FORM: **45 - CURRENT SUPPLEMENTS (BACK-UP)**

Version: 2 - July 19, 1995

Description: Data collection form for vitamin and mineral use; or backup form to a direct data entry program. Key-entered at Clinical Center (CC).

When used: When assessing participant supplement use, or in the event that WHILMA is not available for direct data entry of current supplements.

Purpose: To collect information about current supplement use.

GENERAL INSTRUCTIONS

1. Affix the participant's barcode label to the front of the form.

2. Review and record the supplements that the participant brings to the visit. Only record the supplement if the participant takes it at least once a week.

3. Review the form for completeness and consistency.

4. Data Entry: Refer to *Vol. 5 - Data System, Section 7.3.2 - Current Supplements* for instructions on key-entering this form. Initial the first page of the form after key-entry.

5. File key-entered form in the participant's file.

Item Instructions

1.	Date of Contact	Date of contact.
2.	Staff ID	Standard 3-digit WHI employee ID.
3.	Contact Type	Mark appropriate box. (See common data items.)
4.	Visit Type	Mark appropriate box. (See common data items.)

For multi-supplement, record the following information from the supplement label in the appropriate columns:

- **Dose or Quantity** — For multi-supplements: number of pills which comprise a daily dose as indicated on label. Will usually be 1 pill per day. In rare instances, may be 2-3 pills per day. In those instances, cross out "1" and put the number of pills which equal a daily dose in the " Dose or Quantity" column.

  For nutrients and single supplements: a number indicating amount of the nutrient in a pill. For example, if the label indicates a supplement as 45 mg of Vitamin C, the dose is 45.

- **Default Unit/Other Unit** — A word or abbreviation indicating the unit in which the supplement dose is measured. For example, if the label indicates a supplement has 45 mg of Vitamin C, the unit is mg (or milligrams). Nutrients are typically measured in certain units. For example, the unit of measure for Vitamin B12 is usually mcg (microgram) and calcium is almost always mg (milligram). Please check to be sure the default unit of measure on the form is the same as the unit on the supplement label. If the label measure is different from the default, please cross out the default and write the other unit in the "other" column.

- **Months Taken Last Year** — Record the number of months the participant has taken the supplement in the past year.

- **Pills Per Week** — Record the usual number of pills usually taken per week.

- **Years Taken** — Record the number of years that the participant has taken the supplement.

Notes regarding vitamins and minerals

Recording mineral dose: In order to be stable, minerals are bound to other compounds. For example, calcium is often bound with carbonate, to form calcium carbonate. We are only interested in the amount of calcium in this preparation, commonly called the "elemental calcium." Virtually all labels list the amount of elemental mineral (calcium, iron, selenium, etc.) present in a supplement. Please record the amount of elemental mineral only.

Recording beta-carotene (or Vitamin A/Beta-carotene mix): Beta-carotene is the nutrient of interest in multivitamins, multivitamins with minerals, and stress supplements. If the label lists the amount of beta-carotene in the supplement, record the units and dose of beta-carotene and put "0" for the dose of Vitamin A/beta-carotene mixture. Unfortunately, a number of supplements do not list Vitamin A and beta-carotene separately. In that instance, you have no choice but to record Vitamin A/beta-carotene as a mixture.

For other supplements please record Vitamin A and beta-carotene separately if the label provides that information. If the label only gives information on a Vitamin A/beta-carotene mix, then provide the dose and unit information on the mixture.

Other Nutrients: Note that you only need to record the vitamins and minerals on this form. Other nutrients, such as iodine, potassium, chloride, or tin, can be ignored. Other substances, such as bee pollen or lecithin, are not vitamins or minerals, and therefore are not measured.

Supplement Definitions

Multi-Vitamin	A multi-vitamin with **no** minerals. These supplements usually have 10 or more vitamins, often at levels of 100% U.S. RDA. Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), and Vitamin C.
Multi-Vitamin with Minerals	Multi-vitamin with minerals. These supplements usually have 20-30 vitamins and minerals, often at levels of 100% U.S. RDA or less. Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), Vitamin C, Calcium and Selenium.
Stress Multi-Supplement	Multi-vitamin with high doses (usually > 200% RDA levels) of several B-vitamins. May contain large dose of Vitamin C or some Minerals. Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), Vitamin C, Calcium and Selenium.
Other Supplement Mixture	A mixture of 10 or fewer vitamins and/or minerals that does not fit into one of the preceding three categories. Examples are B-complex and anti-oxidant mixtures such as Protegra. If a supplement contains 11 or more nutrients, it should be classified as a multi-vitamin or multi-vitamin with minerals.
Single Supplements	These supplements contain only one vitamin or mineral. Commonly used supplements are Vitamins C and E and the minerals Calcium and Iron.