



# The Scoop on Supplements

by Jen DeWall RDN, CSSD, LD. Board-Certified Sports Dietitian



*Jen works with ICyF to provide expert advice on sports nutrition and healthy eating to the students and families of Indianola. As a board-certified sports dietitian, Jen owns a private practice that focuses on helping athletes stay on the cutting edge with superior nutrition to enhance performance with safety and efficacy.*

Athletes will lean on dietary supplements for a variety of reasons, which may include improved performance, delay of fatigue, increase in lean muscle mass, or to improve immune function. Many supplements on the market may not harm you but will not help you either. No amount or type of supplement will replace better eating habits. If you are a poor eater, you may think you will benefit from supplements. However, people that follow an adequate diet are more likely to benefit from supplementation than people who follow a poor diet. Food first, then consider supplementation.

Keep in mind that not all supplements are bad; it's best to find what works for you. For athletes that may benefit from supplementation, a board-certified sports dietitian can assess what supplements you may need based on your genetic profile, physiological goals, eating habits and scientific evidence.

| Supplements and Nutritional Ergogenic Aids*   |   |  |
|---|---|--|
| Supplements that <i>may</i> help performance  | Supplements that do not perform as claimed or provide conflicting study results. (majority of the supplements on the market fall into this category)  | Supplements that are dangerous, banned or illegal.<br>A more detailed list can be found online by searching "NCAA Banned Drug List."   |
| <ul style="list-style-type: none"> <li>- Multivitamin</li> <li>-Ferrous Sulfate (iron)</li> <li>-Vitamin D</li> <li>-Calcium</li> <li>-Fish Oil</li> <li>-Antioxidants (Vitamin C)</li> <li>-Creatine</li> <li>-FDA regulated protein powder</li> <li>-Sports drinks, gels, blocks, beans and bars</li> <li>-Juice Plus+® whole food capsules</li> <li>-Electrolyte replacement powders or tablets</li> </ul> | <ul style="list-style-type: none"> <li>-bee pollen</li> <li>-beta alanine</li> <li>-branched chain amino acids (BCAA)</li> <li>-carnitine</li> <li>-chromium picolinate</li> <li>-cordyceps</li> <li>-Coenzyme Q10</li> <li>-conjugated linoleic acid (CLA)</li> <li>-Cytocrome C</li> <li>-dihydroxyacetone</li> <li>-ginseng</li> <li>-inosine</li> <li>-medium chain triglycerides (MCT)</li> <li>-pyruvate</li> <li>-oxygenated water</li> <li>-vanadium</li> </ul> | <ul style="list-style-type: none"> <li>-anabolic and androgenic steroids               <ul style="list-style-type: none"> <li>• androsterone</li> <li>• DHEA (dehydroepiandrosterone)</li> <li>• 19-norandrostenedione</li> <li>• 19-norandrostenediol</li> </ul> </li> <li>-caffeine (high doses)</li> <li>-ephedra</li> <li>-human growth hormone (HGH)</li> <li>-strychnine</li> <li>-Tribulis terrestris</li> <li>-NO2 (arginine)</li> </ul> <p>If you still choose to take dietary supplements, you are risking suspension or adverse health effects. Please contact a sports nutritionist for information on alternatives.</p> |
| *Nutritional ergogenic aids = any supplements taken with the intention of enhancing sport performance. (1)  |   |  |



### **Dietary supplements may appear safe but take a closer look at the facts....**

Supplements are not considered a food or medication and do not have to follow the same strict adherence by the Food and Drug Administration (FDA). This can result in unethical companies adding in illegal “fillers” that may cause harm. Supplements often have varying amounts of ingredients in the same brand of product and often do not list all the ingredients the supplement contains. In many reviews, 20% of supplements contained banned substances not on the label. (2) Taking supplements can put you at risk for health complications or sport suspension.

### **In June of 2007, the FDA announced a ruling that established regulations to require current good manufacturing practices (cGMP) for dietary supplements.**

*Limitation: This is based on the honor system of the manufacturer. It is very difficult for FDA regulators to audit manufacturing plants on a regular basis.*

### **Companies are required to report all serious adverse affects to FDA**

*Limitation: If an adverse effect is reported, the FDA may not have the ability to investigate the report immediately. Supplement manufacturers are not required to demonstrate the safety and efficacy of their products.(1)*

### **The Dietary Supplement and Health Education Act of 1994 allows Supplement manufacturers to make health claims regarding the effect of products on body structure and function.**

*Limitation: Claims can be made regardless of validity. Claims DO NOT have to be proven truthful as long as manufacturers provide on their packaging the active ingredients and a list of all ingredients. (1)*

### **Helpful and Trustworthy Resources on Supplements**

#### **National Collegiate Athletic Association**

[www.ncaa.org](http://www.ncaa.org)

#### **NSF International**

[http://www.nsf.org/consumer/athletic\\_banned\\_substances/index.asp](http://www.nsf.org/consumer/athletic_banned_substances/index.asp)

NSF tests and certifies that these products contain the identity and quantity of dietary ingredients declared on the product label, but do not contain unacceptable quantities of unwanted contaminants for the recommended serving size listed on the product label.

#### **Find a Sports Nutritionist near you**

<http://www.scandpg.org/>

**NOTE:** If you have questions or concerns on what supplements are right for you or your athlete, please contact Jen DeWall RDN, CSSD, LD to schedule a complimentary 15-minute sports nutrition coaching call.

Email: [jdewall@nutritioninmotion.info](mailto:jdewall@nutritioninmotion.info)

Call/text: 515.343.7241

[Nutritioninmotion.info](http://Nutritioninmotion.info)

#### **References**

1. Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *Journal of the American Dietetic Association*, March 2009, Volume 109 Number 3 p. 509-522.

2. Kundrant, Susan and Rockwell, Michelle. Sports Dietetics- Practiced, Proven & Tested - The 3-Step Game Plan. Nutrition on the Move, Inc. 2008.