



# Sports Supplements

**wada  ama**



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## NUTRITION AND PERFORMANCE:

From the moment man began to participate in sports competitions, nutrition has been perceived as an integral component of physical performance.

**ENERGY = WORK**



Progress in the understanding of human metabolism and exercise physiology has allowed the manipulation of nutrient intake influencing sports performance, leading to the explosion of products with specific applications for exercise.

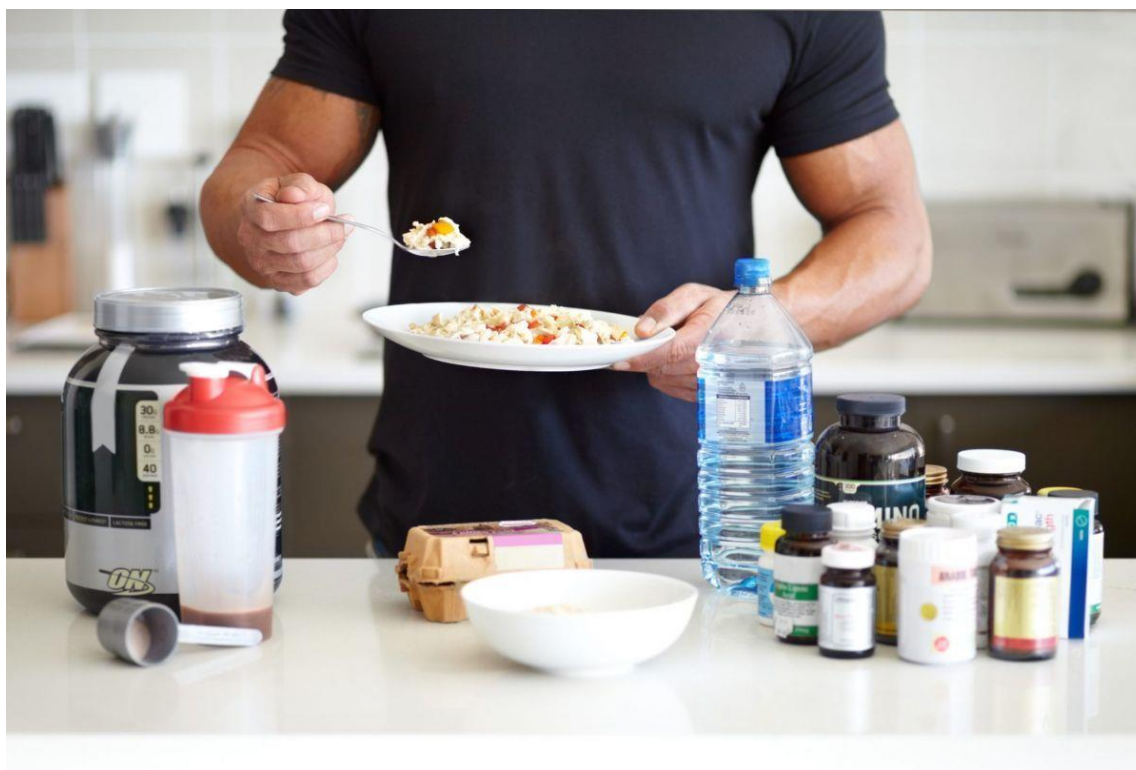


# Precautions with the use of supplements

Currently, a series of products and practices are known to which the ability (not always proven) to promote the development of muscular strength and power, necessary to increase the physical performance of the athlete, is attributed.



## Risk of using Supplements



Some nutritional supplements increase sports performance and reduce fatigue; some of them are illicit and are classified as doping.

# And what about nutritional supplements?



You can't always check what's written on the label! A supplement may be contaminated or adulterated.

IF YOU USE IT IT IS AT YOUR OWN RISK.

The companies that manufacture the supplements are not properly regulated. This means you are never sure what you take.





The WADA/AMA only recommends not consuming supplements.



The use of dietary supplements by athletes is of concern because strict regulations regarding the manufacturing and labeling of supplements may not be followed in many countries, which could result in a supplement containing a undeclared substance that is prohibited under anti-doping rules.



It can be dangerous for your health!

Sport is the second reference to educate in VALUES and ethical conduct:

- Healthy fun.
- Responsibility.
- Fair play.
- Honesty.
- Friendship.
- Teamwork.
- Respect for laws and rules.
- Solidarity.
- Exceed objectives.





Tom Simpsons



Florence G. Joyner



Bruno Neves



Korey Stringer



Marco Pantani



Steve Bechler

The use of prohibited substances has caused irreparable damage to the health of athletes, including death.



# What else should you know?

There are methods to administer substances or manipulate your physiology. Which is prohibited.

These methods can also have a negative effect on your body. Blood doping including transfusions to modify the way your blood carries oxygen.

Consequences: Sudden death, infections, kidney damage, high blood pressure





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We invite you to learn more about the anti-doping world by accessing the ADEL educational platform and the rest of the material from our Anti-Doping Organization.



[www.orad-pan.org/educacion](http://www.orad-pan.org/educacion)

