**Supplementation and Sport Performance**

Supplements can assist AIS athletes to achieve peak performance. However, poor regulation of the supplement industry allows athletes to be bombarded with marketing hype that exaggerates or completely invents unproven benefits arising from the use of supplements. Unfortunately, the driving force behind the supplement practices of many athletes is **not** sound science applied to the specific needs of a sport. Instead, some athletes are motivated by **fear** that their competitors might be taking supplements and that they can't afford to miss out on any 'performance edge'.

The results of the present frenzy of supplements in sport are:

* a small but real risk of a positive 'doping' outcome
* money being wasted on products that simply do not work
* time, money and belief being distracted away from the factors that can really enhance health, recovery and performance

The AIS Sports Supplement Program aims to:

* allow AIS athletes to focus on sound use of supplements and special sports foods as part of their special nutrition plans
* ensure that supplements and sports foods are used correctly and appropriately to deliver maximum benefits to the immune system, recovery and performance
* give AIS athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practices
* minimise the risk of supplement use leading to an inadvertent doping offence.

**Supplementation in sport summary table:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Supplement | Overview | Supplement Products and Protocol | Situations for use in sport | Concerns associated with supplement use. |
| Antioxidant Vit C and E |  |  |  |  |
| Caffeine |  |  |  |  |
| Calcium |  |  |  |  |
| Creatine |  |  |  |  |
| Iron |  |  |  |  |
| Multivitamins and Minerals |  |  |  |  |
| Sick Pack  (Vitamin C & Zinc) |  |  |  |  |
| Protein |  |  |  |  |