 1%	10 1%	- -	1 *	4 3%	5 1%	1 *	20 1%	6 1%	6 1%	4 1%	3 1%	2 1%	2 1%	3 3%
Central	276 13%	157 13%	125 13%	32 13%	119 13%	5 6%	21 14%	20 14%	54 16% ^e	19 12%	196 13%	78 13%	72 13%	67 14%	29 14%	42 14%	41 17%	17 14%
Granada	211 10%	126 11%	100 11%	26 10%	85 10%	9 10%	15 10%	13 9%	34 10%	15 10%	143 10%	69 12%	61 11%	61 12%	18 9%	34 11%	33 14%	11 9%
London	380 18%	228 19%	188 20%	40 16%	152 17%	18 22%	34 22%	21 15%	56 16%	22 14%	270 18%	110 18%	96 18%	96 19%	35 17%	53 18%	52 22%	24 19%
Meridian	175 8%	91 8%	66 7%	25 10%	85 10%	9 11%	14 9%	15 11%	31 9%	16 10%	129 9% ^{pq}	44 8%	44 8%	32 6%	25 12% ^{mpq}	25 8%	10 4%	4 3%
STV	166 8%	97 8%	73 8%	24 10%	68 8%	7 8%	15 10%	10 7%	28 8%	8 5%	114 8%	51 9%	47 9%	42 9%	16 8%	30 10%	16 7%	8 6%
Tyne Tees	87 4%	55 5%	41 4%	14 5%	32 4%	4 5%	7 4%	4 3%	12 3%	5 3%	63 4%	24 4%	22 4%	20 4%	8 4%	11 4%	10 4%	4 3%
Wales	100 5%	63 5%	50 5%	14 5%	37 4%	3 3%	8 5%	5 4%	13 4%	8 5%	75 5%	26 4%	23 4%	23 5%	6 3%	14 4%	8 3%	8 7%
West	56 3%	36 3%	30 3%	5 2%	20 2%	- -	2 1%	6 4%	9 3%	3 2%	41 3%	14 2%	13 2%	14 3%	2 1%	11 4% ^p	2 1%	2 2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 613
Which of the following ITV regions do you live in?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Westcountry	119	63	49	14	56	6	7	9	29	4	92	26	23	22	10	12	9	7
	6%	5%	5%	6%	6%	8%	5%	7%	8%abi	3%	6%	4%	4%	4%	5%	4%	4%	6%
Yorkshire	202	108	82	26	94	10	15	17	30	22	131	72	64	58	30	35	29	20
	10%	9%	9%	10%	11%	12%	10%	12%	9%	14%ab	9%	12%j	12%j	12%	15%j	12%	12%	16%j
UTV	62	36	31	5	26	5	3	4	10	5	49	13	13	11	3	7	8	2
	3%	3%	3%	2%	3%	5%	2%	3%	3%	3%	3%	2%	2%	2%	1%	2%	4%	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 614
Which of the following ITV regions do you live in?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Anglia	221	59	134	100	2	32	28	9	1	18	3	32	26	34	36	21	14	14	22	44	16	23	14	4	175
	11%	10%	11%	11%	10%	11%	11%	11%	6%	11%	4%	11%	8%	11%	14% _j	10%	11%	12%	11%	10%	10%	8%	9%	17%	11%
Border	26	5	21	18	-	2	1	1	-	-	2	3	4	4	3	5	-	3	2	6	2	4	4	-	19
	1%	1%	2%	2%	-	1%	*	1%	-	-	2%	1%	1%	1%	2%	-	2%	1%	1%	1%	1%	1%	3%	-	1%
Central	276	58	181	136	2	43	35	12	1	22	8	43	42	43	32	33	19	18	19	52	19	32	21	4	218
	13%	10%	15% _a	15% _a	13%	14%	14%	14%	5%	14%	9%	15%	13%	13%	12%	16%	15%	15%	10%	12%	11%	12%	15%	19%	14%
Granada	211	68	119	88	-	32	24	9	-	15	12	30	31	30	35	30	8	6	11	49	23	32	16	2	160
	10%	12%	10%	10%	-	11%	9%	12%	-	10%	14% _{qr}	11%	10%	9%	13% _{qr}	15% _{pqr}	6%	5%	5%	11%	14%	12%	11%	7%	10%
London	380	136	189	134	5	49	52	18	5	29	26	38	52	52	38	32	24	26	54	64	21	42	19	2	306
	18%	23% _{bce}	15%	15%	30%	16%	20% _{cc}	22%	23%	19%	30% _{klm}	14% _{nop}	16%	16%	14%	16%	18%	21%	27% _{klm}	15%	13%	15%	13%	10%	19% _{st}
Meridian	175	52	104	73	-	31	19	4	2	13	4	26	20	28	14	19	20	9	19	45	21	32	14	1	124
	8%	9%	8%	8%	-	10%	7%	5%	10%	9%	5%	9%	6%	9%	5%	9%	16% _{ijlmn}	8%	9%	10%	12% _x	12% _x	10%	6%	8%
STV	166	38	99	71	4	24	26	6	4	15	5	24	27	36	23	11	18	10	4	43	19	28	10	2	120
	8%	6%	8%	8%	21%	8%	10%	8%	20%	10%	6%	8% _r	8% _r	11% _{or}	9% _r	5%	14% _{or}	8% _r	2%	10%	11%	10%	7%	9%	7%
Tyne Tees	87	32	47	37	-	10	8	-	3	5	5	8	21	13	7	7	4	6	12	11	5	6	1	1	75
	4%	5% _g	4%	4%	-	3%	3%	-	15%	3%	5%	3%	6% _{en}	4%	2%	3%	3%	5%	6%	3%	3%	2%	*	3%	5% _v
Wales	100	26	66	45	1	19	8	5	1	2	4	11	23	16	12	8	4	3	16	22	6	15	12	1	77
	5%	4%	5% _i	5%	8%	6% _i	3%	6%	6%	1%	5%	4%	7%	5%	4%	4%	3%	2%	8%	5%	4%	5%	8%	5%	5%
West	56	17	29	24	1	4	9	3	-	6	-	11	9	9	10	8	1	3	3	10	3	5	4	1	45
	3%	3%	2%	3%	6%	1%	3%	4%	-	4%	-	4%	3%	3%	4%	4%	1%	2%	2%	2%	2%	2%	3%	3%	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 614
Which of the following ITV regions do you live in?
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Westcountry	119	27	77	60	*	17	14	6	-	8	2	15	16	13	21	12	5	10	13	34	18	20	12	3	83
	6%	5%	6%	7%	3%	6%	5%	8%	-	5%	2%	6%	5%	4%	8%	6%	4%	8%	7%	8% _x	11% _x	7%	8%	12%	5%
Yorkshire	202	50	123	92	2	30	29	7	3	19	9	33	44	37	25	12	9	11	14	42	10	26	14	1	156
	10%	9%	10%	10%	9%	10%	11%	9%	15%	12%	11%	12% _o	14% _{or}	12% _o	9%	6%	7%	9%	7%	10%	6%	9%	10%	5%	10%
UTV	62	16	43	34	-	9	4	1	-	3	5	6	6	7	11	7	4	4	9	15	4	9	5	1	47
	3%	3%	4%	4%	-	3%	1%	1%	-	2%	6%	2%	2%	2%	4%	3%	3%	3%	5%	4%	2%	3%	3%	3%	3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 615
Which of the following ITV regions do you live in?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Anglia	221 11%	1 4%	7 10%	5 33%	* 11%	26 12%	51 11%	13 10%	69 12%	11 11%	31 13%	10 12%	2 5%
Border	26 1%	-	-	-	-	2 1%	6 1%	1 1%	7 1%	2 2%	2 1%	4 4%hj	1 2%
Central	276 13%	4 25%	3 5%	1 4%	-	22 10%	52 11%	19 16%b	64 11%	11 11%	30 13%	7 8%	3 10%
Granada	211 10%	1 3%	1 2%	1 3%	-	20 10%	46 10%b	7 6%	63 11%b	8 8%	21 9%	13 15%bg	6 16%
London	380 18%	4 22%	22 31%efghjk	5 27%	1 33%	27 13%	83 18%	22 18%	113 19%	18 18%	41 17%	14 16%	14 41%
Meridian	175 8%	2 10%	1 2%	-	-	18 9%	39 8%	8 7%	53 9%b	10 9%b	19 8%	10 11%b	-
STV	166 8%	2 10%	10 15%ghj	3 21%	-	16 8%	38 8%	7 6%	43 7%	7 7%	15 6%	7 8%	-
Tyne Tees	87 4%	-	3 4%	-	-	12 6%k	22 5%k	3 2%	19 3%	5 5%k	11 5%k	-	3 9%
Wales	100 5%	1 7%	3 5%	-	-	11 5%	24 5%	5 4%	29 5%	3 3%	14 6%	4 4%	2 5%
West	56 3%	3 15%	4 6%	-	-	11 5%	14 3%	5 4%	18 3%	5 5%	9 4%	2 2%	-
Westcountry	119 6%	-	6 8%	-	-	11 5%	27 6%	12 10%	39 7%	6 6%	17 7%	9 10%	-
Yorkshire	202 10%	1 4%	6 8%	2 12%	2 56%	25 12%	53 11%	15 12%	60 10%	9 8%	20 8%	10 11%	4 11%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 615
Which of the following ITV regions do you live in?
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
UTV	62 3%	-	3 5%k	-	-	8 4%	13 3%	5 4%	12 2%	7 7%fhk	8 3%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 616
Marital Status
 Base: All respondents

	Gender			Age							Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874	
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920	
Single	583	313	271	198	133	79	84	61	29	156	180	92	154	40	32	77	44	47	29	25	48	97	88	41	16	75	295	
	28%	31% ^b	25%	85% ^{efg}	37% ^{fgh}	23% ⁱ	23% ⁱ	20% ⁱ	6%	28% ^l	31% ^l	22%	30% ^l	22%	37% ^{nsu}	33% ^{nsx}	26%	26%	19%	25%	25%	36% ^{nqr}	31% ^{ns}	23%	25%	27%	32%	
NET: Married/ Civil partnership/ co habiting	1233	611	622	33	219	236	243	189	313	360	321	301	250	108	45	132	97	107	111	73% ^{nop}	67	119	130	160	113	43	176	558
	59%	60%	58%	14%	61% ^d	71% ^d	66% ^d	62% ^d	65% ^d	65% ^{km}	55% ^m	70% ^{km}	49%	61% ^v	54%	57%	57%	59% ^v	73% ^{nop}	66% ^v	62% ^v	48%	57%	64% ^v	69% ^v	63%	61%	
Married	913	466	448	10	116	161	182	159	284	273	229	230	182	80	37	99	72	88	76	46	91	90	113	87	34	126	368	
	44%	46%	42%	4%	33% ^d	48% ^d	49% ^d	52% ^d	59% ^d	49% ^{km}	40%	54% ^{km}	35%	45% ^v	43%	42%	42%	49% ^v	50% ^v	46% ^v	47% ^v	33%	40%	49% ^v	55% ^v	45%	40%	
Civil Partnership	18	6	12	2	3	5	5	1	2	5	6	3	4	4	-	-	1	3	2	1	-	5	1	*	-	4	9	
	1%	1%	1%	1%	1%	2%	1%	*	*	1%	1%	1%	1%	2% ^p	-	-	*	2%	1%	1%	-	2% ^p	*	*	-	2%	1%	
Co Habiting	302	139	162	20	99	70	56	30	26	82	86	69	65	24	9	33	25	16	33	19	28	34	46	25	9	45	181	
	14%	14%	15%	9%	28% ^{dgh}	21% ^{dhi}	15% ^{dhi}	10% ⁱ	6%	15%	15%	16%	13%	13%	10%	14%	14%	9%	22% ^{nor}	19% ^r	15%	13%	17% ^r	14%	15%	16%	20%	
NET: Widowed/ separated/ divorced	256	88	167	-	3	19	43	55	136	41	76	33	105	26	8	23	29	26	11	9	24	40	31	23	4	25	62	
	12%	9%	16% ^a	-	1%	6% ^d	12% ^d	18% ^d	28% ^d	7%	13% ^{jl}	8%	20% ^{ijkl}	15% ^s	9%	10%	17% ^s	14%	7%	9%	13%	15% ^s	11%	13%	6%	9%	7%	
Widowed	81	26	55	-	-	3	5	13	60	11	24	12	33	7	-	8	7	10	2	5	8	17	5	10	1	3	10	
	4%	3%	5% ^a	-	-	1%	1% ^e	4% ^d	12% ^d	2%	4% ^j	3%	6% ^{jl}	4%	-	4%	4%	6% ^{ow}	2%	5%	4%	6% ^{osw}	2%	6% ^{ow}	1%	1%	1%	
Separated	21	10	11	-	2	4	6	4	5	5	5	5	6	4	2	-	3	-	*	1	2	5	3	-	-	6	8	
	1%	1%	1%	-	1%	1%	1%	1%	1%	1%	1%	1%	1%	2% ^p	3% ^{prx}	-	2% ^p	-	*	1%	1%	2%	1%	-	-	2%	1%	
Divorced	154	52	101	-	1	12	33	38	71	25	47	15	66	15	5	15	18	16	8	3	15	19	23	13	3	16	43	
	7%	5%	10% ^a	-	*	3% ^d	9% ^d	12% ^d	15% ^d	5%	8% ^{jl}	4%	13% ^{ijkl}	9%	6%	6%	11% ^t	9%	5%	3%	8%	7%	8%	8%	5%	6%	5%	

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 616
Marital Status
Base: All respondents

	Gender		Age						Social Grade				Region										Employment Sector				
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Prefer not to answer	10	4	6	2	4	1	-	1	2	-	2	2	6	3	-	-	-	1	-	-	2	1	1	1	-	4	4
	*	*	1%	1%	1%	*	-	*	*	-	*	*	1%j	2%p	-	-	-	1%	-	-	1%	*	*	*	-	1%	*

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
*** small base**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 617
Marital Status
Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Single	583 28%	10 38%	3 32%	300 24%	171 31% ^c	51 29%	42 81% ^{cde}	507 27%	74 46% ^g	17 54%	23 32%	23 56%	10 62%	1 40%	494 30% ^{pqr}	304 35% ^{npq}	190 25%	89 20%	78 20%	10 19%
NET: Married/ Civil partnership/ co habiting	1233 59%	11 45%	6 68%	744 60% ^f	338 61% ^f	114 65% ^f	9 18%	1163 61% ^h	69 42%	10 32%	40 57%	13 32%	3 23%	2 60%	930 57%	463 53%	468 62% ^{no}	302 68% ^{nop}	262 67% ^{no}	41 76% ^{no}
Married	913 44%	11 45%	5 61%	550 44% ^f	240 44% ^f	92 52% ^f	6 11%	858 45% ^h	55 34%	7 23%	36 51% ^h	9 21%	2 10%	2 60%	659 40% ^o	315 36%	344 45% ^{no}	255 57% ^{nop}	219 56% ^{nop}	36 67% ^{nop}
Civil Partnership	18 1%	-	-	11 1%	1 *	5 3% ^{cd}	*	15 1%	3 2%	-	-	3 6%	-	-	18 1% ^q	13 1% ^{qr}	5 1%	-	-	-
Co Habiting	302 14%	-	1 7%	182 15%	96 17% ^{ef}	17 10%	3 6%	290 15% ^{hj}	11 7%	3 9%	4 6%	2 4%	2 13%	-	254 16% ^{qr}	135 15% ^q	119 16% ^{qr}	48 11%	43 11%	5 9%
NET: Widowed/ separated/ divorced	256 12%	4 17%	-	195 16% ^{def}	42 8% ^f	10 6%	-	235 12%	19 12%	5 14%	8 11%	5 12%	2 16%	-	203 12%	106 13%	97 12%	53 12%	50 13%	3 5%
Widowed	81 4%	3 11%	-	61 5% ^d	12 2%	3 1%	-	73 4%	8 5%	1 3%	3 5%	2 4%	2 10%	-	60 4%	32 4%	28 4%	21 5%	20 5%	1 2%
Separated	21 1%	-	-	15 1%	4 1%	2 1%	-	20 1%	2 1%	2 5%	-	-	-	-	20 1%	7 1%	12 2%	2 *	2 *	-
Divorced	154 7%	1 6%	-	119 10% ^{def}	25 5%	6 3%	-	142 7%	10 6%	2 6%	4 6%	3 8%	1 5%	-	124 8%	67 8%	57 7%	30 7%	29 7%	2 3%
Prefer not to answer	10 *	-	-	4 *	2 *	-	1 1%	6 *	-	-	-	-	-	-	10 1%	8 1%	1 *	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 618
Marital Status
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Single	583 28%	370 31% ^{dgh} i	292 31% ^{dgh} i	78 31% ^{dgh} i	213 24% ^{dghi}	53 63% ^{abc} dghi	109 70% ^{abcd} ghi	10 7%	30 9%	11 7%	503 34% ^{klm} nopq	78 13%	69 13%	65 13%	24 12%	35 12%	25 11%	13 11%
NET: Married/ Civil partnership/ co habiting	1233 59%	734 61% ^{def}	583 62% ^{def}	151 59% ^{ef}	499 57% ^{ef}	16 19%	32 21%	75 53% ^{ef}	237 68% ^{abc} defg	139 89% ^{abc} defgh	759 51%	472 80% ^j	435 81% ^{jq}	392 79% ^j	174 86% ^{jq}	254 84% ^{jq}	191 81% ^j	88 72% ^j
Married	913 44%	495 41% ^{ef}	390 41% ^{ef}	104 41% ^{ef}	419 47% ^{abe} f	9 11%	23 15%	70 50% ^{ef}	213 62% ^{abc} defg	104 67% ^{abc} defg	580 39%	332 56% ^j	300 56% ^j	285 57% ^j	113 55% ^j	173 57% ^j	146 62% ^j	70 57% ^j
Civil Partnership	18 1%	13 1%	12 1%	1 *	4 1%	* 1%	1 1%	-	2 1%	1 1%	9 1%	9 1%	8 1%	7 1%	2 1%	3 1%	3 1%	1 1%
Co Habiting	302 14%	226 19% ^{def} gh	181 19% ^{def} gh	45 18% ^{defg} h	75 9%	6 7%	8 5%	5 4%	22 6%	33 21% ^{def} gh	170 11%	131 22% ^j	127 24% ^{jq}	100 20% ^j	59 29% ^{jmp} q	78 26% ^{jq}	43 18% ^j	17 14%
NET: Widowed/ separated/ divorced	256 12%	87 7%	64 7%	23 9%	169 19% ^{abc} fi	15 18% ^{abcf} i	13 9%	55 39% ^{abc} defhi	78 23% ^{abcf} i	7 4%	216 15% ^{klmn} op	39 7% ⁿ	28 5%	38 8% ^{no}	5 2%	10 3%	20 9% ^{no}	21 17% ^{klmnop}
Widowed	81 4%	14 1%	9 1%	5 2%	67 8% ^{abcf} i	3 4% ^b	2 1%	26 19% ^{abcd} efhi	32 9% ^{abcf} i	3 2%	72 5% ^{klmn} o	8 1%	7 1%	8 2%	1 *	1 *	7 3% ^o	5 4% ^{no}
Separated	21 1%	14 1%	9 1%	5 2%	7 1%	1 1%	-	2 1%	3 1%	1 1%	12 1%	9 2%	6 1%	9 2%	1 1%	4 1%	3 1%	4 3% ^j
Divorced	154 7%	59 5% ⁱ	47 5%	12 5%	95 11% ^{abc} i	11 13% ^{abci}	11 7% ⁱ	27 20% ^{abc} dfi	43 12% ^{abci}	2 1%	132 9% ^{klmn} op	22 4%	14 3%	22 4%	3 1%	5 2%	10 4%	12 9% ^{klmno}

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
 * small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 618
Marital Status
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Prefer not to answer	10	8	5	3	2	-	1	-	1	-	6	4	4	2	1	2	-	-
	*	1%	1%	1% ^d	*	-	1%	-	*	-	*	1%	1%	*	1%	1%	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 619
Marital Status
Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/ Civil partnership/ co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Single	583	583	-	-	-	-	-	-	-	-	49	94	100	89	57	33	23	16	60	120	68	56	35	6	443
	28%	100% gi	bcef	-	-	-	-	-	-	-	57% nopqr	klm	34% q	31% nopq	28% opq	22%	16%	18%	13%	30% opq	27% u	41% x	20%	24%	27% u
NET: Married/ Civil partnership/ co habiting	1233	-	1233	913	18	302	-	-	-	-	16	92	160	199	192	164	97	105	135	229	71	153	80	12	983
	59%	-	100% gi	100% gi	100%	100% afgi	-	-	-	-	19%	33% j	50% jk	62% jkl	72% jklm	80% jklm	75% jklm	85% jklm	68% jklm	53% t	43%	56% t	55% t	52%	61% st
Married	913	-	913	913	-	-	-	-	-	-	10	63	130	149	137	131	62	75	99	178	48	121	67	8	720
	44%	-	74% fgi	100% gij	-	-	-	-	-	-	12%	22% j	41% jk	47% jkl	51% jkl	65% jklm	48% jklm	61% jklm	50% jklm	41% t	29%	44% t	46% t	35%	45% t
Civil Partnership	18	-	18	-	18	-	-	-	-	-	-	2	2	6	4	-	2	-	1	2	-	2	1	1	15
	1%	-	1% ac	-	100%	-	-	-	-	-	-	1%	1%	2%	1%	-	1%	-	1%	*	-	1%	*	3%	1%
Co Habiting	302	-	302	-	-	302	-	-	-	-	6	28	28	44	51	32	33	29	35	50	23	31	12	3	248
	14%	-	24% acfg	-	-	100% abcf	-	-	-	-	7%	10%	9%	14%	19% ijkl	16% l	26% ijklm	24% ijklm	18% ijklm	11%	14%	11%	8%	15%	15% sv
NET: Widowed/ separated/ divorced	256	-	-	-	-	256	81	21	154	20	92	59	31	17	7	9	2	3	86	27	65	32	5	168	
	12%	-	-	-	-	100% abce	100% abce	100%	100% abcde	23% pqr	33% lmnopqr	18% mnopqr	10% oqr	6% r	3%	7% r	2%	2%	20% x	16% x	24% x	22% x	21%	11%	
Widowed	81	-	-	-	-	81	81	-	-	6	27	25	9	3	1	3	1	2	24	4	20	11	1	57	
	4%	-	-	-	-	31% cei	100% abcefi	-	-	7% r	10% mnopqr	8% mnopqr	3%	1%	1%	2%	1%	1%	5% x	2%	7% tx	7% tx	6%	4%	
Separated	21	-	-	-	-	21	-	21	-	-	3	6	5	3	1	2	-	-	9	5	5	1	1	11	
	1%	-	-	-	-	8% abcegi	-	100%	-	-	1%	2%	1%	1%	*	2%	-	-	2% x	3% x	2%	1%	3%	1%	

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 619
Marital Status
 Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Divorced	154	-	-	-	-	-	154	-	-	154	14	63	28	17	11	5	4	1	2	54	18	40	20	3	100
	7%	-	-	-	-	-	60%abce	-	-	100%abc	16%mnopqr	22%lmnopqr	9%noqr	5%qr	4%	2%	3%	*	1%	12%x	11%x	14%x	14%x	11%	6%
Prefer not to answer	10	-	-	-	-	-	-	-	-	-	1	1	1	1	-	-	-	-	-	1	1	-	-	-	9
	*	-	-	-	-	-	-	-	-	-	1%	*	*	*	-	-	-	-	-	*	1%	-	-	-	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 620
Marital Status
Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Single	583	10	18	3	-	55	113	32	144	35	50	33	6
	28%	54%	26%	21%	-	26%	24%	26%	24%	34%fhj	21%	37%fhj	19%
NET: Married/ Civil partnership/ co habiting	1233	8	42	12	4	134	296	74	363	55	140	45	25
	59%	46%	60%	74%	100%	64%k	63%k	60%	62%k	53%	59%	50%	73%
Married	913	8	26	10	3	89	217	49	264	35	114	31	18
	44%	43%	38%	60%	75%	42%	46%ik	40%	45%	34%	48%ik	34%	54%
Civil Partnership	18	-	-	1	-	5	9	1	7	1	*	*	1
	1%	-	-	7%	-	3%j	2%	1%	1%	1%	*	1%	2%
Co Habiting	302	1	15	1	1	40	70	23	92	18	26	14	6
	14%	3%	22%j	7%	25%	19%j	15%	19%j	16%	18%	11%	15%	17%
NET: Widowed/ separated/ divorced	256	-	10	1	-	20	57	18	77	13	49	12	3
	12%	-	14%	5%	-	10%	12%	14%	13%	13%	21%efh	13%	8%
Widowed	81	-	2	-	-	3	16	3	22	5	13	1	1
	4%	-	3%	-	-	1%	3%	2%	4%	5%	5%e	2%	4%
Separated	21	-	3	1	-	2	5	1	6	2	3	3	-
	1%	-	5%fh	5%	-	1%	1%	1%	1%	2%	1%	4%h	-
Divorced	154	-	4	-	-	16	36	14	49	6	33	7	1
	7%	-	6%	-	-	8%	8%	11%	8%	6%	14%efhi	8%	3%
Prefer not to answer	10	-	-	-	-	-	3	-	6	-	-	-	-
	*	-	-	-	-	-	1%	-	1%	-	-	-	-

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 621
Which of the following cities do you live in, or nearest to?
Base: All respondents

	Gender			Age						Social Grade					Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)	
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874	
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920	
Glasgow	95 5%	47 5%	47 4%	9 4%	14 4%	18 5%	24 6%	12 4%	17 4%	22 4%	23 4%	21 5%	29 6%	95 53% opqr stuvwxy	-	-	-	-	-	-	-	-	-	-	-	17 6%	41 5%	
Edinburgh	67 3%	29 3%	38 4%	4 2%	13 4%	14 4%	7 2%	10 3%	19 4%	22 4%	22 4%	11 3%	12 2%	67 38% opqr stuvwxy	-	-	-	-	-	-	-	-	-	-	-	13 5%	27 3%	
Newcastle	93 4%	50 5%	42 4%	14 6% f	19 5%	8 2%	14 4%	18 6% f	20 4%	29 5%	29 5%	17 4%	17 3%	-	81 96% npqr stuvwxy	11 5% nqrs tuvwx	*	-	-	-	-	-	-	-	-	-	10 4%	50 5%
Leeds	84 4%	42 4%	42 4%	11 5%	15 4%	16 5%	12 3%	9 3%	21 4%	19 3%	23 4%	26 6% m	16 3%	-	-	-	84 50% nopr stuvwxy	-	-	-	-	-	-	-	-	-	11 4%	39 4%
Hull	32 2%	12 1%	20 2%	2 1%	2 1%	3 1%	1 *	13 4% defg	11 2% g	11 2% k	3 *	8 2%	11 2% k	-	-	-	25 15% nopr stuvwxy	-	4 3% nprv wx	-	3 2% w	-	-	-	-	2 1%	11 1%	
Sheffield	67 3%	24 2%	43 4% a	7 3%	14 4% h	16 5% h	16 4% h	3 1%	11 2%	9 2%	19 3%	18 4% j	20 4% j	-	-	-	55 33% nopr stuvwxy	-	11 7% nopr tuvwx	-	-	-	-	-	-	14 5%	24 3%	
Manchester	161 8%	96 9% b	65 6%	13 6%	27 8%	34 10%	30 8%	19 6%	37 8%	38 7%	39 7%	36 8%	48 9%	-	-	149 64% noqr stuvwxy	*	5 3% nuvw x	2 1%	4 4% nquv wx	-	-	-	-	-	22 8%	69 7%	
Liverpool	80 4%	40 4%	40 4%	14 6%	11 3%	15 5%	14 4%	10 3%	16 3%	14 2%	23 4%	21 5% j	23 4%	-	-	63 27% noqr stuvwxy	-	2 1%	-	15 14% noqr suvwxy	-	-	-	-	-	16 6%	37 4%	

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 621

Which of the following cities do you live in, or nearest to?
Base: All respondents

	Gender		Age							Social Grade					Region											Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Nottingham	93	47	45	7	18	19	15	13	21	23	26	19	25	-	-	-	1	-	88	-	3	-	-	-	-	9	40
	4%	5%	4%	3%	5%	6%	4%	4%	4%	4%	5%	4%	5%	-	-	-	1%	-	58% nopq rtuvwxy	-	2% w	-	-	-	-	3%	4%
Birmingham	165	86	79	18	29	28	24	25	41	49	48	35	33	-	-	-	-	156	7	-	3	-	-	-	-	19	81
	8%	9%	7%	8%	8%	8%	6%	8%	9%	9%	8%	8%	6%	-	-	-	-	86% nopq stuvwxy	4% npqt vwxy	-	2%	-	-	-	-	7%	9%
Norwich	71	31	40	10	15	6	17	10	13	17	22	16	16	-	-	-	-	-	1	-	70	-	*	-	-	8	39
	3%	3%	4%	4%	4%	2%	5%	3%	3%	3%	4%	4%	3%	-	-	-	-	-	*	-	36% nopq rstvwxy	-	*	-	-	3%	4%
Milton Keynes	66	32	34	5	13	13	12	7	16	16	18	15	18	-	-	-	-	1	20	-	29	1	16	-	-	8	29
	3%	3%	3%	2%	4%	4%	3%	2%	3%	3%	3%	3%	3%	-	-	-	-	1%	13% nopq rtvwxy	-	15% nopq rtvwxy	*	6% nopq rtvx	-	-	3%	3%
Brighton	43	24	19	3	9	6	7	8	11	13	8	5	16	-	-	-	-	-	-	-	-	-	43	-	-	5	16
	2%	2%	2%	1%	2%	2%	2%	3%	2%	2%	1%	1%	3%	-	-	-	-	-	-	-	-	-	15% nopq rstvwxy	-	-	2%	2%
Oxford	29	11	18	5	3	6	5	2	9	11	9	6	4	-	-	-	-	1	2	-	-	-	20	6	-	3	11
	1%	1%	2%	2%	1%	2%	1%	1%	2%	2%	2%	1%	1%	-	-	-	-	1%	1%	-	-	-	7% nopq rstuv	3% npqu v	-	1%	1%
London	476	216	260	65	98	68	78	71	96	147	132	87	110	-	-	-	-	3	1	-	64	267	140	-	-	76	210
	23%	21%	24%	28% fi	27% fi	20%	21%	23%	20%	26% l	23%	20%	21%	-	-	-	-	2%	1%	-	33% no pqrst xy	100% nop qrstuvw xy	50% nopq rstuxy	-	-	27%	23%
Southampton	64	32	33	13	6	13	9	9	14	17	21	11	15	-	-	-	-	-	-	-	1	-	49	14	-	8	22
	3%	3%	3%	6% e	2%	4%	2%	3%	3%	3%	4%	3%	3%	-	-	-	-	-	-	-	*	-	18% nopq rstuvxy	8% nopq rstuvy	-	3%	2%
Bristol	77	38	39	9	9	11	16	15	18	20	24	16	16	-	-	1	-	1	1	2	-	-	-	73	-	10	40
	4%	4%	4%	4%	2%	3%	4%	5%	4%	4%	4%	4%	3%	-	-	*	-	1%	1%	2%	-	-	-	41% nopq rstuvwxy	-	4%	4%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 621

Which of the following cities do you live in, or nearest to?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ireland (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
Plymouth	66 3%	34 3%	33 3%	5 2%	7 2%	8 2%	15 4%	9 3%	22 5%	20 4%	12 2%	15 4%	19 4%	-	-	-	-	-	-	-	-	-	-	66 37% nopq rstuvwxy	-	6 2%	27 3%
Cardiff	71 3%	42 4%	29 3%	4 2%	14 4%	12 3%	16 4%	12 4%	13 3%	16 3%	19 3%	15 4%	20 4%	-	-	-	2 1%	-	68 67% nopq rsuvwxy	-	-	-	-	*	-	11 4%	35 4%
Belfast	62 3%	29 3%	33 3%	-	6 2%	11 3% ^d	17 5% ^{de}	13 4% ^d	16 3% ^d	19 3% ^l	26 4% ^l	5 1%	13 2%	-	-	-	-	-	-	-	-	-	-	-	62 100% nopq rstuvwxy	8 3%	29 3%
None of these	118 6%	50 5%	68 6%	12 5%	16 4%	10 3%	22 6%	19 6%	39 8% ^f	25 4%	33 6%	24 6%	37 7%	16 9% ^{pqvy}	4 4% ^v	7 3% ^v	2 1%	9 5% ^v	15 10% ^{pqv} wy	14 13% ^{pqr} vwy	21 11% ^{pqvw} y	-	13 4% ^v	18 10% ^{pqvw} y	-	6 2%	43 5%

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
*** small base**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 622

Which of the following cities do you live in, or nearest to?

Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Glasgow	95	1	-	63	23	3	3	91	3	-	2	1	1	-	67	37	31	27	23	4
	5%	6%	-	5%	4%	2%	6%	5%	2%	-	2%	2%	5%	-	4%	4%	4%	6%	6%	8%
Edinburgh	67	1	-	36	17	9	3	63	1	-	1	-	1	-	55	29	26	12	9	3
	3%	3%	-	3%	3%	5%	6%	3%	1%	-	1%	-	6%	-	3%	3%	3%	3%	2%	5%
Newcastle	93	2	-	54	27	7	2	91	2	1	1	-	-	-	74	35	39	19	19	-
	4%	9%	-	4%	5%	4%	3%	5%	1%	3%	1%	-	-	-	5%	4%	5%	4%	5%	-
Leeds	84	2	-	54	23	2	3	78	7	-	4	1	2	1	70	39	31	15	15	-
	4%	9%	-	4%	4%	1%	6%	4%	4%	-	6%	2%	10%	18%	4%	4%	4%	3%	4%	-
Hull	32	1	-	26	4	1	-	32	1	-	1	-	-	-	23	13	10	9	9	1
	2%	4%	-	2%	1%	1%	-	2%	*	-	1%	-	-	-	1%	1%	1%	2%	2%	1%
Sheffield	67	1	1	44	17	1	2	66	1	1	-	-	-	-	54	25	29	13	13	-
	3%	4%	9%	4%	3%	1%	4%	3%	*	2%	-	-	-	-	3%	3%	4%	3%	3%	-
Manchester	161	3	-	104	42	11	1	144	17	2	9	5	2	-	134	59	74	27	25	2
	8%	11%	-	8%	8%	6%	1%	8%	10%	5%	12%	12%	11%	-	8%	7%	10%	6%	6%	3%
Liverpool	80	-	-	48	22	7	3	79	1	1	-	-	-	-	71	34	38	9	8	1
	4%	-	-	4%	4%	4%	6%	4%	1%	3%	-	-	-	-	4%	4%	5%	2%	2%	2%
Nottingham	93	1	1	64	18	6	2	89	4	1	4	-	-	-	66	36	30	27	26	1
	4%	4%	16%	5%	3%	3%	4%	5%	3%	2%	5%	-	-	-	4%	4%	4%	6%	7%	2%
Birmingham	165	3	-	104	42	13	2	151	14	2	7	6	-	-	141	77	64	24	18	7
	8%	11%	-	8%	8%	7%	4%	8%	9%	5%	10%	14%	-	-	9%	9%	8%	5%	5%	12%
Norwich	71	1	-	46	13	7	2	68	3	2	1	-	-	-	37	13	25	33	30	3
	3%	3%	-	4%	2%	4%	3%	4%	2%	7%	1%	-	-	-	2%	1%	3%	8%	8%	6%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 622

Which of the following cities do you live in, or nearest to?**Base: All respondents**

	What is the highest educational level that you have achieved to date?							To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?					
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
Milton Keynes	66 3%	1 3%	-	42 3%	18 3%	3 2%	2 4%	63 3%	3 2%	2 5%	-	1 3%	-	-	53 3%	20 2%	32 4%o	14 3%	13 3%	1 2%
Brighton	43 2%	-	1 13%	21 2%	18 3%	1 1%	-	42 2%	1 1%	1 3%	-	-	-	-	37 2%	16 2%	21 3%	5 1%	5 1%	-
Oxford	29 1%	-	1 9%	13 1%	11 2%	3 2%	1 2%	28 1%	-	-	-	-	-	-	17 1%	8 1%	8 1%	12 3%nop	12 3%nop	-
London	476 23%	5 19%	2 21%	248 20%	135 24%c	65 37%cd	13 25%	377 20%	95 59%g	15 48%	41 59%g	27 66%	10 68%	1 40%	427 26%ppqrs	291 33%npqrs	136 18%qrs	49 11%	46 12%	3 5%
Southampton	64 3%	-	-	38 3%	19 3%	5 3%	3 7%	61 3%	3 2%	3 8%	-	-	-	1 16%	52 3%	24 3%	28 4%	13 3%	11 3%	2 4%
Bristol	77 4%	1 5%	-	47 4%	18 3%	7 4%	1 2%	74 4%	2 1%	-	1 1%	-	-	1 26%	57 3%	25 3%	32 4%	20 4%	20 5%	-
Plymouth	66 3%	1 5%	-	39 3%	20 4%	4 2%	1 2%	65 3%	1 1%	1 3%	-	-	-	-	42 3%	18 2%	24 3%	25 6%no	20 5%no	4 8%no
Cardiff	71 3%	-	-	46 4%	18 3%	5 3%	1 3%	69 4%	1 1%	-	*	1 2%	-	-	53 3%	27 3%	26 3%	18 4%	18 5%	-
Belfast	62 3%	-	3 31%	25 2%	21 4%c	13 7%c	-	61 3%	1 1%	1 3%	-	-	-	-	40 2%	25 3%	15 2%	22 5%np	14 4%	8 15%nopqr
None of these	118 6%	1 3%	-	79 6%	26 5%	5 3%	6 11%de	117 6%h	1 1%	1 2%	*	-	-	-	67 4%	29 3%	38 5%	51 12%nop	37 9%nop	14 27%nopqr

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 623

Which of the following cities do you live in, or nearest to?

Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Glasgow	95	59	44	15	36	4	7	5	15	5	63	31	28	26	9	18	14	7
	5%	5%	5%	6%	4%	4%	4%	4%	4%	3%	4%	5%	5%	5%	5%	6%	6%	5%
Edinburgh	67	40	32	8	27	1	6	5	12	2	46	21	20	15	9	11	3	1
	3%	3%	3%	3%	3%	2%	4%	4%	3%	1%	3%	4%	4%	3%	5%	4%	1%	1%
Newcastle	93	60	46	14	33	4	6	5	13	4	67	26	24	23	7	12	11	7
	4%	5%	5%	5%	4%	5%	4%	4%	4%	3%	5%	4%	4%	5%	3%	4%	5%	6%
Leeds	84	49	39	11	35	2	8	7	12	6	52	32	29	25	15	16	12	6
	4%	4%	4%	4%	4%	2%	5%	5%	3%	4%	4%	5%	5%	5%	7%j	5%	5%	5%
Hull	32	13	9	4	19	1	1	5	5	6	30	2	2	1	1	-	1	-
	2%	1%	1%	2%	2%	1%	1%	4%ab	1%	4%ab	2%klmo	*	*	*	1%	-	*	-
Sheffield	67	37	28	9	29	5	5	4	6	9	35	31	27	25	13	15	11	12
	3%	3%	3%	4%	3%	6%h	3%	3%	2%	6%h	2%	5%j	5%j	5%j	6%j	5%j	5%	10%j
Manchester	161	91	72	18	70	6	15	10	28	11	105	56	52	45	18	31	21	6
	8%	8%	8%	7%	8%	7%	9%	7%	8%	7%	7%	9%	10%	9%	9%	10%	9%	5%
Liverpool	80	53	39	14	27	3	7	5	9	3	57	23	19	20	4	5	13	7
	4%	4%	4%	5%	3%	3%	4%	4%	3%	2%	4%	4%	4%	4%	2%	2%	6%o	6%o
Nottingham	93	49	43	5	44	1	9	3	22	10	63	30	27	27	11	18	18	6
	4%	4%	5%	2%	5%c	2%	6%	2%	6%c	6%c	4%	5%	5%	5%	5%	6%	8%j	5%
Birmingham	165	100	75	25	66	3	8	13	32	10	114	51	47	43	15	26	23	11
	8%	8%	8%	10%	7%	4%	5%	9%	9%	7%	8%	9%	9%	9%	8%	9%	10%	9%
Norwich	71	47	31	15	24	-	3	2	11	9	50	19	17	15	7	11	4	3
	3%	4%	3%	6%bdef	3%	-	2%	1%	3%	6%deg	3%	3%	3%	3%	4%	3%	2%	2%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Prepared by Community Research

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 623
Which of the following cities do you live in, or nearest to?
Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
Milton Keynes	66	37	31	6	29	7	2	4	8	8	49	17	15	16	5	12	2	5
	3%	3%	3%	3%	3%	8%abcd	1%	3%	2%	5%	3%	3%	3%	3%	2%	4%p	1%	4%
Brighton	43	21	12	9	22	5	2	2	9	4	32	10	10	10	5	6	3	1
	2%	2%	1%	3%b	3%	6%abf	1%	2%	3%	3%	2%	2%	2%	3%	2%	1%	1%	1%
Oxford	29	14	13	2	15	-	3	4	6	2	22	7	7	4	4	2	2	-
	1%	1%	1%	1%	2%	-	2%	3%	2%	2%	1%	1%	1%	2%	1%	1%	1%	-
London	476	285	239	47	191	22	40	28	70	30	339	136	120	113	50	61	61	28
	23%	24%c	25%c	18%	22%	26%	26%	20%	20%	19%	23%	23%	22%	23%	25%	20%	26%	23%
Southampton	64	30	21	9	35	1	9	5	11	9	43	22	21	16	8	13	5	3
	3%	2%	2%	4%	4%	1%	5%ab	3%	3%	6%cab	3%	4%	4%	3%	4%	4%	2%	3%
Bristol	77	50	40	10	27	2	3	7	13	3	60	17	13	16	5	10	6	5
	4%	4%	4%	4%	3%	2%	2%	5%	4%	2%	4%	3%	3%	3%	2%	3%	3%	4%
Plymouth	66	33	25	8	33	5	2	5	18	3	51	15	14	14	5	9	4	3
	3%	3%	3%	3%	4%	6%f	1%	4%	5%abf	2%	3%	3%	3%	2%	3%	2%	3%	3%
Cardiff	71	45	38	8	25	2	5	5	6	7	50	20	17	19	3	11	6	6
	3%	4%	4%	3%	3%	2%	3%	3%	2%	4%	3%	3%	3%	4%	2%	4%	3%	5%
Belfast	62	36	31	5	26	5	3	4	10	5	49	13	13	11	3	7	8	2
	3%	3%	3%	2%	3%	5%	2%	3%	3%	3%	3%	2%	2%	2%	1%	2%	4%	2%
None of these	118	49	36	14	69	4	13	12	31	9	105	13	13	12	5	7	6	2
	6%	4%	4%	5%	8%ab	5%	8%ab	9%ab	9%ab	6%	7%klmn	2%	2%	2%	2%	2%	3%	1%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 624
Which of the following cities do you live in, or nearest to?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Glasgow	95 5%	22 4%	59 5%	41 4%	1 8%	17 6%	13 5%	2 3%	3 16%	7 5%	5 6%	14 5%	16 5%	17 5%	13 5%	7 4%	10 7% _{fr}	7 5%	3 2%	28 6% _x	14 8% _x	17 6%	5 4%	-	64 4%
Edinburgh	67 3%	15 3%	39 3%	32 3%	2 14%	5 2%	11 4%	5 6% _e	1 4%	5 3%	1 1%	5 2%	13 4%	17 5% _{kr}	8 3%	6 3%	9 7% _{kr}	3 3%	2 1%	14 3%	5 3%	9 3%	6 4%	2 9%	52 3%
Newcastle	93 4%	32 6% _g	53 4%	43 5%	-	10 3%	8 3%	-	2 12%	5 3%	4 5%	8 3%	17 5%	13 4%	9 3%	8 4%	4 3%	9 7%	13 7%	11 3%	4 3%	7 3%	2 1%	-	79 5% _s
Leeds	84 4%	20 3%	49 4%	31 3%	1 4%	17 6%	16 6% _c	4 6%	2 11%	10 6%	4 5%	13 5%	19 6%	12 4%	8 3%	4 2%	3 2%	5 4%	9 5%	11 3%	2 1%	8 3%	4 2%	1 3%	72 5% _t
Hull	32 2%	4 1%	24 2%	20 2% _a	-	4 1%	5 2%	2 2%	-	3 2%	-	8 3% _r	4 1%	5 3% _r	9 2%	3 1%	1 1%	2 1%	-	7 2%	-	4 1%	2 2%	1 5%	23 1%
Sheffield	67 3%	23 4%	36 3%	27 3%	-	9 3%	8 3%	1 4%	1 4%	6 4%	2 3%	12 4%	14 4%	13 4%	9 3%	5 1%	2 3%	4 3%	4 2%	16 4%	4 3%	8 3%	6 4%	-	49 3%
Manchester	161 8%	45 8%	97 8%	71 8%	-	26 9%	19 7%	6 7%	1 6%	12 8%	9 11% _{pr}	28 10% _{pr}	19 6%	23 7%	25 10% _p	26 13% _{lpqr}	4 3%	5 4%	8 4%	40 9%	19 11%	26 9%	12 8%	2 10%	121 8%
Liverpool	80 4%	34 6% _{bc}	37 3%	29 3%	-	8 3%	8 3%	3 3%	-	6 4%	3 4% _q	14 5% _q	13 4% _q	12 4%	11 4% _q	8 4%	7 5% _q	-	4 2%	20 5%	7 4%	13 5%	10 7%	-	58 4%
Nottingham	93 4%	15 3%	70 6% _a	46 5% _a	2 9%	22 7% _{af}	8 3%	1 2%	* 2%	6 4%	3 4%	13 4%	19 6%	17 5%	11 4%	6 3%	5 4%	8 6%	4 2%	14 3%	6 4%	8 3%	5 3%	2 7%	75 5%
Birmingham	165 8%	42 7%	102 8%	83 9%	3 17%	16 5%	20 8%	7 9%	-	13 9%	6 7%	19 7%	27 8%	27 9%	20 8%	22 11%	12 9%	7 6%	14 7%	28 6%	9 6%	18 6%	9 6%	4 17%	135 8%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 624
Which of the following cities do you live in, or nearest to?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Norwich	71	27	37	30	-	8	7	1	-	6	3	7	8	12	12	9	8	3	3	12	5	5	4	1	59
	3%	5%	3%	3%	-	3%	3%	1%	-	4%	4%	2%	3%	4%	5%	7% _r	3%	3%	3%	3%	3%	2%	3%	4%	4%
Milton Keynes	66	11	48	37	-	12	6	1	*	5	1	6	7	12	8	9	2	6	7	17	5	11	8	-	50
	3%	2%	4% _a	4% _a	-	4%	3%	1%	2%	3%	1%	2%	2%	4%	3%	5%	2%	5%	4%	4%	3%	4%	5%	-	3%
Brighton	43	8	29	22	-	7	6	-	2	4	3	7	8	9	1	-	5	4	4	11	5	7	5	-	30
	2%	1%	2%	2%	-	2%	2%	-	8%	3%	3% _{no}	2% _o	2% _o	3% _{no}	*	-	4% _{no}	3% _o	2%	3%	3%	3%	3%	-	2%
Oxford	29	6	19	14	-	5	4	1	1	2	-	1	3	2	4	1	4	5	7	3	1	3	2	-	22
	1%	1%	2%	2%	-	2%	1%	2%	3%	1%	-	*	1%	1%	1%	*	3% _{kmo}	4% _{kmo}	4% _{kmo}	1%	1%	1%	1%	-	1%
London	476	157	249	173	6	70	66	23	6	37	26	57	60	68	50	43	29	33	64	82	32	52	24	4	381
	23%	27% _{bc}	20%	19%	36%	23%	26% _c	28%	29%	24%	31% _{ln}	20%	19%	21%	19%	21%	22%	27%	32% _{klm}	19%	19%	19%	17%	17%	24% _s
Southampton	64	21	37	27	-	10	6	2	1	3	-	8	9	11	10	8	6	2	6	22	10	15	4	1	42
	3%	4%	3%	3%	-	3%	3%	3%	3%	2%	-	3%	3%	3%	4%	4%	5% _j	2%	3%	5% _x	6% _x	6% _x	3%	3%	3%
Bristol	77	26	41	34	*	6	10	4	-	6	1	12	11	13	9	7	1	4	17	23	10	12	7	3	54
	4%	4%	3%	4%	3%	2%	4%	5%	-	4%	1%	4%	3%	4%	3%	3%	1%	4%	8% _{jlmp}	5%	6%	4%	5%	12%	3%
Plymouth	66	10	47	36	-	12	9	4	-	5	1	9	10	6	13	9	4	6	1	18	13	11	7	-	48
	3%	2%	4% _a	4% _a	-	4%	4%	4%	-	3%	2%	3%	3%	2%	5% _{mr}	4% _r	3%	5% _r	1%	4%	8% _x	4%	5%	-	3%
Cardiff	71	18	45	30	1	13	8	5	-	3	3	7	17	11	8	7	2	3	10	14	3	8	9	1	55
	3%	3%	4%	3%	8%	4%	3%	6%	-	2%	4%	3%	5%	3%	3%	3%	1%	2%	5%	3%	2%	3%	6% _t	5%	3%
Belfast	62	16	43	34	-	9	4	1	-	3	5	6	6	7	11	7	4	4	9	15	4	9	5	1	47
	3%	3%	4%	4%	-	3%	1%	1%	-	2%	6%	2%	2%	2%	4%	3%	3%	3%	5%	4%	2%	3%	3%	3%	3%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 624

Which of the following cities do you live in, or nearest to?

Base: All respondents

	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/co habiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Wid-owed/separated/divorced (f)	Wid-owed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
None of these	118	31	72	57	*	14	15	8	-	8	3	24	21	15	17	9	6	3	8	30	9	21	11	1	86
	6%	5%	6%	6%	2%	5%	6%	10%	-	5%	3%	9%q	6%	5%	6%	4%	5%	2%	4%	7%	5%	8%	7%	3%	5%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 625

Which of the following cities do you live in, or nearest to?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Glasgow	95 5%	- -	6 8%	2 12%	- -	8 4%	17 4%	4 3%	21 4%	5 4%	7 3%	5 5%	- -
Edinburgh	67 3%	2 10%	4 6%	1 9%	- -	8 4%	19 4%	4 3%	21 3%	3 3%	6 3%	4 5%	1 2%
Newcastle	93 4%	- -	3 4%	- -	- -	11 5%	28 6%	3 3%	23 4%	6 6%	13 6%	2 3%	2 6%
Leeds	84 4%	- -	2 3%	1 6%	- -	18 9%h	24 5%	7 6%	24 4%	4 4%	10 4%	4 4%	2 7%
Hull	32 2%	- -	- -	- -	- -	2 1%	7 1%	1 1%	10 2%	1 1%	2 1%	1 1%	1 4%
Sheffield	67 3%	- -	2 3%	1 6%	2 56%	6 3%	18 4%	5 4%	22 4%	4 4%	5 2%	2 2%	- -
Manchester	161 8%	3 18%	1 2%	1 3%	- -	13 6%	45 10%b	7 5%	50 9%	7 7%	21 9%	10 11%b	5 14%
Liverpool	80 4%	1 7%	1 1%	- -	- -	10 5%	12 3%	2 1%	23 4%	2 2%	6 3%	4 5%	2 7%
Nottingham	93 4%	- -	2 4%	- -	- -	6 3%	15 3%	10 8%ethj	20 3%	5 4%	7 3%	5 6%	2 5%
Birmingham	165 8%	4 25%	3 4%	1 4%	- -	18 9%	38 8%	12 10%	40 7%	7 6%	15 6%	4 4%	2 7%
Norwich	71 3%	- -	2 3%	- -	- -	5 2%	12 3%	3 2%	20 3%	3 3%	9 4%	4 4%	* 1%
Milton Keynes	66 3%	1 4%	1 1%	3 17%	* 11%	9 4%	18 4%	4 3%	24 4%	1 1%	14 6%	3 3%	* 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 625

Which of the following cities do you live in, or nearest to?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
Brighton	43 2%	1 6%	- -	- -	- -	6 3%	11 2%	3 3%	16 3%	4 4%	6 3%	4 4%	- -
Oxford	29 1%	- -	1 1%	2 12%	- -	4 2%	4 1%	1 1%	6 1%	1 1%	4 2%	2 3%	- -
London	476 23%	4 22%	26 36%efghjk	4 24%	1 33%	38 18%	100 21%	26 21%	142 24%	23 23%	51 21%	17 19%	14 43%
Southampton	64 3%	- -	- -	- -	- -	6 3%	15 3%	3 2%	19 3%	4 3%	8 3%	3 3%	- -
Bristol	77 4%	- -	6 8%	1 7%	- -	10 5%	22 5%	5 4%	31 5%	4 4%	12 5%	5 5%	- -
Plymouth	66 3%	- -	3 4%	- -	- -	7 3%	12 3%	5 6%	21 4%	4 4%	10 4%	6 7% ^f	- -
Cardiff	71 3%	- -	2 2%	- -	- -	5 2%	15 3%	4 3%	18 3%	3 3%	11 4%	2 2%	- -
Belfast	62 3%	- -	3 5% ^k	- -	- -	8 4%	13 3%	5 4%	12 2%	7 7% ^{fhk}	8 3%	- -	- -
None of these	118 6%	2 9%	3 4%	- -	- -	12 6%	23 5%	7 6%	26 4%	6 6%	14 6%	3 3%	1 3%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 626

What is the combined annual income of your household, prior to tax being deducted?

Base: All respondents

	Gender			Age							Social Grade							Region										Employment Sector	
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-ate (B)		
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874		
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920		
Up to £7,000	(3.5)	86 4%	33 3%	53 5%	11 5%	15 4%	10 3%	23 6%i	16 5%i	10 2%	5 1%	16 3%j	4 1%	62 12%ijkl	7 4%	5 6%	12 5%	6 3%	5 3%	4 4%	5 3%	19 7%lux	10 4%	3 2%	5 8%k	4 1%	18 2%		
£7,001 to £14,000	(10.5)	279 13%	119 12%	160 15%a	28 12%	25 7%	26 8%	45 12%e	58 19%def	96 20%defg	14 3%	62 11%j	39 9%j	164 32%ijkl	25 14%	8 9%	33 14%	28 17%	26 14%	12 12%	26 13%	30 11%	34 12%	26 15%	6 10%	8 3%	64 7%A		
£14,001 to £21,000	(17.5)	321 15%	147 14%	174 16%	21 9%	37 10%	51 15%d	46 12%	62 20%deg	105 22%defg	45 8%	109 19%j	70 16%j	96 19%j	31 17%	19 23%uw	32 14%	36 21%uw	29 16%	25 17%	24 23%puw	25 13%	39 14%	31 11%	24 14%	6 10%	32 12%	116 13%	
£21,001 to £28,000	(24.5)	320 15%	163 16%	157 15%	21 9%	65 18%d	46 14%	59 16%d	47 15%d	82 17%d	63 11%	103 18%j	78 18%j	76 15%	38 21%pvx	12 14%	31 13%	32 19%v	29 16%	16 15%	29 15%	30 11%	50 18%v	22 12%	7 11%	38 14%	144 16%		
£28,001 to £34,000	(31)	266 13%	135 13%	130 12%	16 7%	51 14%d	54 16%d	45 12%d	42 14%d	57 12%d	67 12%m	79 14%m	79 19%jm	40 8%	23 13%	7 8%	39 17%w	21 12%	20 11%	12 14%	33 17%w	29 11%	22 8%	29 16%w	11 18%w	43 15%	129 14%		
£34,001 to £41,000	(37.5)	204 10%	112 11%	92 9%	16 7%	33 9%	43 13%dh	47 13%dh	23 7%	41 9%	78 14%klm	57 10%m	40 9%m	28 5%	13 7%	7 8%	36 16%nqsw	12 7%	23 13%s	9 6%	8 11%	21 10%	26 7%	21 13%s	7 11%	30 11%	121 13%		
£41,001 to £48,000	(44.5)	129 6%	67 7%	62 6%	15 6%	23 6%	24 7%	28 8%i	20 7%	19 4%	50 9%m	40 7%m	33 8%m	6 1%	18 10%pqx	4 5%	9 4%	6 3%	12 7%	11 7%	4 4%	12 6%	15 6%	28 10%pqx	5 3%	4 6%	23 8%	78 8%	
£48,001 to £55,000	(51.5)	123 6%	65 6%	57 5%	16 7%hi	34 10%ghi	33 10%ghi	19 5%	6 2%	15 3%	57 10%lm	41 7%lm	17 4%lm	8 2%	10 6%	6 7%	8 3%	11 7%	10 5%	3 3%	14 7%	16 6%	18 7%	12 7%	4 6%	34 12%	74 8%		
£55,001 to £62,000	(58.5)	51 2%	30 3%	21 2%	4 2%	13 4%i	8 2%	13 4%i	6 2%	6 1%	30 5%klm	9 1%	8 2%	3 1%	3 2%	-	5 2%	1 1%	2 1%	4 3%	5 5%q	4 2%	9 3%	12 4%q	2 1%	3 5%	14 5%	26 3%	
£62,001 to £69,000	(65.5)	55 3%	28 3%	27 3%	7 3%i	16 5%hi	12 4%i	14 4%i	5 2%i	1 *	32 6%km	8 1%	14 3%lm	1 *	3 3%	2 1%	2 1%	5 3%	1 1%	6 6%npqs	7 3%	13 5%npqs	7 3%	7 4%n	1 1%	12 4%	36 4%		
£69,001 to £76,000	(72.5)	24 1%	20 2%b	4 *	5 2%	6 2%	3 1%	4 1%	1 *	5 1%	17 3%klm	4 1%	1 *	1 *	2 2%	2 1%	-	3 2%	1 1%	-	1 1%	5 2%	3 1%	3 2%	3 4%nq	3 1%	16 2%		

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 626

What is the combined annual income of your household, prior to tax being deducted?**Base: All respondents**

	Gender			Age						Social Grade					Region										Employment Sector		
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East of England (u)	London (v)	South East (w)	South West (x)	North Ireland (y)	Public (A)	Private (B)
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
£76,001 to £83,000	(79.5)	20	12	8	4	10	3	2	1	-	9	7	2	2	1	2	-	2	1	1	2	4	1	2	1	7	12
		1%	1%	1%	2%i	3%ghi	1%	1%	*	-	2%	1%	1%	*	1%	2%p	-	1%	1%	1%	1%	2%	*	1%	2%p	2%	1%
£83,001 or more	(86)	49	32	16	18	12	6	8	3	2	35	10	3	-	6	2	5	2	2	2	10	10	6	1	8	31	
		2%	3%b	2%	8%efgh	3%i	2%i	2%i	1%	*	6%klm	2%m	1%	-	7%np	1%	3%n	1%	1%	2%	4%n	4%n	4%n	2%	3%	3%	
Prefer not to answer	156	52	104	51	19	15	16	15	40	54	36	39	27	9	5	20	8	13	11	5	14	23	32	13	3	23	55
	7%	5%	10%a	22%efgh	5%	5%	4%	5%	8%g	10%km	6%	9%m	5%	5%	6%	9%	5%	7%	7%	5%	9%	11%nq	7%	5%	8%	6%	
Average income (£000's)	30.48	32.60b	28.35	36.76g	35.94g	33.20h	31.14h	25.44	24.49	42.80k	30.01m	30.27m	18.48	27.10	32.83n	27.75	27.46	30.10	28.36	29.88	30.93n	32.93n	33.00n	32.65n	33.86n	38.59B	35.58
				hi	hi	i	i			lm				p							pqs	pqs	pq	p			

Proportions/Means: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B

* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 627

What is the combined annual income of your household, prior to tax being deducted?

Base: All respondents

	Total	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
		No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)	
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49	
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*	
Up to £7,000	(3.5)	86 4%	3 12%	1 10%	57 5% _d	13 2%	7 4%	4 9% _d	74 4%	11 7%	3 8%	3 4%	5 13%	-	69 4%	44 5%	25 3%	17 4%	16 4%	1 2%	
£7,001 to £14,000	(10.5)	279 13%	8 31%	3 34%	210 17% _{de}	35 6%	7 4%	11 20% _{de}	259 14%	20 13%	5 15%	9 12%	4 11%	3 16%	-	229 14%	117 13%	113 15%	50 11%	47 12%	3 5%
£14,001 to £21,000	(17.5)	321 15%	10 38%	1 9%	239 19% _{de}	45 8%	15 8%	6 12%	299 16%	20 13%	1 4%	11 16%	5 12%	2 10%	1 40%	253 15%	135 15%	117 15%	68 15%	58 15%	9 18%
£21,001 to £28,000	(24.5)	320 15%	* 2%	1 16%	229 18% _{def}	69 13%	17 10%	3 6%	304 16% _{ghj}	15 9%	4 13%	3 4%	6 14%	2 14%	-	250 15%	124 14%	127 17%	70 16%	62 16%	7 14%
£28,001 to £34,000	(31)	266 13%	2 8%	2 21%	151 12%	75 14%	26 15%	5 10%	243 13%	23 14%	3 11%	10 14%	8 20%	2 10%	-	195 12%	107 12%	88 12%	71 16% _n	59 15%	12 23% _{np}
£34,001 to £41,000	(37.5)	204 10%	-	-	123 10%	63 11%	14 8%	4 7%	191 10%	13 8%	1 5%	8 12%	2 2%	1 13%	1 18%	168 10%	91 10%	77 10%	36 8%	31 8%	5 10%
£41,001 to £48,000	(44.5)	129 6%	-	-	56 5%	60 11% _{cf}	12 7%	-	120 6%	8 5%	4 12%	3 4%	1 2%	-	1 16%	102 6%	49 6%	53 7%	27 6%	24 6%	3 6%
£48,001 to £55,000	(51.5)	123 6%	2 9%	-	35 3%	65 12% _{cf}	19 11% _c	1 2%	106 6%	16 10% _g	2 6%	8 12% _g	3 7%	3 19%	-	99 6%	58 7%	41 5%	24 5%	24 6%	-
£55,001 to £62,000	(58.5)	51 2%	-	-	13 1%	24 4% _c	13 7% _c	-	46 2%	5 3%	2 5%	1 1%	2 6%	-	-	38 2%	25 3%	14 2%	13 3%	11 3%	1 2%
£62,001 to £69,000	(65.5)	55 3%	-	-	21 2%	19 4% _c	13 7% _c	2 4%	51 3%	4 2%	2 6%	1 1%	1 3%	-	-	47 3%	29 3%	17 2%	8 2%	7 2%	1 3%
£69,001 to £76,000	(72.5)	24 1%	-	-	8 1%	6 1%	8 4% _{cd}	2 4% _{cd}	21 1%	3 2%	1 2%	2 2%	1 2%	-	-	23 1% _r	13 2% _r	9 1% _r	1 *	-	1 2% _r

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 627

What is the combined annual income of your household, prior to tax being deducted?

Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Primary (b)	Secondary (c)	University degree (d)	Higher university degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chinese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Village (r)	Hamlet & Isolated Dwelling (s)
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
£76,001 to £83,000	(79.5)	20	-	5	9	6	-	17	2	1	1	-	-	-	18	14	5	1	1	-
		1%	-	*	2% _c	4% _c	-	1%	1%	3%	2%	-	-	1%	2%	1%		*	*	-
£83,001 or more	(86)	49	-	10	25	10	3	44	5	1	4	-	-	32	23	9	16	13	3	
		2%	-	1%	4% _c	6% _c	6% _c	2%	3%	4%	5%	-	-	2%	3%	1%	4% _p	3% _p	5% _p	
Prefer not to answer	156	-	1	84	43	9	10	138	16	2	7	4	3	1	114	53	61	42	36	6
	7%	-	9%	7%	8%	5%	20% _c	7%	10%	6%	10%	9%	17%	26%	7%	6%	8%	10% _o	9% _o	11%
Average income (£000's)	30.48	17.88	17.68	25.75	38.38 _c	42.78 _c	29.33	30.32	32.44	35.76	34.63	27.23	29.85	28.12	30.43	31.45 _p	29.22	30.66	30.32	33.15
					f	df														

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 628
What is the combined annual income of your household, prior to tax being deducted?
Base: All respondents

	Total	Which of the following best describes your current working status?									Do you have any children aged 18 or under? If so, how old are they?								
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)	
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122	
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122	
Up to £7,000	(3.5)	86 4%	21 2% ^b	5 1%	16 6% ^{abh}	65 7% ^{abh}	22 27% ^{abc}	25 dghi	9 16% ^{abcd}	3 6% ^{abh}	6 4% ^{bh}	70 5% ^k	16 3%	14 3%	14 3%	4 2%	6 2%	6 3%	5 4%
£7,001 to £14,000	(10.5)	279 13%	72 6% ^b	35 4%	38 15% ^{ab}	207 23% ^{abc}	30 36% ^{abc}	42 dhi	55 39% ^{abc}	54 15% ^{ab}	27 17% ^{ab}	233 16% ^{klmn}	46 8%	39 7%	33 7%	18 9%	14 5%	14 6%	12 10%
£14,001 to £21,000	(17.5)	321 15%	148 12%	121 13%	27 11%	172 20% ^{abce}	6 7%	17 11%	29 21% ^{abc}	85 25% ^{abc}	35 23% ^{abc}	244 16% ^o	76 13%	69 13%	63 13%	23 11%	34 11%	29 12%	16 13%
£21,001 to £28,000	(24.5)	320 15%	182 15% ^e	144 15% ^e	39 15% ^e	138 16% ^e	5 5%	15 10%	19 14%	68 20% ^{ef}	31 20% ^{ef}	229 15%	91 15%	83 15%	82 16%	31 15%	57 19%	29 12%	17 14%
£28,001 to £34,000	(31)	266 13%	172 14% ^{df}	137 15% ^{df}	35 14% ^f	93 11%	6 8%	10 6%	11 8%	41 12%	25 16% ^{fg}	169 11%	97 16% ^j	95 18% ^j	79 16% ^j	38 18% ^j	56 18% ^j	37 16%	19 15%
£34,001 to £41,000	(37.5)	204 10%	151 13% ^{def}	126 13% ^{def}	25 10% ^{defg}	53 6%	1 1%	6 4%	3 2%	34 10% ^{defg}	9 6%	124 8%	80 14% ^j	71 13% ^j	69 14% ^j	29 14% ^j	42 14% ^j	37 16% ^j	17 14% ^j
£41,001 to £48,000	(44.5)	129 6%	101 8% ^d	80 8% ^d	21 8% ^d	28 3% ^{fg}	3 4% ^{fg}	-	-	18 5% ^g	7 4% ^g	87 6%	42 7%	37 7%	35 7%	16 8%	18 6%	16 7%	10 8%
£48,001 to £55,000	(51.5)	123 6%	108 9% ^{def}	93 10% ^{cdef}	15 6% ^{defh}	14 2%	-	1 1%	3 2%	9 3%	2 1%	74 5%	49 8% ^j	45 8% ^j	45 9% ^j	16 8%	24 8% ^j	29 12% ^j	10 8%
£55,001 to £62,000	(58.5)	51 2%	40 3% ^{dg}	35 4% ^{dg}	5 2%	11 1%	1 1%	2 1%	-	6 2%	2 1%	36 2%	15 2%	14 3%	9 2%	6 3%	6 2%	7 3%	2 2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 628

What is the combined annual income of your household, prior to tax being deducted?

Base: All respondents

	Total	Which of the following best describes your current working status?								Do you have any children aged 18 or under? If so, how old are they?								
		NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 18-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
£62,001 to £69,000	(65.5) 3%	49 4%dghi	42 4%dghi	6 3%dh	6 1%	1 1%	3 2%h	-	1 *	1 1%	31 2%	24 4%j	19 3%	21 4%j	6 3%	11 4%	8 3%	6 5%j
£69,001 to £76,000	(72.5) 1%	19 2%	17 2%d	1 1%	5 1%	-	2 1%	-	2 1%	1 *	15 1%	9 2%	9 2%	9 2%	-	8 3%jn	5 2%	-
£76,001 to £83,000	(79.5) 1%	18 2%d	16 2%d	3 1%d	1 *	-	* *	-	1 *	-	13 1%	7 1%	7 1%	6 1%	1 *	4 1%	2 1%	2 2%
£83,001 or more	(86) 2%	39 3%cdgh	37 4%cdgh	3 1%	9 1%	2 2%h	5 3%dgh	-	-	2 1%h	32 2%	17 3%	14 3%	14 3%	7 4%	9 3%	7 3%	2 2%
Prefer not to answer	156 7%	77 6%	57 6%	20 8%	79 9%ab	7 9%	26 17%abcd ghi	12 8%	25 7%	9 6%	129 9%klmo pq	24 4%	22 4%	19 4%	9 5%	11 4%	9 4%	4 3%
Average income (£000's)	30.48	36.27c defghi	38.09c defghi	29.34d efghi	22.39e g	16.41	21.43g	16.93	25.48d efg	24.37e g	28.80	34.49j	34.43j	34.84j	33.84j	35.51j	36.18j	33.19j

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q

* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 629
What is the combined annual income of your household, prior to tax being deducted?
Base: All respondents

	Marital Status										What is the combined annual income of your household, prior to tax being deducted?								Do you have a longstanding physical or mental condition or disability?						
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
Up to £7,000	(3.5)	86 4%	49 8%bce	16 1%	10 1%	6 2%	20 8%bce	6 8%bce	-	14 9%bce	86 100%klmn opqr	-	-	-	-	-	-	-	32 7%x	17 10%x	26 10%x	10 7%x	-	51 3%	
£7,001 to £14,000	(10.5)	279 13%	94 16%bce	92 7%	63 7%	2 12%	28 9%	92 36%abc e	27 33%abc e	3 12%	63 41%abce	279 100%jlmn opqr	-	-	-	-	-	-	105 24%x	33 20%x	64 23%x	42 28%x	11 49%	168 10%	
£14,001 to £21,000	(17.5)	321 15%	100 17%be	160 13%	130 14%e	2 10%	28 9%	59 23%abc e	25 31%abc ei	6 30%	28 18%e	-	321 100%jkmn opqr	-	-	-	-	-	76 17%	25 15%	46 17%	26 18%	2 7%	237 15%	
£21,001 to £28,000	(24.5)	320 15%	89 15%	199 16%	149 16%	6 33%	44 15%	31 12%	9 11%	5 22%	17 11%	-	-	320 100%jklm opqr	-	-	-	-	79 18%	33 20%	53 19%	26 17%	4 17%	235 15%	
£28,001 to £34,000	(31)	266 13%	57 10%	192 16%afg i	137 15%afg i	4 21%	51 17%afg i	17 6%	3 3%	3 13%	11 7%	-	-	-	266 100%ijklm opqr	-	-	-	38 9%	15 9%	24 9%	11 7%	1 3%	223 14%stv	
£34,001 to £41,000	(37.5)	204 10%	33 6%	164 13%afg i	131 14%afg i	-	32 11%afg i	7 3%	1 2%	1 4%	5 3%	-	-	-	-	204 100%ijklm npqr	-	-	31 7%	7 4%	20 7%	10 6%	1 5%	173 11%st	
£41,001 to £48,000	(44.5)	129 6%	23 4%	97 8%afi	62 7%a	2 10%	33 11%acfg i	9 4%	3 3%	2 11%	4 3%	-	-	-	-	-	129 100%ijklm noqr	-	20 5%	12 7%	9 3%	3 2%	2 9%	108 7%uv	

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 629
What is the combined annual income of your household, prior to tax being deducted?
Base: All respondents

	Total	Marital Status									What is the combined annual income of your household, prior to tax being deducted?									Do you have a longstanding physical or mental condition or disability?					
		Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
£48,001 to £55,000	(51.5) 6%	123 3%	105 8%afgi	75 8%afgi	-	29 10%afgi	2 1%	1 2%	-	1 *	-	-	-	-	-	-	-	123 100%ijklm nopr	-	9 2%	3 2%	5 2%	4 3%	-	113 7%stuv
£55,001 to £62,000	(58.5) 2%	51 2%	9 3%	39 3%af	30 3%af	-	10 3%	2 1%	2 2%	-	1 *	-	-	-	-	-	-	51 26%ijklm nopq	7 2%	5 3%	2 1%	2 1%	-	44 3%	
£62,001 to £69,000	(65.5) 3%	55 3%	7 1%	48 4%afi	27 3%afi	1 6%	20 6%acfg i	-	-	-	-	-	-	-	-	-	-	55 28%ijklm nopq	7 2%	4 3%	4 1%	4 3%	-	47 3%	
£69,001 to £76,000	(72.5) 1%	24 1%	8 1%	15 1%	12 1%	-	3 1%	1 *	-	-	1 1%	-	-	-	-	-	-	24 12%ijklm nopq	3 1%	2 1%	1 *	-	-	21 1%	
£76,001 to £83,000	(79.5) 1%	20 1%	10 2%af	10 1%	8 1%	-	1 *	-	-	-	-	-	-	-	-	-	-	20 10%ijklm nopq	1 *	-	1 *	-	-	19 1%	
£83,001 or more	(86) 2%	49 2%	26 4%befi	23 2%af	22 2%af	-	1 *	-	-	-	-	-	-	-	-	-	-	49 25%ijklm nopq	1 *	-	1 *	-	-	48 3%stuv	
Prefer not to answer	156 7%	63 11%bcef	73 6%	57 6%	1 8%	14 5%	16 6%	4 5%	2 8%	10 7%	-	-	-	-	-	-	-	-	-	27 6%	9 6%	17 6%	10 7%	2 9%	118 7%
Average income (£000's)	30.48	27.871 gi	34.28a fgi	34.25a fgi	28.23	34.73a fgi	17.99	17.98	24.22	17.15	3.50	10.50	17.50	24.50	31.00	37.50	44.50	51.50	70.97j klmnop q	22.99	24.14	21.96	21.85	19.37	32.72stuv

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
 * small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 630

What is the combined annual income of your household, prior to tax being deducted?**Base: All respondents**

	Q13. Which of the following apply to you?													
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/ pregnant (c)	Breast-feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)	
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33	
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**	
Up to £7,000	(3.5) 4%	86 11%	2 2%	1 -	- -	5 2%	10 2%	5 4%	8 1%	9 8%efh	12 5%fh	6 6%fh	3 9%	
£7,001 to £14,000	(10.5) 13%	279 20%	3 19%f	14 9%	2 -	24 11%	47 10%	28 23%efh	64 11%	18 18%f	41 17%fh	18 20%fh	1 4%	
£14,001 to £21,000	(17.5) 15%	321 12%	2 17%	12 3%	* 11%	* 14%	30 14%	65 14%	17 14%	81 14%	18 18%	45 19%	16 17%	9 28%
£21,001 to £28,000	(24.5) 15%	320 20%	4 14%	10 14%	6 34%	1 14%	33 16%	61 13%	20 16%	75 13%	19 18%	41 17%	19 21%fh	3 8%
£28,001 to £34,000	(31) 13%	266 9%	2 9%	10 14%	1 6%	- 17%jk	36 15%	70 15%	20 16%	91 15%	16 15%	24 10%	7 8%	3 9%
£34,001 to £41,000	(37.5) 10%	204 15%	3 10%	7 10%	2 14%	- -	16 8%	57 12%	9 7%	63 11%	2 6%	34 14%ei	7 8%	4 11%
£41,001 to £48,000	(44.5) 6%	129 4%	1 4%	1 2%	1 4%	- -	15 7%	26 6%	6 5%	40 7%	2 2%	8 3%	4 5%	- -
£48,001 to £55,000	(51.5) 6%	123 9%	2 9%	5 7%ij	- -	- -	12 6%j	37 8%ij	6 4%	43 7%ij	1 1%	4 2%	3 3%	1 3%
£55,001 to £62,000	(58.5) 2%	51 3%	- -	2 3%	2 9%	- -	3 1%	18 4%	2 1%	18 3%	2 2%	7 3%	2 2%	2 6%
£62,001 to £69,000	(65.5) 3%	55 -	- -	- -	2 12%	1 18%	11 5%	14 3%	4 4%	15 3%	4 4%	9 4%	1 2%	- -
£69,001 to £76,000	(72.5) 1%	24 -	- -	1 1%	- -	- -	3 2%	5 1%	- -	7 1%	1 1%	1 *	- -	- -
£76,001 to £83,000	(79.5) 1%	20 -	- -	1 1%	- -	- -	4 2%	10 2%	- -	10 2%	1 1%	2 1%	- -	- -

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by Community Research

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 630

What is the combined annual income of your household, prior to tax being deducted?**Base: All respondents**

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vege- tarian (b)	Trying to conceive/ pregnant (c)	Breast- feeding (d)	On a diet/ trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
£83,001 or more	(86) 49 2%	-	1 1%	-	2 57%	3 2%	13 3%j	-	16 3%j	1 1%	-	1 1%	3 8%
Prefer not to answer	156 7%	-	6 8%	1 9%	-	13 6%	37 8%	6 5%	57 10%j	5 4%	10 4%	6 7%	5 15%
Average income (£000's)	30.48	24.32	28.02	35.02	66.15	32.53gijk	34.15bgij k	25.69	33.60bgij k	25.58	26.66	24.59	30.86

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 631

Do you have a longstanding physical or mental condition or disability that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

Base: All respondents

	Gender		Age							Social Grade				Region										Employment Sector			
	Total	Male (a)	Female (b)	18-24 (d)	25-34 (e)	35-44 (f)	45-54 (g)	55-64 (h)	65+ (i)	AB (j)	C1 (k)	C2 (l)	DE (m)	Scotland (n)	North East (o)	North West (p)	Yorkshire & Humberside (q)	West Midlands (r)	East Midlands (s)	Wales (t)	East-ern (u)	London (v)	South East (w)	South West (x)	North-ern Ire-land (y)	Public (A)	Pri-vate (B)
Unweighted base	2081	1018	1063	238	319	334	372	329	489	591	564	427	499	197	89	231	174	167	166	103	202	252	278	172	50	261	874
Weighted base	2081	1015	1066	233	358	335	370	306	479	557	580	428	516	178	85*	232	170	182	151	101*	194	268	280	178	62*	279	920
NET: Yes	436	194	243	37	49	55	85	90	121	74	99	99	165	47	11	53	30	33	31	22	35	39	69	51	15	32	126
	21%	19%	23%	16%	14%	16%	23%ef	30%def	25%def	13%	17%	23%jk	32%jkl	27%ov	13%	23%v	18%	18%	20%	21%	18%	15%	25%ov	29%oqr	24%	12%	14%
Yes - physical condition	274	115	158	11	20	29	57	64	94	40	65	65	103	30	6	34	15	19	21	15	19	27	44	33	9	17	71
	13%	11%	15%a	5%	5%	9%	15%def	21%def	20%def	7%	11%j	15%j	20%jk	17%qu	8%	15%	9%	11%	14%	15%	10%	10%	16%	18%oqu	15%	6%	8%
Yes - mental condition	166	72	94	24	27	40	38	29	9	34	35	27	70	21	5	24	6	12	7	6	17	10	28	25	4	13	58
	8%	7%	9%	10%i	8%i	12%i	10%i	9%i	2%	6%	6%	6%	14%jkl	12%qsv	6%	10%qv	4%	7%	5%	6%	9%v	4%	10%qv	14%qrstv	6%	5%	6%
Yes - disability	147	70	77	5	12	19	33	36	41	21	28	33	65	12	1	19	12	15	8	12	9	11	23	19	5	9	28
	7%	7%	7%	2%	3%	6%	9%de	12%def	9%de	4%	5%	8%j	13%jkl	7%	2%	8%o	7%	8%o	5%	12%ouv	5%	4%	8%o	10%ov	8%	3%	3%
Yes - other	23	11	12	3	3	2	1	5	8	6	6	5	6	2	-	2	2	2	2	1	4	2	1	3	1	2	1
	1%	1%	1%	1%	1%	1%	*	2%g	2%g	1%	1%	1%	1%	1%	-	1%	1%	1%	2%	1%	2%	1%	1%	2%	1%	1%	*
No	1603	801	802	191	300	276	279	208	350	476	471	325	331	127	73	175	136	147	114	77	155	222	204	125	47	242	783
	77%	79%	75%	82%hi	84%ghi	82%ghi	75%h	68%	73%	86%ilm	81%lm	76%lm	64%	72%	86%nwx	75%	80%	81%x	75%	77%	80%x	83%nwx	73%	70%	76%	87%	85%
Prefer not to say	41	21	21	5	10	4	7	8	8	6	10	4	21	3	1	4	3	2	6	2	3	7	7	2	-	5	11
	2%	2%	2%	2%	3%	1%	2%	3%	2%	1%	2%	1%	4%jkl	2%	1%	2%	2%	1%	4%	2%	2%	3%	2%	1%	-	2%	1%

Proportions/Mean: Columns Tested (5% risk level) - a/b - d/e/f/g/h/i - j/k/l/m - n/o/p/q/r/s/t/u/v/w/x/y - A/B
 * small base

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 632

Do you have a longstanding physical or mental condition or disability that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

Base: All respondents

	What is the highest educational level that you have achieved to date?						To which of the following ethnic groups do you consider you belong?							Which of the following best describes where you live?						
	Total	No formal education (a)	Pri-ary (b)	Secon-dary (c)	Univ-ersity degree (d)	Higher univ-ersity degree (e)	Still in full time education (f)	White (g)	NET: Non-white (h)	Mixed (i)	Asian (j)	Black (k)	Chin-ese (l)	Other (m)	NET: Urban (n)	Urban - Pop. over 10k (o)	Town and Fringe (p)	NET: Rural (q)	Vil-lage (r)	Hamlet & Iso-lated Dwel-ling (s)
Unweighted base	2081	23	9	1259	534	175	61	1917	156	33	68	36	15	4	1644	874	770	437	388	49
Weighted base	2081	25**	9**	1243	552	176	52*	1911	162	32**	70*	41**	15**	3**	1637	881	757	444	390	53*
NET: Yes	436	8	1	295	98	21	10	418	19	11	3	5	-	-	325	140	185	111	96	15
	21%	30%	13%	24%de	18%	12%	20%	22%hj	12%	33%	4%	12%	-	-	20%o	16%	24%no	25%no	25%o	29%o
Yes - physical condition	274	5	1	192	58	11	3	266	7	4	2	2	-	-	196	78	118	78	64	14
	13%	20%	13%	15%de	11%	6%	6%	14%hj	4%	13%	2%	4%	-	-	12%o	9%	16%no	18%no	16%no	27%no
Yes - mental condition	166	4	-	114	36	8	4	158	8	6	1	1	-	-	135	53	82	31	29	2
	8%	16%	-	9%e	7%	4%	7%	8%	5%	18%	2%	3%	-	-	8%	6%	11%oq	7%	7%	4%
Yes - disability	147	5	-	101	34	5	3	138	9	5	3	2	-	-	104	46	58	43	40	3
	7%	18%	-	8%e	6%	3%	6%	7%	6%	15%	4%	4%	-	-	6%	5%	8%	10%no	10%no	6%
Yes - other	23	1	-	11	5	1	2	19	4	2	-	2	-	-	17	8	9	5	5	-
	1%	5%	-	1%	1%	1%	4%c	1%	2%	5%	-	5%	-	-	1%	1%	1%	1%	1%	-
No	1603	18	7	920	449	151	41	1458	138	20	66	34	14	3	1276	715	562	327	290	37
	77%	70%	78%	74%	81%c	86%c	80%	76%	85%g	62%	94%g	84%	91%	100%	78%	81%ppqr	74%	74%	74%	69%
Prefer not to say	41	-	1	28	6	4	-	35	5	2	1	1	1	-	36	26	10	6	4	1
	2%	-	9%	2%	1%	2%	-	2%	3%	5%	1%	4%	9%	-	2%	3%p	1%	1%	1%	2%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i/j/k/l/m - n/o/p/q/r/s

*** small base; ** very small base (under 30) ineligible for sig testing**

Food Supplements Survey

ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 633

Do you have a longstanding physical or mental condition or disability that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

Base: All respondents

	Which of the following best describes your current working status?										Do you have any children aged 18 or under? If so, how old are they?							
	Total	NET: Working (a)	Working full time (b)	Working part time (c)	NET: Not working (d)	Not working seeking work (e)	Not working not seeking work (f)	Retired state pension only (g)	Retired private pension (h)	House person (i)	No children aged 18 or under (j)	NET: Yes (k)	NET: Under 16 (l)	NET: Any 5-18 (m)	Any aged under 5 (n)	Any aged 5-10 (o)	Any aged 11-15 (p)	Any aged 16-18 (q)
Unweighted base	2081	1135	785	350	946	90	175	133	373	175	1483	593	535	491	206	298	225	122
Weighted base	2081	1199	945	254	882	84*	155	140	347	156	1484	593	536	498	204	302	236	122
NET: Yes	436 21%	158 13%	103 11%	55 22%ab	279 32%abc h	39 47%abc dghi	65 42%abc dhi	42 30%ab	85 24%ab	48 31%abc	322 22%no	112 19%	97 18%	99 20%	27 13%	46 15%	56 24%no	29 23%no
Yes - physical condition	274 13%	88 7%	60 6%	28 11%ab	185 21%abc	19 23%abc	40 26%abc	30 22%abc	65 19%abc	31 20%abc	210 14%klno	63 11%no	51 10%no	56 11%no	10 5%	19 6%	29 12%no	21 17%klno
Yes - mental condition	166 8%	72 6%	43 5%	28 11%abg h	95 11%abg h	24 28%abc dghi	36 23%abcd ghi	3 2%	13 4%	19 12%abgh	107 7%	59 10%	52 10%	53 11%j	14 7%	31 10%	29 12%j	15 12%
Yes - disability	147 7%	38 3%	31 3%	7 3%	109 12%abc h	15 17%abc h	31 20%abc dhi	18 13%abc	30 9%abc	15 10%abc	112 8%lno	34 6%	23 4%	31 6%no	4 2%	11 4%	13 5%	17 14%jklmnop
Yes - other	23 1%	3 *	1 *	2 1%b	20 2%ab	1 1%b	5 3%ab	2 1%b	10 3%ab	3 2%ab	18 1%	5 1%	4 1%	3 1%	3 1%	1 *	2 1%	1 1%
No	1603 77%	1025 85%cde fghi	830 88%cde fghi	195 77%def gi	579 66%ef	38 46%	84 54%	92 65%e	260 75%def g	105 67%ef	1124 76%	478 81%j	437 81%j	397 80%	177 87%jmp q	255 84%jpq	179 76%	92 76%
Prefer not to say	41 2%	16 1%	12 1%	4 2%	25 3%abh	6 8%abcd h	7 4%abh	6 4%abh	2 1%	4 3%h	38 3%klmn op	2 *	2 *	2 *	- -	1 *	1 *	1 1%

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q
* small base

Food Supplements Survey ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 634

Do you have a longstanding physical or mental condition or disability that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?
Base: All respondents

	Marital Status						What is the combined annual income of your household, prior to tax being deducted?													Do you have a longstanding physical or mental condition or disability?					
	Total	Single (a)	NET: Married/Civil partnership/cohabiting (b)	Married (c)	Civil Partnership (d)	Co Habiting (e)	NET: Widowed/separated/divorced (f)	Widowed (g)	Separated (h)	Divorced (i)	Up to £7k (j)	>£7k-£14k (k)	>£14k-£21k (l)	>£21k-£28k (m)	>£28k-£34k (n)	>£34k-£41k (o)	>£41k-£48k (p)	>£48k-£55k (q)	>£55k or more (r)	NET: Yes (s)	Yes - mental condition (t)	Yes - physical condition (u)	Yes - disability (v)	Yes - other (w)	No (x)
Unweighted base	2081	574	1222	906	17	299	276	83	27	166	93	301	344	336	265	189	128	106	168	473	187	298	154	24	1566
Weighted base	2081	583	1233	913	18**	302	256	81*	21**	154	86*	279	321	320	266	204	129	123*	198	436	166	274	147	23**	1603
NET: Yes	436	120	229	178	2	50	86	24	9	54	32	105	76	79	38	31	20	9	19	436	166	274	147	23	-
	21%	21%	19%	19%	10%	17%	34%abc	29%bce	42%	35%abc	37%lmn	38%lmn	24%noq	25%nop	14%	15%	15%	7%	10%	100%x	100%x	100%x	100%x	100%	-
Yes - physical condition	274	56	153	121	2	31	65	20	5	40	26	64	46	53	24	20	9	5	9	274	73	274	90	7	-
	13%	10%	12%	13%	10%	10%	25%abc	25%abc	23%	26%abc	30%lmn	23%lno	14%pqr	17%nopq	9%	10%	7%	4%	4%	63%tx	44%x	100%stv	61%tx	29%	-
Yes - mental condition	166	68	71	48	-	23	27	4	5	18	17	33	25	33	15	7	12	3	11	166	166	73	37	4	-
	8%	12%bc	6%	5%	-	8%	10%bc	5%	24%	11%bc	20%lmn	12%noqr	8%	10%oq	6%	4%	9%	3%	5%	38%uv	100%sv	27%x	25%x	16%	-
Yes - disability	147	35	80	67	1	12	32	11	1	20	10	42	26	26	11	10	3	4	6	147	37	90	147	6	-
	7%	6%	7%	7%	4%	4%	12%abc	13%abe	5%	13%abc	11%npqr	15%lmno	8%r	8%r	4%	5%	3%	4%	3%	34%tx	22%x	33%tx	100%stu	25%	-
Yes - other	23	6	12	8	1	3	5	1	1	3	-	11	2	4	1	1	2	-	-	23	4	7	6	23	-
	1%	1%	1%	1%	4%	1%	2%	2%	4%	2%	-	4%lmno	1%	1%	*	1%	2%	-	-	5%x	2%x	2%x	4%x	100%	-
No	1603	443	983	720	15	248	168	57	11	100	51	168	237	235	223	173	108	113	178	-	-	-	-	-	1603
	77%	76%fi	80%fi	79%fi	88%	82%fgi	66%	71%	53%	65%	59%	60%	74%jk	73%jk	84%jkl	85%jkl	83%jkl	92%jkl	90%jklm	-	-	-	-	-	100%stuv
Prefer not to say	41	20	20	16	*	4	1	-	1	-	3	6	8	6	5	1	2	1	1	-	-	-	-	-	-
	2%	3%bfi	2%	2%	3%	1%	*	-	5%	-	4%or	2%	2%	2%	2%	*	1%	1%	*	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i - j/k/l/m/n/o/p/q/r - s/t/u/v/w/x
* small base; ** very small base (under 30) ineligible for sig testing

Food Supplements Survey
ONLINE Fieldwork: 24th-25th January 2018

Absolutes/col percents

Table 635

Do you have a longstanding physical or mental condition or disability that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

Base: All respondents

	Q13. Which of the following apply to you?												
	Total	Vegan (a)	Vegetarian (b)	Trying to conceive/pregnant (c)	Breast-feeding (d)	On a diet/trying to lose weight (e)	Active (f)	Inactive (g)	Generally healthy (h)	Quite unhealthy (i)	Diagnosed with an ongoing physical health condition (j)	Diagnosed with a mental health condition (k)	None of these (l)
Unweighted base	2081	15	75	16	5	202	451	132	568	111	254	103	33
Weighted base	2081	18**	70*	16**	4**	209	469	123	589	103*	239	90*	33**
NET: Yes	436 21%	2 12%	20 28%fh	5 30%	1 14%	54 26%fh	50 11%	66 54%befh	47 8%	59 57%befh	149 62%befh	71 79%befghi j	5 14%
Yes - physical condition	274 13%	1 4%	14 20%fh	2 14%	-	37 18%fh	37 8%	55 45%befh	30 5%	46 45%befh	130 55%befh	44 49%befh	3 9%
Yes - mental condition	166 8%	1 7%	8 12%fh	3 20%	1 14%	25 12%fh	15 3%	28 22%efh	18 3%	27 26%befh	44 19%fh	65 72%befghij	1 2%
Yes - disability	147 7%	1 4%	7 10%fh	1 3%	-	18 8%fh	8 2%	32 26%befh	13 2%	26 25%befh	58 24%befh	24 27%befh	-
Yes - other	23 1%	-	2 3%fh	1 4%	-	2 1%	1 *	7 6%efh	1 *	5 5%fh	10 4%fh	4 4%fh	1 4%
No	1603 77%	16 88%	45 63%gijk	11 70%	4 86%	152 73%gijk	412 88%begijk	55 45%k	536 91%begijk	41 40%k	83 35%k	15 17%	27 82%
Prefer not to say	41 2%	-	6 8%efghj	-	-	4 2%	8 2%	2 2%	6 1%	3 3%	6 3%	4 4%h	1 4%

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f/g/h/i/j/k/l

*** small base; ** very small base (under 30) ineligible for sig testing**