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The nutritional supplements consumption by federate athletes in Bragança

D. Aquino, A. Gonçalves, C. Guerra, A. Gomes, P. Magalhães

Polytechnic Institute of Bragança, Bragança, Portugal

The use of nutritional supplements in sport is a pertinent subject by its indiscriminate application to athletes of many sportive modalities, to improve, apparently, the athlete sportive performance. The study main goal was evaluate the consumption of nutritional supplements by federate sportists in Bragança.

It was built a questionnaire, submitted to a pre-test, and was administered to a population of 120 federate sportists between 9 and 36 years old. With these questionnaire were compared the supplement kinds not only with the age, gender, modality, frequency, timetable, duration of the exercise and origin of the consumption, but also with some anthropometric characteristics and food habits.

Among the 120 sportists (97 male and 23 female) from the several studied modalities, the majority are football players. 25% from the sample consumes nutritional supplements, the vitamins are the most consumed by the both genders (65,5%), we must notice that 44,4% are prescribed by doctors and 26% are self-medicated. To 82,5%, the food have a positive role in the sportive performance.

We found out a bigger ingestion of supplements by male athletes (93,3%), specially football players. The youngest athletes prefer energetic supplements and the oldest ones the vitamins.

Supplements ingestion seems to be related to the gender and modality, and the supplement kind with the age.