

UNIVERSITI TEKNOLOGI MARA

**THE STUDY OF DIETARY SUPPLEMENT CONSUMPTIONS AMONG
UNIVERSITI TEKNOLOGI MARA (UiTM) PUNCAK ALAM STUDENTS**

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ABSTRACT

Dietary supplements have been widely recognized as a substance that helps in improving ones nutrition intake and in preventing certain diseases. The usage of dietary supplements has increase as the awareness regarding health increases among population especially among the university students. Their knowledge and behavior towards dietary supplements are a main concern. Although there is an increase, there are limited studies regarding dietary supplements intake among students in Malaysia. In this study, the study design used is descriptive and cross-sectional where it is conducted at a certain period and in a short time manner. This is also a questionnaire-based study where the questionnaires are distributed to the degree students of UiTM Puncak Alam. The data is then analyzed using Statistical Package for Social Studies and the results are discussed is disregard of their faculty, study year and gender. The result shows that most of UiTM Puncak Alam students did not consume any dietary supplements but their knowledge and behavior are comparable to the consumers. Although they are not a dietary supplements user, they are curious in searching for the information concerning the dietary supplements on the internet.

CHAPTER 1

Introduction

1.1 Background of study

The importance of micronutrients in preventing diseases has been widely recognized. Researchers have studied the potential protective effect of various types of micronutrients [1]. In the United States (US), more than half of the adults use certain type of dietary supplements, where some of it provided nutrients in higher levels than that can be obtained from food (*e.g.* vitamin, mineral, others) because it was believed that it can help in treating or preventing certain diseases such as cancer and cardiovascular disease, although the scientific support for the efficacy of such use is limited [2], [3].

The twice recipient of the Nobel Laureate, Linus C. Pauling, had made a hypothesis in the 1970's that a high dose intake of vitamin C daily could prevent common cold but, in fact, could be harmful if taken excessively. Those who believed in the hypothesis blindly would take it in high dose and later, they experienced a phenomenon called "rebound scurvy" which is a transitory but rather embarrassing [4]. Nevertheless, according to Kantor and Camier, such claim may have induced the interest of consumers towards the use of vitamin supplements in order to boost their health [5].