

The objectives of this study were to study the usage of vitamin and mineral supplementation. 180 subjects from the Physical Education College Chiang Mai, were selected by purposive sampling method. The instruments for data collection consisted of demographic data score form and vitamin and mineral supplementation questionnaires, modified from Kim (2000). The reliability coefficient of the vitamin and mineral supplementation was 0.95 by test-retest method. Data was analyzed by frequency and percentage.

The results of this study were the sample group took the most vitamin C and in form of tablet. The frequency was once a day. The cost of purchasing was less than 40-baht and the duration was more than 4 months. The reasons for purchasing were based on the subjects' needs. The problems were chemicals residue which equal to the expensive retail price of the vitamins. For mineral, the sample group took the most calcium, in powder and liquid form. The frequency was once a day. The cost of purchasing was less than 40-baht and the duration was more than 4 months. The reasons for purchasing were based on the subjects' needs. The problem was the expensive retail price of the minerals.