

Appendix 1. Supplementation company and health claims on their products

HEALTH CLAIM	SUPPLEMENTATION COMPANY
<p>Improves strength</p>	<ul style="list-style-type: none"> ▪ HSN Raw ▪ Natural Health UP ▪ ON Optimum Nutrition (3 products) ▪ Crown Sport Nutrition ▪ Amix (2 products) ▪ Quamtrax ▪ MTX Active Nutrition ▪ Probulus ▪ Xcore Nutrition ▪ Joe Weider Victory ▪ Master ZX ▪ Evlution Nutrition ▪ Muscle Force ▪ Tri-Nine ▪ Big Protein ▪ Creatine-Labs ▪ Best Protein ▪ Aminostar ▪ 4+Nutrition ▪ American Supplement ▪ MP Muscle Pharm ▪ Heal Secrets ▪ ASN ▪ Hypertrophy ▪ Record Nutrition ▪ Scitec Nutrition (2 products) ▪ Firm Foods ▪ Olimp Sport Nutrition ▪ Okygen ▪ Universal Nutrition ▪ MuscleTech ▪ Big Man ▪ Gold Nutrition ▪ Trec Nutrition (2 products) ▪ QXN ▪ Black Line ▪ EU Nutrition ▪ MET-Rx (2 products) ▪ QNT ▪ Applied Nutrition ▪ Nutrytec (2 products) ▪ MP Essentials ▪ Natural Diet ▪ OstroVit ▪ MHP ▪ Nutrex ▪ Devotika ▪ Scientiffic Nutrition ▪ ActivLab (2 products) ▪ MAN Sports ▪ Vitobest NEO ▪ GAT Sport

	<ul style="list-style-type: none"> ▪ AllMax Nutrition ▪ Haya Labs ▪ Life PRO ▪ Genetix Labs ▪ OWN PWR ▪ EAFit ▪ Vitobest ▪ FitWhey ▪ Elite PRO ▪ Onnit ▪ BPI Sports ▪ Evogen ▪ Sheer Strength Labs ▪ BioChem ▪ Named Sport
<p style="text-align: center;">Increases muscle mass</p>	<ul style="list-style-type: none"> ▪ HSN Raw ▪ Natural Health UP ▪ ON Optimum Nutrition (3 products) ▪ Qualnat ▪ Crown Sport Nutrition ▪ Amix (2 products) ▪ Starlabs Nutrition ▪ MTX Active Nutrition ▪ Xcore Nutrition ▪ Abs ▪ Evlution Nutrition ▪ JeaKen ▪ Muscle Force ▪ Tri-Nine ▪ FSA Sports Nutrition ▪ Creatine-Labs ▪ Best Protein ▪ Aminostar ▪ B4Fit ▪ Vitobest (2 products) ▪ Just Aid ▪ MRM ▪ Multipower ▪ MP Muscle Pharm ▪ Heal Secrets ▪ Beverly Nutrition ▪ Lamberts ▪ ASN ▪ Hypertropy ▪ Record Nutrition ▪ Scitec Nutrition ▪ Firm Foods ▪ Okygen ▪ Nutrend ▪ Now Sports ▪ Muscle Tech ▪ Pure Nutrition ▪ Big Man ▪ Gold Nutrition ▪ Black Line ▪ GoNutrition

	<ul style="list-style-type: none"> ▪ Cellucor ▪ EU Nutrition ▪ MET-Rx (2 produits) ▪ QNT ▪ Applied Nutrition ▪ Nutrytec (3 produits) ▪ MP Essentials ▪ Natural Diet ▪ OstroVit ▪ Nutrex ▪ Devotika ▪ Scientific Nutrition ▪ Iron Supplement ▪ ActivLab (2 produits) ▪ Vitobest NEO ▪ AllMax Nutrition (2 produits) ▪ EAFit ▪ Trec Nutrition ▪ FitWhey ▪ Onnit ▪ SCI-MX ▪ BPI Sports ▪ Evogen ▪ Sheer Strength Labs ▪ Named Sport
Promotes cellular hydration	<ul style="list-style-type: none"> ▪ HSN Raw ▪ Xcore Nutrition ▪ Scitec Nutrition (2 produits) ▪ Universal Nutrition ▪ Muscle Tech ▪ Cellucor ▪ Natural Diet ▪ Amix ▪ Vitobest NEO ▪ 3XL Nutrition ▪ Haya Labs ▪ Trec Nutrition
Enhances physical performance	<ul style="list-style-type: none"> ▪ HSN Raw ▪ Vegavero Sport ▪ SanaExpert ▪ Natural Health UP ▪ MyProtein (6 produits) ▪ Scitec Nutrition (3 produits) ▪ Qualnat ▪ Amix ▪ BioTech USA ▪ Prozis (5 produits) ▪ Xtraze ▪ Starlabs Nutrition ▪ The Protein Works ▪ Universal Nutrition (2 produits) ▪ Xcore Nutrition ▪ Joe Weider Victory ▪ Olimp Sport Nutrition (6 produits) ▪ Quamtrax ▪ Abs

- Evlution Nutrition
- Trec Nutrition (3 produits)
- SimplyGo
- Yamamoto Nutrition (2 produits)
- HSN Store
- LEAN Active
- JeaKen
- MyVitamins
- Infisport
- Amando Pérez
- Muscle Force
- Nu3
- Tri-Nine
- FSA Sports Nutrition
- Protein Buzz
- Big Protein
- Jarrow Formulas
- Aminostar
- Bodybuilding Warehouse
- 4+Nutrition
- Just Aid
- Multipower
- Nutrend (3 produits)
- MP Muscle Pharm
- Dymatize
- Heal Secrets
- Beverly Nutrition
- NutriSport
- ESN
- Hypertrophy
- Reflex Nutrition
- Tropicana
- Hero Tech Nutrition
- Ares Nutrition
- Best Body Nutrition
- Raw Physique
- Grenade
- Now Sports
- Pure Nutrition
- Isopure
- Black Line
- Aptonia (2 produits)
- MET-Rx (2 produits)
- Applied Nutrition
- Etixx
- Nutrytec (3 produits)
- Efectiv Nutrition
- MP Essentials
- Natural Diet
- OstroVit
- MHP
- Nutrex
- Scientiffic Nutrition
- Iron Supplement
- ActivLab
- MAN Sports

	<ul style="list-style-type: none"> ▪ Muscle Tech ▪ GAT Sport ▪ Bulk Powders ▪ Galvanize Nutrition ▪ Everlast (2 products) ▪ QNT ▪ 3XL Nutrition ▪ AllMax Nutrition ▪ Haya Labs ▪ Genetix Labs ▪ OWN PWR (2 products) ▪ Vitobest ▪ Elite PRO ▪ Motion Nutrition ▪ Reflex XFT ▪ Onnit ▪ Named Sport
Helps the growth of bones and cartilage	<ul style="list-style-type: none"> ▪ Fairvital
Supports weight loss	<ul style="list-style-type: none"> ▪ Natural Health UP ▪ Record Nutrition
Increases physical resistance	<ul style="list-style-type: none"> ▪ Qualnat ▪ Probulus ▪ Best Protein ▪ American Supplement ▪ Multipower ▪ Record Nutrition ▪ Hero Tech Nutrition ▪ Okygen ▪ Universal Nutrition ▪ Muscle Tech ▪ Black Line ▪ GoNutrition ▪ Cellucor ▪ EU Nutrition ▪ Applied Nutrition ▪ OstroVit ▪ ActivLab ▪ Haya Labs ▪ Vitobest ▪ Named Sport
Increases power	<ul style="list-style-type: none"> ▪ ON Optimum Nutrition (2 products) ▪ Crown Sport Nutrition ▪ Amix ▪ Starlabs Nutrition ▪ Probulus ▪ Master ZX ▪ LEAN Active ▪ Tri-Nine ▪ Big Protein ▪ 4+Nutrition ▪ B4Fit ▪ Vitobest (2 products) ▪ American Supplement ▪ MRM ▪ MP Muscle Pharm

	<ul style="list-style-type: none"> ▪ Scitec Nutrition (2 produits) ▪ Firm Foods ▪ Big Man ▪ QXN ▪ Cellucor ▪ EU Nutrition ▪ MET-Rx (2 produits) ▪ Applied Nutrition ▪ MP Essentials ▪ Nutrex ▪ Devotika ▪ Nutrytec ▪ MAN Sports ▪ Vitobest NEO ▪ OWN PWR ▪ EAFit ▪ Trec Nutrition ▪ Elite PRO ▪ BPI Sports ▪ Evogen ▪ Sheer Strength Labs
Enhances physical performance in adults over the age of 55	<ul style="list-style-type: none"> ▪ SimplyGo ▪ HSN Store
Improves energy availability	<ul style="list-style-type: none"> ▪ Vegavero Sport ▪ Qualnat ▪ BSN ▪ Universal Nutrition (2 produits) ▪ Xcore Nutrition ▪ JeaKen ▪ Nu3 ▪ Too Shaped ▪ Best Protein ▪ Vitobest (2 produits) ▪ American Supplement ▪ Just Aid ▪ Olimp Sport Nutrition ▪ Record Nutrition ▪ Scitec Nutrition (2 produits) ▪ Firm Foods ▪ Okygen ▪ QXN ▪ Cellucor ▪ Nutrytec ▪ Scientiffic Nutrition ▪ MAN Sports ▪ 3XL Nutrition ▪ Named Sport
Promotes the replacement of creatine stores	<ul style="list-style-type: none"> ▪ BSN ▪ Applied Nutrition ▪ Vitobest
Replenishes muscle glycogen stores	<ul style="list-style-type: none"> ▪ MTX Active Nutrition ▪ Scitec Nutrition
Improves defenses or promotes greater protection	<ul style="list-style-type: none"> ▪ Fairvital ▪ Muscle Tech
Promotes gastric emptying	<ul style="list-style-type: none"> ▪ Scientiffic Nutrition

<p align="center">Increases speed</p>	<ul style="list-style-type: none"> ▪ MTX Active Nutrition ▪ Big Protein ▪ Hero Tech Nutrition ▪ Scientiffic Nutrition ▪ Vitobest NEO
<p align="center">Improves brain capacities</p>	<ul style="list-style-type: none"> ▪ Fairvital ▪ Tri-Nine
<p align="center">Promotes cardiovascular health</p>	<ul style="list-style-type: none"> ▪ Scitec Nutrition ▪ Scientiffic Nutrition
<p align="center">Improves blood glucose</p>	<ul style="list-style-type: none"> ▪ Scitec Nutrition
<p align="center">Improves recovery, prevents muscle fatigue or promotes muscle regeneration</p>	<ul style="list-style-type: none"> ▪ HSN Raw ▪ Natural Health UP ▪ Qualnat ▪ Crown Sport Nutrition ▪ Amix ▪ Quamtrax ▪ MTX Active Nutrition ▪ Probulus ▪ Universal Nutrition (2 produits) ▪ Joe Weider Victory ▪ Big Protein ▪ Creatine-Labs ▪ Aminostar ▪ B4Fit ▪ Vitobest (2 produits) ▪ American Supplement ▪ Just Aid ▪ MRM ▪ Olimp Sport Nutrition ▪ NutriSport ▪ Lamberts ▪ Weider (2 produits) ▪ Scitec Nutrition ▪ Firm Foods ▪ Okygen ▪ Muscle Tech ▪ QXN ▪ Black Line ▪ GoNutrition ▪ EU Nutrition ▪ MET-Rx (2 produits) ▪ Applied Nutrition ▪ Nutrytec (2 produits) ▪ Scientiffic Nutrition ▪ Vitobest NEO ▪ ActivLab ▪ GAT Sport ▪ AllMax Nutrition ▪ Haya Labs ▪ Life PRO ▪ EAFit ▪ Trec Nutrition ▪ BPI Sports ▪ Sheer Strength Labs ▪ Named Sport

