

Supplement Safety

For adolescent and young adult athletes

Ergogenic supplements

Steroids, growth hormone, creatine, protein/amino acids, ephedra alkaloids, nitric oxide products, and energy drinks are marketed to athletes to enhance performance.

Risks with use

- Supplements are NOT held to the same safety and purity standards that prescription and other over-the-counter medications are
- Supplements do not fall under FDA monitoring jurisdiction (contaminates, inconsistent ingredient dosages, and non-labeled [hidden] ingredients may result)
- Many have harmful and long-term side effects (e.g. acne, GI symptoms, liver and heart damage, stroke, or death)
- May decrease performance if used incorrectly
- High cost, questionable effectiveness, some are banned from sports and/or are illegal

Most supplements have not been independently tested, despite quality assurance claims on their labels. The following symbols are examples of products that have been independently tested to verify their ingredients. Products containing one of these symbols are less likely to contain contaminants, but could still cause side effects.



A better choice: Maintain proper nutrition and fluid intake

	Carbohydrates	Protein	Fluid
Light training	2.3-3.2 g/lb/day	2-3 g/lb/day	(water for <1 hour, sports drink >1 hour of activity)
Moderate training	3.2-4.5 g/lb/day	2-4 g/lb/day	4 hours before: 16-20 oz. of water/sports drink 10-15 minutes before: 8-12 oz. of water
Heavy training	≥4.5-5.5 g/lb/day	3-4 g/lb/day	Every 15 minutes during: 3-8 oz. After: 20-24 oz. for every lb. lost

Disclaimer: This serves as a generalized informational tool and may not be suitable for all adolescent and young adult athletes. Please review appropriateness and individual needs with your health care provider.