

LIVE EAT PLAY Colorado

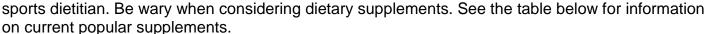


Popular Supplements for Athletes

There are several products on the market that claim to make you better, faster, and stronger. Because you care about your body and performance, these products may be very appealing.

Even though supplements are regulated by the Food and Drug Administration (FDA), manufacturers are not required to prove that a supplement is safe, or that it does what it claims to do, before putting it on the shelf.

Take caution if the product claims that it is a quick and easy solution, it works for everyone, or it has a "secret formula." Do your research and consult a registered





Supplement	Claim to fame	Fact or fiction?
Beta-Alanine	 Improves high-intensity performance 	Not enough evidence to back these claims.
Branched-Chain Amino Acids (BCAA)	Slows onset of fatigueImproves the immune system	 Not proven to delay fatigue but has been shown to support immune function.
Caffeine	 Burns more fat and spares carbohydrates 	 Does not increase fat burning or spare carbohydrate stores.
Carnitine	 Increases fat burn 	 Not proven to increase fat burning as a supplement.
Creatine	 Increases lean body mass (LBM) and strength 	 Has been proven to increase LBM and total body mass. Does increase strength gains with exercise. Not effective for all individuals.
Medium-Chain Triglycerides (MCT)	Improves endurance	Not proven to improve endurance
Pyruvate	Improves enduranceDecreases body fat for weight loss	Not proven to enhance enduranceNot enough evidence to support weight or fat loss claims

Resource: Academy of Nutrition and Dietetics Website

Nutrition for Athletes, Nov 2013