Supplementary Table 6  Frequency of reported use of sports drinks energy bars and energy gels by sport

<table>
<thead>
<tr>
<th>Characteristics of athletes</th>
<th>Any use of sports drink during training/competition</th>
<th>Any use of energy bars during training/competition</th>
<th>Any use of energy gels during training/competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>All (N = 344)</td>
<td>288/336 (85.7%)</td>
<td>198/337 (58.8%)</td>
<td>239/340 (70.3%)</td>
</tr>
<tr>
<td><strong>Sport</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Rugby (67)</td>
<td>58 (90.6%)</td>
<td>26 (40.6%)</td>
<td>42 (65.6%)</td>
</tr>
<tr>
<td>Rowing (60)</td>
<td>50 (83.3%)</td>
<td>33 (55%)</td>
<td>47 (78.3%)</td>
</tr>
<tr>
<td>Cycling (48)</td>
<td>44 (91.7%)</td>
<td>46 (97.6%)</td>
<td>47 (97.9%)</td>
</tr>
<tr>
<td>Swimming (46)</td>
<td>38 (84.4%)</td>
<td>33 (7.3%)</td>
<td>24 (52.2%)</td>
</tr>
<tr>
<td>Hockey (46)</td>
<td>39 (90.7%)</td>
<td>20 (44.5%)</td>
<td>39 (86.7%)</td>
</tr>
<tr>
<td>Football (26)</td>
<td>20 (76.9%)</td>
<td>9 (36%)</td>
<td>17 (65.4%)</td>
</tr>
<tr>
<td>Athletics(21)</td>
<td>16 (76.2%)</td>
<td>8 (38.1%)</td>
<td>3 (14.3%)</td>
</tr>
<tr>
<td>Gymnastics (15)</td>
<td>9 (60%)</td>
<td>12 (80%)</td>
<td>6 (40%)</td>
</tr>
<tr>
<td>Sailing (14)</td>
<td>14 (100%)</td>
<td>11 (73.3%)</td>
<td>14 (100%)</td>
</tr>
</tbody>
</table>