

The consumption of supplements by sportsmen: a systematic review

of literature



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INTRODUCTION

A varied and energetically adequate diet is able to provide the appropriate amounts of all the essential nutrients. However, many sportsmen take food supplements without consulting a health professional and without the exact knowledge of its possible benefits.

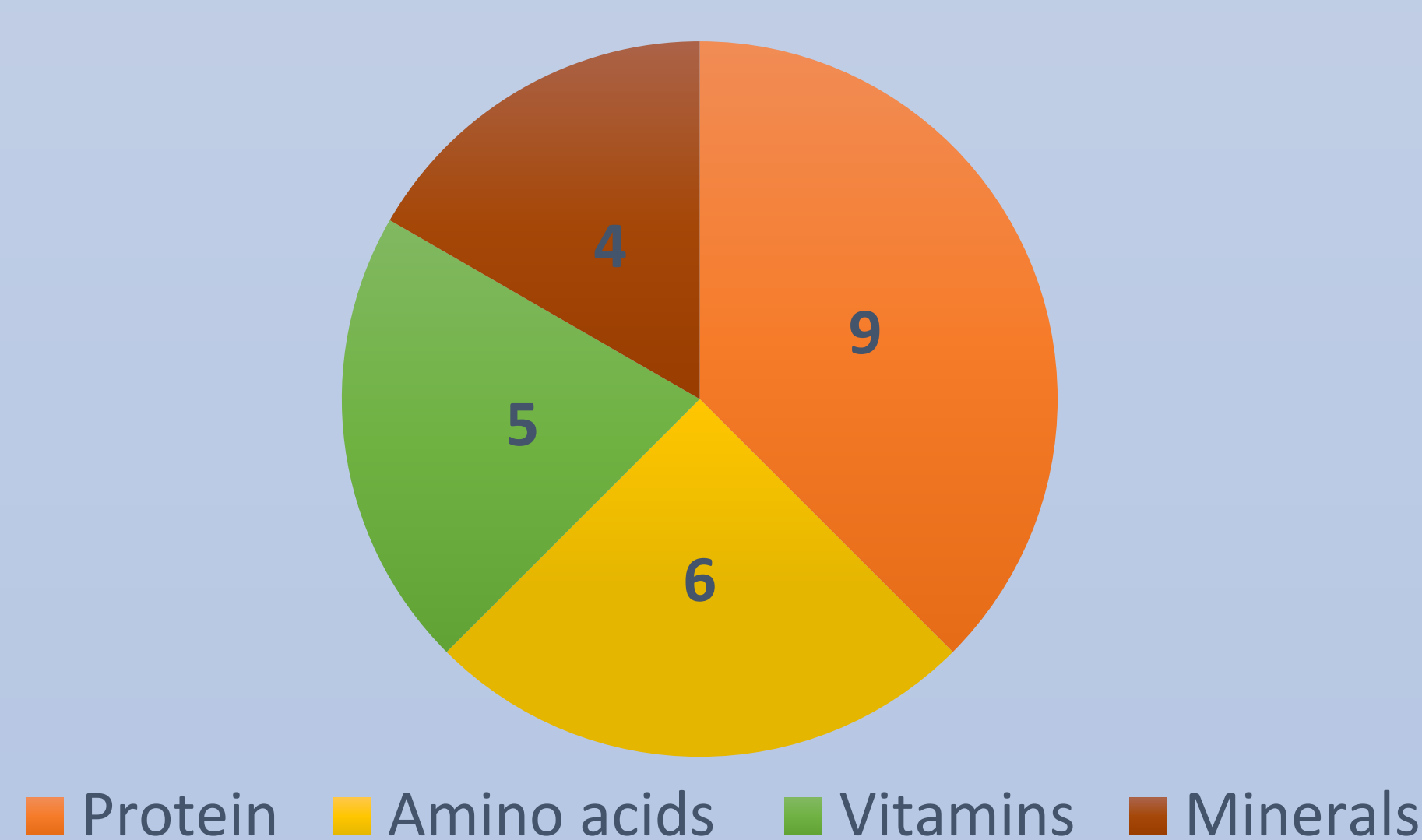
OBJECTIVES

Is to present a systematic review of literature on the prevalence and main types of dietary supplements consumed by sportsmen and to understand the main sources of indication and reasons for the use of nutritional supplements.

METHODS

A bibliographical research was performed on the PubMed and Web of Science databases. In this context, all available publications were included between January 2007 and February 2018 that complied with the following inclusion criteria: (1) individual practitioners of any sport; (2) individuals between the age of 18 and 65 years old of both genders; (3) available studies in full text published in English, Spanish and Portuguese. Using these criteria, 14 articles of a total of 1054 were selected.

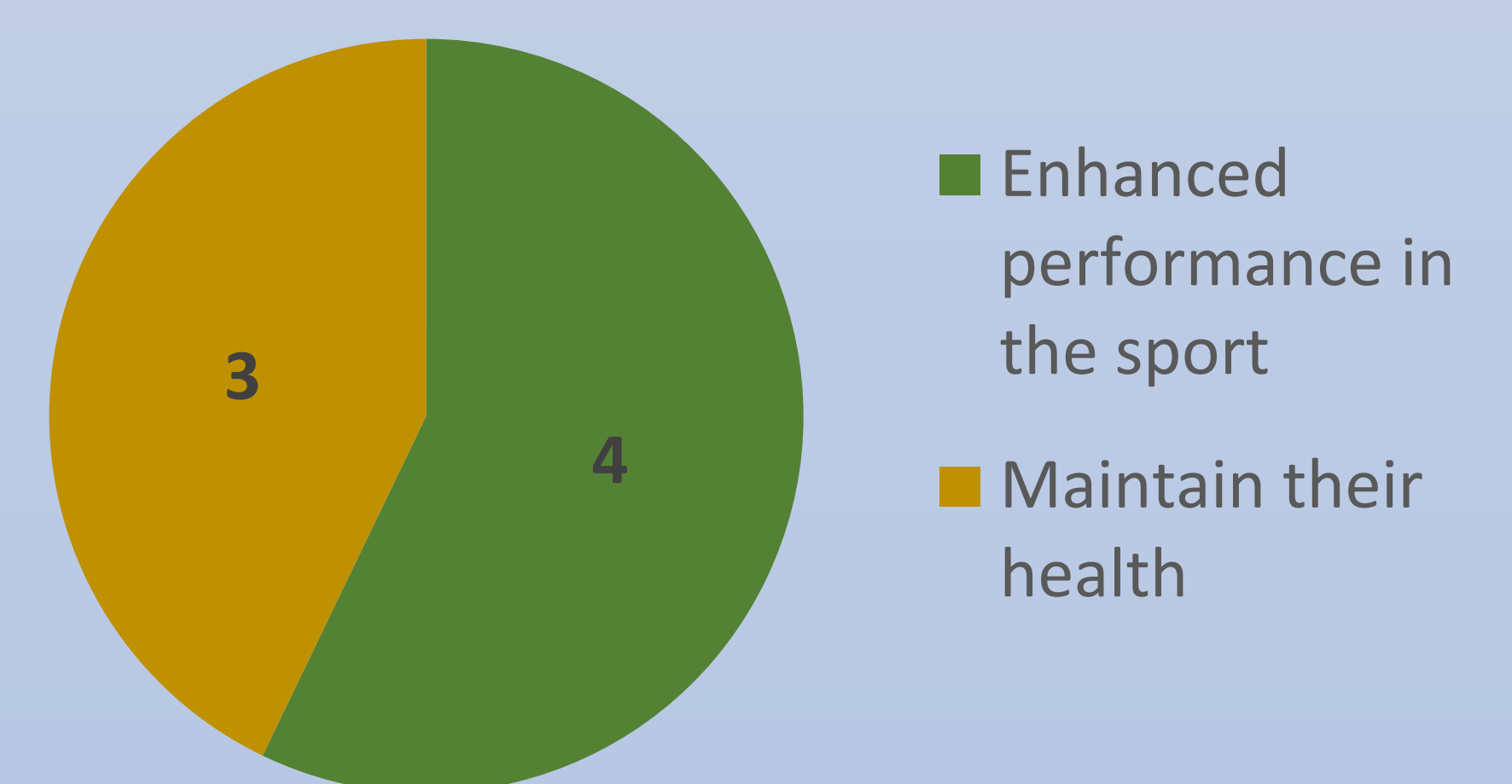
RESULTS AND DISCUSSION



Graphic 1 - Most consumed supplements



Graphic 2 - Seek information about the consumption



Graphic 3 - Main motifs for its ingestion

The prevalence of the use of supplements varied between 13.3% (Figueira & Casal, 2017) and 100% (Peçanha, Navarro, & Maia, 2015), determining that the articles included in their samples merely professional athletes (n=6; 42.9%) the prevalence of the consumption of nutritional supplements varied from 46.2% (Ivković, 2016) to 90.9% (Stewart, Outram, & Smith, 2013). In regards to the most consumed supplements protein supplements (n=9; 69.2%), amino acids (n=6; 46.2%), vitamins (n=5; 38.5%) and minerals (n=4; 30.8%) (graphic 1). Further, it was also found that sportsmen seek information about the consumption with nutritionists (n= 5; 62.5%), self-prescription (n=5; 62.5%), friends (n=4; 50%), coach (n=3; 37.5%) and personal trainer (n=3; 37.5%) (graphic 2). The main motifs for its ingestion relates to an enhanced performance in the sport (n=4; 57.1%) and maintain their health (n=3; 42.9%) (graphic 3).

CONCLUSIONS

The data reveals a broad range of variation is the use of supplements by sportsmen. It is considered crucial to promote nutritional education programs for sportsmen. The message about risks and benefits associated to the consumption of food supplements should be emphasized, as well as the advantages associated to a healthy and balanced diet.

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