

Supplements & Your Sports Diet

Athletic success depends on a consistent training program with an effective sports diet. If an athlete is not "getting enough" in diet, supplements can be helpful to fill in a few dietary holes. But, supplements will NOT compensate for a poor diet. Quality food works best!

SUPPLEMENTS ARE USED FOR DIFFERENT REASONS

To prevent/treat nutrient deficiency

Nutrients of concern include:

- Iron
- Calcium
- Vitamin D

To provide energy

Commercial sports drinks, gels, and liquid meals are often used before, during and after exercise. They are a convenient alternatives to common foods.

To support health and limit illness

Supplements with research to support health claims include: probiotics, vitamins C and D.

To improve performance

Only a few performance-enhancing supplements have research showing they "work"!

- Caffeine
- Creatine monohydrate
- Dietary nitrate
- Sodium bicarbonate
- Beta-alanine

Even among supplements that "work," the response varies greatly from person to person due to genetics, biology, the placebo effect, adequate fuel and sleep.

