

USEFUL FACTS

Supplements

- Optimal sports performance is a combination of genetics, training and good nutrition, and not the result of a 'magic' pill or potion.
- Supplements can be useful if your food intake or food choices are restricted, or if you are deficient in a nutrient deficiency.
- Supplements do not compensate for poor food choices.
- The risk of returning a positive drugs test resulting from contaminated supplements is very real.
- Supplements can be divided into two categories: dietary supplements and nutritional ergogenic aids.

Nutritional Ergogenic Aids

- Dietary supplements provide support for an acknowledged nutritional need and are a practical way of ingesting nutrients in a sports setting.
- Dietary supplements contain nutrients in similar amounts to the Recommended Daily Intakes (RDI's) and to the amounts in food. Alternatively they can contain nutrient(s) in large amounts to reverse a known deficiency, e.g. iron.
- Examples of dietary supplements: sports drink, carbohydrate supplements, liquid meal replacements, sports bars, multivitamin/mineral supplement, iron supplement.

Dietary Supplements

- Nutritional ergogenic aids often contain nutrients in amounts greater than RDI's and amounts normally found in food.
- They often claim to improve performance however, have limited scientific evidence or testing and are generally not supported by sport nutrition experts, except where there is good evidence to show a performance benefit.
- Examples of nutritional ergogenic aids: caffeine, carnitine, sodium bicarbonate, amino acids, creatine, ginseng, bee pollen.
- Some studies have shown that the nutritional ergogenic aids caffeine, sodium bicarbonate and creatine may improve an athletes performance in specific situations.
- You should only take these after speaking to a Registered Dietitian or Sports Scientist because if you take the wrong amount or at the wrong time, the effects can be nasty.
- There is no evidence that performance is enhanced with any of the following: carnitine, phosphate loading, vitamin E, ginseng, bee pollen, coenzyme Q10, chromium picolinate, cytochrome C, inosine.