



[Headlines](#) [On your radar](#) [All news](#) [Product news](#) [Health conditions](#) [Product innovations](#) [Jobs](#) [Events](#) [Search](#)

**WeightManagement2011** - November 9th - Virtual Conference and Expo on the future of Weight Management - **FREE registration: [Click here !](#)**

#### HEADLINES

[Research](#)  
[Industry](#)  
[Regulation](#)  
[Consumer Trends](#)

#### ON YOUR RADAR

[NDI draft guidance](#)  
[Vitamin D](#)  
[Manufacturer insights](#)  
[Omega-3](#)  
[Quality control](#)  
[Probiotics](#)  
[Health claims](#)

#### HEADLINES > CONSUMER TRENDS

9 2 1 1

[Text size](#) [Print](#) [Email](#)

[Like](#)

[Share](#)

## Physician supplement use matches general population levels: Survey

By Stephen Daniells, 09-Nov-2011

[Post a comment](#)

Related topics: [Consumer Trends](#), [Antioxidants](#), [carotenoids](#), [Minerals](#), [Nutritional lipids and oils](#), [Phytochemicals](#), [plant extracts](#), [Vitamins & premixes](#), [Bone & joint health](#), [Cardiovascular health](#), [Skin health](#)

**Between 60 and 75% of US physicians may use dietary supplements and do recommended dietary supplements to patients related to their specialty, finds a new survey.**

Commissioned by the supplement trade group Council for Responsible Nutrition (CRN) and published in the peer-reviewed *Nutrition Journal*, the Healthcare Professionals 2008 Impact Study (HCP Impact Study) surveyed 900 physicians, including 300 cardiologists, dermatologists, and orthopedists.

"The HCP Impact Study shows that physician specialists are very likely to use dietary supplements (57 to 75%) and also shows that most of them may recommend dietary supplements to their patients (66 to 91%)," wrote the authors.

"Their reasons for recommending dietary supplements are related to their specialty and differ from their reasons for using dietary supplements themselves."

The numbers are in line with previous surveys from the same team, with 2007 data presented in the same journal indicating that 72% of physicians used dietary supplements and 79% further recommend them to their patients.

#### Break down

The new survey breaks the profession down into specialties, with cardiologists the least likely to use supplements and the least likely to recommend the supplements.

While 75% of dermatologists and 73% of orthopedists reported to use dietary supplements at least occasionally, the figure for cardiologists was 57%.

Regular use was reported by 59% of dermatologists, and 50% of orthopedists, and 37% of cardiologists, report Authors Annette Dickinson, Ph.D., past president of CRN and now with Dickinson Consulting, LLC, Andrew Shao, Ph.D., former VP of scientific and regulatory affairs at CRn and now with Herbalife, and Nicolas Boyon and Julio Franco from Ipsos Public Affairs, who conducted the Study on behalf of CRN.

"The prevalence of regular dietary supplement use reported by dermatologists and orthopedists in this survey (59% and 50%, respectively) was similar to the prevalence of use reported among adults in NHANES 1999-2000 and NHANES 2003-2006, where 52% and 54% of adults surveyed said they had taken supplements in the past month," explained the researchers.

The most commonly used supplements were multivitamins, and "over 25% in each specialty said they used omega-3 fatty acids and over 20% said they used some botanical supplements", wrote the authors.

#### Recommendations

While cardiologists were the least likely to occasionally or regularly use supplements, they were more likely to recommend dietary supplements to their patients, with 72% of the heart doctors surveyed reporting to recommend supplements. 'Heart health' or 'cholesterol lowering' were listed as the most likely reasons for the recommendations.



#### MOST POPULAR NEWS

1. **Abbott plans 'cadence of new products' in Nutritional division**
2. **B vitamins may slow cognitive decline: Oxford University study**
3. **Celiac sufferers may need vitamin D, K supplements: Study**
4. **Probiotics may influence carbohydrate metabolism: 'Elegant' study**
5. **Plant protein, the final frontier: From canola to flax, hemp and pea**



**BioExx**  
SPECIALTY PROTEINS LTD  
WWW.BIOEXX.COM

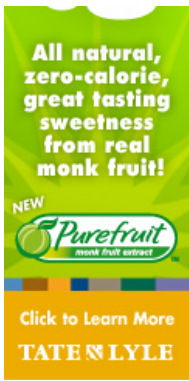
- High Solubility
- Nutritionally Complete
- High Functionality
- CANOLA PROTEIN

For Food and Nutrition Applications

World's first commercial  
Canola Protein Isolate **Isolexx™**

**Exclusive European Distributor**

FOLLOW US ON



In addition, a whopping 91% of orthopedists (for skin, hair and nail benefits) and 66% of dermatologists (for bone and joint health) reported recommending supplements to their patients.

### Educational gap

Despite the majority of physicians using and recommending supplements, the survey revealed that "most physicians [...] indicated that they had not received any formal education or training on the subject of dietary supplements and expressed an interest in Continuing Education regarding these products.

"There is a need for expanded medical education regarding the general topic of nutrition as well as the more specific topic of dietary supplements," concluded Dickinson and her co-workers.

### Appreciated work

Commenting on the survey's findings, Cara Welch, PhD, VP of scientific & regulatory affairs at the Natural Products Association, said NPA "appreciates the work that each association does to promote the dietary supplement industry and I agree with the conclusion of this article, even more education on the health effects of dietary supplementation is needed both among the medical community and consumers.

"I'm pleased to see the results of this 2008 survey enforce the message NPA and the industry has been sending that supplement use is valuable for so many people; we see specifically that the majority of physician specialists recognize the benefits of dietary supplements for their patient groups."

Harry Rice, PhD, VP of regulatory & scientific affairs for the United Natural Products Alliance (UNPA) and the Global Organization for EPA and DHA Omega-3s (GOED), told NutraIngredients-USA.com: "While it's encouraging that mainstream physicians are talking to their patients about dietary supplements, not to mention recommending them, the present results suggest that there are opportunities for the industry to provide outreach to physicians, not to mention consumers, about the benefits of taking dietary supplements as part of a healthy lifestyle.

"For example, 80% of cardiologists reported having patients asking about omega-3/fish oil. Given the compelling cardiovascular benefits associated with long-chain omega-3 rich oils, the percent should be closer to 100.

"In addition, for those patients not inquiring, doctors should be raising the issue. This may have occurred, but not captured by the survey. It's in everyone's best interest for industry to spend more time proactively communicating about the positive benefits of dietary supplements as opposed to reacting to unfounded criticism."

Source: *Nutrition Journal* 2011, 10:20, doi: 10.1186/1475-2891-10-20

"Use of dietary supplements by cardiologists, dermatologists and orthopedists: report of a survey"

Authors: A. Dickinson, A. Shao, N. Boyon, J.C. Franco

Keywords: supplement use  
9 2 1 1 Post a comment  
Like Share

Copyright - Unless otherwise stated all contents of this web site are © 2011 - William Reed Business Media SAS - All Rights Reserved - Full details for the use of materials on this site can be found in the [Terms & Conditions](#)

Get more articles like this in your mailbox: Your email

### MORE NEWS ARTICLES ON THIS TOPIC

- Study breaks down supplement use by physicians
- Four out of five physicians recommend supplements: CRN poll

### Post a comment

Comment title \*  
Your comment \*  
Your name \*  
Your email \*  
We will not publish your email on the site

I agree to [Terms and Conditions](#)

POST YOUR COMMENT

@NutraUSA · 1,547 followers

### AUDIO & VIDEO NEWS

- October 2011 in pictures: SSW, CRN, and FDA
- NutraJobs: People on the move Oct 2011
- Front-of-pack labeling in pictures: Healthier choices at a glance or more nutritional wallpaper?

### LATEST NEWS

- Pfizer 'respectfully requests' the FDA to reconsider phytosterol rule change
- Physician supplement use matches general population levels: Survey
- McCormick-backed study probes effects of black pepper and rosemary on mental energy and fatigue
- Bilberries may reduce bowel inflammation, boost gut health

### Free e-mail alerts

Please indicate your area of interest and receive free alerts directly to your inbox

#### Product Categories

- Antioxidants, carotenoids
- Cosmeceuticals
- Dairy-based ingredients
- Dosage forms
- Fibers and carbohydrates
- Minerals
- Nutritional lipids and oils
- Phytochemicals, plant extracts
- Probiotics and prebiotics
- Proteins, peptides, amino acids
- Soy-based ingredients
- Vitamins & premixes

#### Health Conditions

- Bone & joint health
- Cancer risk reduction
- Cardiovascular health
- Cognitive and mental function
- Diabetes
- Energy & endurance
- Eye health
- Gut health
- Immune system
- Maternal & infant health
- Respiratory health
- Skin health
- Weight management
- Women's health

Your email

When submitted, your comment will be moderated and, once approved, will appear on the site shortly after.

## LATEST NEWS IN CONSUMER TRENDS

Physician supplement use matches general population levels: Survey

POLL results: We need a clearer definition of natural... and the FDA should come up with it

Consumer demand may push fiber to be 'rock stars for the food industry': Danisco

Are Millennials the next big opportunity for the natural product industry?

Researchers report 'concerning' decline in food-based vitamin D intakes

## RELATED PRODUCTS & SUPPLIERS

### SUPPLIER WEBINARS

Register today for this webinar and learn about the holistic approach to connective tissue, joint and skin health.

Closing the Window on Stress-Related Immune Suppression

---

### TECHNICAL PAPERS

Beta-Carotene: Versatile Antioxidant and Vitamin A Source

Obesity: new indications with krill phospholipids

The Role of Anti Inflammatory Nutrients

Natural Pterostilbene

Getting to the Heart of the Matter

Determining Polyphenol Content in RTD Teas

Saffron and its uses in mood disorders

Introducing Imukan™ with Betox-93™, 93% pure Beta 1,3 / 1,6 Glucan

Meriva®: 29 fold more bioavailable

Explore Natural Actives That Help To Boost Your Resilience

NEC's ZIPEX2 Enzyme, Herbal & Vitamin Energy

Frost & Sullivan Honors BioCell Technology with the Joint Health Ingredient of the Year Award.

Pycnogenol® Naturally Improves Heart Function

---

### SUPPLIERS

AIBMR Life Sciences

AIDP, Inc

Ajinomoto OmniChem NaturalSpecialities

Albion Human Nutrition

Arla Foods Ingredients

Connecting Nutrition & Health

Biocell Technology, LLC – Novel Dietary Ingredients

BioExx Specialty Proteins Ltd

Bioenergy Life Science, Inc.

Blue California

Cognis®: The Perfect Balance With Your Products

Danisco

Diana Naturals Inc

FT Technologies

Farbest Brands

Fortitech, Inc

GC Rieber Oils

Hilmar Ingredients

Kangcare Bioindustry Co. Ltd

Kemin Health L.C.

Maypro Industries

To bring digestive and therapeutic enzymes to the world

Natural Health Science Inc.

Naturex, the global botanical leader

Nutri-Pea Limited

P.L. Thomas (PLT)

Pharmachem Laboratories, Inc.

Prinova

Stratum Nutrition

UAS Laboratories

USP-United States Pharmacopeia

Valensa International

## Weekly / Daily Free Newsletter

- FoodNavigator.com**  
Food & Beverage Development - Europe
- FoodNavigator-USA.com**  
Food & Beverage Development - North America
- FoodNavigator-Asia.com**  
Food, Beverage & Supplement Development - Asia Pacific
- NutraIngredients.com**  
Supplements & Nutrition - Europe
- NutraIngredients-USA.com**  
Supplements & Nutrition - North America
- FoodProductionDaily.com**  
Food Processing & Packaging
- FoodQualityNews.com**  
Food Safety & Quality Control

- DairyReporter.com**  
Dairy Processing & Markets
- BeverageDaily.com**  
Beverage Technology & Markets
- ConfectioneryNews.com**  
Confectionery & Biscuit Processing
- BakeryAndSnacks.com**  
Industrial Baking & Snacks
- MeatProcess.com**  
Prepared Food and Meat Processing
- FoodManufacture.co.uk**  
The Information Resource for Food and Drink Processing

## Other Newsletters

- Science & Nutrition Research
- Food legislation
- Food Finance
- Innovations in Food Ingredients
- Innovations in Food Processing and Packaging
- Innovations in Food Safety & Instrumentation
- Food Industry & Consumer Trends
- Food Marketing and Retailing

**Free subscription now!**

## RELATED SITES

---

### ALL WILLIAM REED BUSINESS MEDIA SAS SITES

**Food & Beverage:** Food & Beverage Development - Europe | Food & Beverage Development - North America | Food, Beverage & Supplement Development - Asia Pacific | Food Marketing and Retailing | Food and Beverage Processing and Packaging | Food Safety & Quality Control | Industrial Baking & Snacks | Beverage Technology & Markets | Confectionery & Biscuit Processing | Dairy Processing & Markets | Prepared Food and Meat Processing **Nutrition:** Supplements & Nutrition - Europe | Supplements & Nutrition - North America **Pharmaceutical:** Pharmaceutical Technology | Contract Research, Manufacturing & Clinical Trials **Cosmetics:** Cosmetics Formulation & Packaging in North America | Cosmetics Formulation & Packaging in Europe

---

[About us](#) | [Site map](#) | [All sites](#) | [Recommend this Site](#) | [Advertise](#) | [Contact the Editor](#) | [Terms & Conditions](#) | [Privacy Policy](#)

© William Reed Business Media SAS 2011, All rights reserved.

---