

Do you really know what your supplements do?

The research behind the claims that supplement companies make is limited and you should therefore **be critical when considering the benefits**. For example: a supplement that elicits acute effects (e.g. increased muscle protein synthesis) does not necessarily produce effects over time (e.g. increased muscle mass or strength).



Is there any scientific evidence supporting their claims?

Dietary supplements that promise to improve health and/or performance are often based on basic research. But often there is mixed evidence and it is difficult to determine direct/causal effects.

So be critical when supplement companies claim that their products are based on scientific evidence!



DO YOU EVEN SUPPLEMENT?

What to consider when buying and using supplements

Is the supplement legal and safe?

Supplements may contain substances that can be harmful, or are banned within competitive sports. Remember – **just because a substance is legal does not mean it is safe to use**, and can lead to inadvertent doping. Visit www.informed-sport.com for more info.



Do you need to use supplements?

Many supplements are disproportionately expensive compared to natural foods. Maybe **first consider if your diet is optimal before you invest in supplements**. So, does the supplement give value for money?

