**Supplementary table 2.** Sociodemographic, training habits, supplement use, and anthropometric characteristics between gym users who performed biochemical analysis and no. (n=594).

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **No-biochemical tests** | **biochemical tests** | **p** |
| **n (%)** | **n (%)** |
| **Number of individuals** | 352 | 242 |  |
| **Sex** |  |  | 0.344 |
| Female | 200 (56.8) | 128 (52.9) |  |
| Male | 152 (43.2) | 114 (47.1) |  |
| **Age (average±SD)** | 34.98±13.18 | 40.10±14.37 | <0.001 |
| **Education** |  |  | 0.735 |
| Middle school | 5 (1.4) | 4 (1.7) |  |
| High school | 105 (29.8) | 79 (32.6) |  |
| Higher education | 242 (68.8) | 159 (65.7) |  |
| **Time of exercise** |  |  | 0.571 |
| <1 year | 135 (38.4) | 69 (28.5) |  |
| 1-3 years | 106 (30.1) | 59 (24.4) |  |
| ≥4 years | 111 (31.5) | 114 (47.1) |  |
| **Physical exercise intensity** |  |  | 0.144 |
| Moderate | 310 (88.1) | 203 (83.9) |  |
| Intense | 42 (11.9) | 39 (16.1) |  |
| **Type of physical exercise** |  |  | 0.042 |
| Aerobic exercisesa | 8 (2.3) | 4 (1.7) |  |
| Anaerobic exercisesb | 213 (60.5) | 123 (50.8) |  |
| Combined exercises | 131 (37.2) | 115 (47.5) |  |
| **Extra activities performed** |  |  | 0.609 |
| None | 262 (74.4) | 174 (71.9) |  |
| Walking/running | 48 (13.6) | 30 (12.4) |  |
| Team sports | 27 (7.7) | 25 (10.3) |  |
| Othersc | 15 (4.3) | 13 (5.4) |  |
| **Dietary supplements intake** |  |  | 0.075 |
| Yes | 116 (33.0) | 98 (40.1) |  |
| No | 236 (67.0) | 144 (59.9) |  |
| **Time of supplement intake** |  |  | 0.706 |
| <1 year | 26 (57.8) | 24 (64.9) |  |
| 1-3 years | 13 (28.9) | 10 (27.0) |  |
| ≥4 years | 6 (13.3) | 3 (8.1) |  |
| **Number of dietary supplements used** |  |  | 0.125 |
| No use | 239 (67.9) | 144 (59.8) |  |
| 1-4 types | 95 (27.0) | 82 (34.0) |  |
| ≥5 types  | 18 (5.1) | 15 (6.2) |  |
| **Supplement prescription** |  |  | 0.014 |
| No use | 232 (66.9) | 142 (59.2) |  |
| Nutritionist | 36 (10.4) | 23 (9.6) |  |
| Doctor | 13 (3.7) | 12 (5.0) |  |
| Coaches | 17 (4.9) | 6 (2.5) |  |
| Self-prescribed | 36 (10.4) | 33 (13.8) |  |
| Others fontsd | 13 (3.7) | 24 (10.0) |  |
| **Type of dietary supplements used** |  |  |  |
| **Whey Protein** |  |  | 0.569 |
| Yes | 83 (23.6) | 62 (25.6) |  |
| No | 269 (76.4) | 180 (74.4) |  |
| **Creatine** |  |  | 0.387 |
| Ye | 54 (15.3) | 31 (12.8) |  |
| No | 298 (84.7) | 211 (87.2) |  |
| ***Branched-chain amino acids* (BCAA)** |  |  | 0.670 |
| Yes | 41 (11.6) | 31 (12.8) |  |
| No | 311 (88.4) | 211 (87.2) |  |
| **Glutamine** |  |  | 0.481 |
| Yes | 12 (3.4) | 11 (4.5) |  |
| No | 340 (96.6) | 231 (95.5) |  |
| **Maltodextrine** |  |  | 0.417 |
| Yes | 9 (2.6) | 9 (3.7) |  |
| No | 343 (97.4) | 122 (96.3) |  |
| **Vitamin/Minerals complex** |  |  | 0.147 |
| Yes | 37 (10.5) | 35 (14.5) |  |
| No | 315 (89.5) | 207 (85.5) |  |
| **Reasons attributed to the use of dietary supplements** |  |  |  |
| **Increase muscles mass** |  |  | 0.835 |
| Yes | 87 (24.7) | 58 (24.0) |  |
| No | 265 (75.3) | 184 (76.0) |  |
| **Muscles mass recovery** |  |  | 0.956 |
| Yes | 46 (13.1) | 32 (13.2) |  |
| No | 306 (86.9) | 210 (86.8) |  |
| **Health** |  |  | 0.561 |
| Yes | 30 (8.5) | 24 (9.9) |  |
| No | 322 (91.5) | 218 (90.1) |  |
| **Performance** |  |  | 0.476 |
| Yes | 32 (9.1) | 18 (7.4) |  |
| No | 320 (90.9) | 224 (92.6) |  |
| **Body mass index (kg/m2)** | -- | 25.33±4.13 | -- |
| **Muscle mass (%±SD)** | -- | 31.86±6.49 | -- |
| **Body Fat (%±SD)** | -- | 29.11±9.30 | -- |

Note: aaerobics: treadmill; functional training; bicycle, dance; jump; step and localized gymnastics. bAnaerobic: Strength training; pilates; swimming; fight and yoga. cOthers fonts: bicycle, dance, fight, yoga and skating. dOthers fonts: internet, friends, pharmacist, or salesman of supplement store. \*Subset sample of 242 subject. SD: standard deviation.

Significant at p<0.05, according Chi-square test or Student’s t-test.