

Wellness Topic

Sports Supplements

If you're a competitive athlete or a fitness buff, improving your sports performance is probably on your mind. Lots of people wonder if taking sports supplements could offer fast, effective results without so much hard work. But do sports supplements really work? And are they safe?

What Are Sports Supplements?

- Sports supplements are products used to enhance athletic performance that may include vitamins, minerals, amino acids, herbs, or botanicals (plants) — or any concentration, extract, or combination of these. These products are generally available over the counter without a prescription.
- Sports supplements are considered a dietary supplement. Dietary supplements do not require U.S. Food and Drug Administration (FDA) approval before they come on the market. Supplement manufacturers do have to follow the FDA's current food manufacturing practices to ensure quality and safety of their product, though. The FDA is responsible for taking action if a product is found to be unsafe after it has gone on the market.
- Lots of sports organizations have developed policies on sports supplements. The National Football League (NFL), the National Collegiate Athletic Association (NCAA), and the International Olympic Committee (IOC) have banned the use of steroids, ephedra, and androstenedione by their athletes, and competitors who use them face fines, ineligibility, and suspension from their sports.

More at http://kidshealth.org/teen/food_fitness/sports/sports_supplements.html