

SPORTS NUTRITION SUPPLEMENTS

Many athletes think they need a sports nutrition supplement to get ahead or gain an edge in their sport, but the truth is that a well-planned eating and hydration program can help enhance performance and recovery with no risk. Shaping an athlete's plate means eating meals and snacks that provide the body with the energy it needs.

So, why do athletes turn to supplements?

- To get stronger and build muscle
- To get leaner
- To maximize energy in a workout
- To recover faster
- To meet goals faster



The Supplement Situation

- If you choose supplements over food, you are treating them more like a replacement versus a supplement to a performance diet.
- Research suggests that if you are not deficient in a vitamin or mineral, taking extra of that nutrient will not enhance performance.
- Dietary supplements manufacturers are not required to obtain premarket approval from the Federal Drug Administration (FDA); therefore, there is no assurance of a product's purity, safety, or effectiveness.
- Although manufacturers are required to list all ingredients on the label, a dietary supplement may contain a banned substance, even if not listed, due to contamination or poor manufacturing practices.
- Supplements are expensive and typically provide less benefit than food itself.
- If you are under the age of 18, the risk is higher because there is little to no research on the effect of supplements on growth and development.

The old saying goes, "If it sounds too good to be true, it probably is." You need to be aware that the risk of contamination and poor manufacturing practices increase the chance of inadvertently consuming banned supplements, putting your eligibility and health at risk. Avoid supplements and focus on fueling your body with nutrient-rich food.



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Supplement	Health Risk	Food Replacement
Vitamins and minerals	Can potentially lead to toxicity if consumed over the recommendation by age	Beef, poultry, fish, whole grains, fruit, vegetables, beans and legumes, nuts and seeds, low-fat dairy
Antioxidants	Can potentially lead to toxicity if consumed over the recommendation by age	Colorful fruits and vegetables, low-fat dairy, beef, nuts and seeds
Protein powder for shakes and smoothies	Potential contamination	Milk, Greek yogurt, non-fat dry milk powder
Protein and amino acid supplements	Potential contamination	Beef, fish, poultry, low-fat dairy, eggs, beans, lentils, tofu, tempeh
Creatine	Potential contamination, gastrointestinal distress, cramps, potential contamination	Beef, fish, poultry
Omega 3 fatty acids	Potential contamination	Fatty fish like salmon, trout, and tuna, walnuts, seeds like chia, hemp, and flax, canola and flaxseed oil
Caffeine	Potential anxiety, irritability, insomnia, headaches, gastrointestinal distress	Coffee, tea <i>*Recommended for youth athletes to consume less than 100 mg of caffeine/day</i>

“Red Flag” phrases to especially avoid:

- Energizer
- Fat Burner
- Metabolic Booster
- Proprietary Ingredients
- Testosterone Booster
- Exaggerated claims related to energy metabolism, body fat loss, and muscle mass gain are especially high risk for containing an undisclosed banned substance.

If you choose to take a supplement, including something as simple as a protein powder, it needs to be third-party tested.

- Third-party testing:
 - » Tests products for steroids, illegal substances, banned substances, maskers, etc.
 - » Tests to determine if what's in the product is what's on the label
 - » Tests labs for cleanliness and safety standards
 - » Does not mean it is 100% safe, but likely as safe as possible
- Top third-party supplement testing certifications:
 - » NSF Certified for Sport - [nsfsport.com](https://www.nsf.org)
 - » Informed Sport - [sport.wetestyourtrust.com](https://www.informed-sport.com)