**Table 3: Experimental Group Self-Reported Data**

|  |  |  |  |
| --- | --- | --- | --- |
| Participants | Sports | Thoughts | Adverse Reactions |
| #1 | Weightlifting | *I think it’s great* | None |
| #2 | Basketball, Soccer | *It works* | Dyspepsia |
| #3 | Weightlifting, Judo | *Showed Results* | None |
| #4 | Wrestling | *Bad Aftertaste* | None |
| #5 | Weightlifting | *I didn’t feel anything* | None |
| #6 | Weightlifting | *Good Results* | None |
| #7 | Weightlifting | *Good Results* | None |

**Discussions:**

* **Sports:** 5 out of 7 participants were involved with weightlifting. This is appropriate as the target audience of the manufacturer would be an individual looking to increase strength and muscle mass.
* **Adverse Events:** 1 out of the 7 participants claimed an adverse event (Dyspepsia). When asked about this event, Participant #2 admitted only one episode occurred during day two of supplementation.
* **Thoughts:** feedback in general remained positive for the supplement with the exception of participant #5 who was neutral.

**Placebo Group Self-Reported Data**

|  |  |  |
| --- | --- | --- |
| Participants | Sports | Adverse Reactions |
| #8 | Weightlifting, Soccer | None |
| #9 | Golf, Football | None |
| #10 | Weightlifting, Soccer | None |
| #11 | Basketball | None |
| #12 | Weightlifting, Soccer | None |
| #13 | Weightlifting | None |

**Discussions:**

* **Sports:** 4 out of 6 participants were involved with weightlifting. This is similar to that of the experimental group.
* **Adverse Events:** 0 side effects were reported by the participants taking the placebo. This would be as expected.
* **Thoughts:** feedback was not collected on thoughts for the placebo group