

# THE HEALTH HABITS OF SUPPLEMENT USERS VS. NON-USERS

## DIETARY SUPPLEMENT USERS ARE MORE LIKELY TO HAVE HEALTHY HABITS

When it comes to an overall healthy lifestyle, more dietary supplement users exercise regularly and eat a balanced diet, along with other healthy habits, than non-users.

### TRY TO EAT A BALANCED DIET

**89%**  
USERS

**79%**  
NON



### VISIT DOCTOR REGULARLY

**79%**  
USERS

**70%**  
NON



### GET A GOOD NIGHT'S SLEEP

**76%**  
USERS

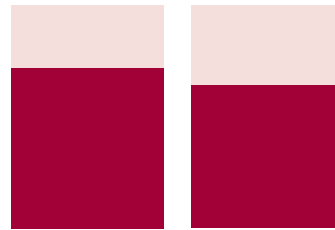
**74%**  
NON



### DO NOT SMOKE/ USE TOBACCO

**72%**  
USERS

**64%**  
NON



### MAINTAIN A HEALTHY WEIGHT

**70%**  
USERS

**64%**  
NON



### EXERCISE REGULARLY

**69%**  
USERS

**59%**  
NON

