

Supplement Use : Is Controlled Access/Provision the Key?

Designed by @YLMSSportScience

Reference: by G. Shaw, G. Slater & LM Burke, IJSNEM 2016

39 elite Australian swimmers completed a standardized questionnaire regarding their supplement use. The data were compared to a similar study conducted 11 years earlier before the introduction of the AIS Sports Supplement program

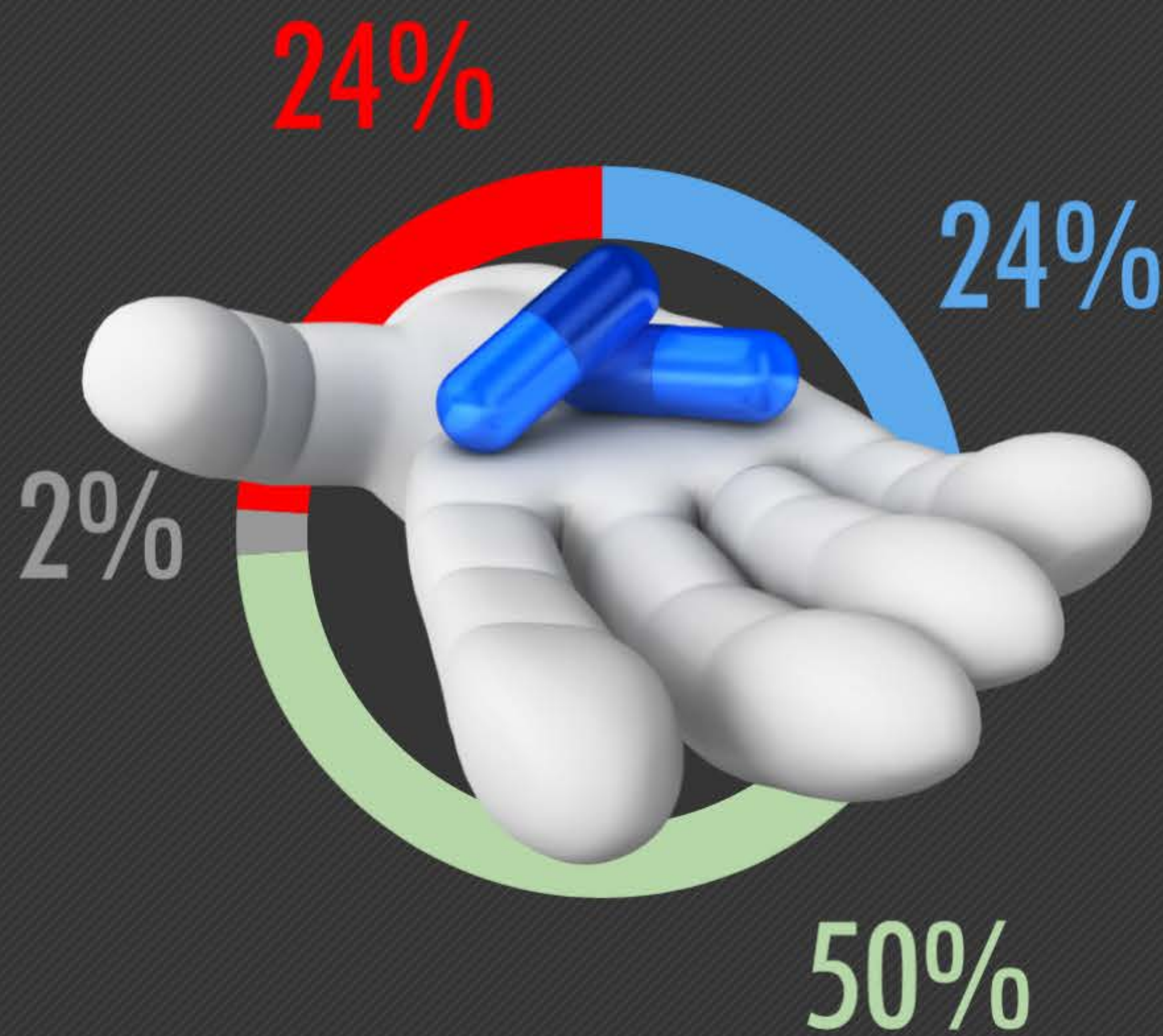
1ST EVALUATION

100%

PREVALENCE OF SUPPLEMENT USE

5.9 ± 2.9

NUMBER OF DIETARY SUPPLEMENTS



DISTRIBUTION OF SUPPLEMENTS

AIS athletes

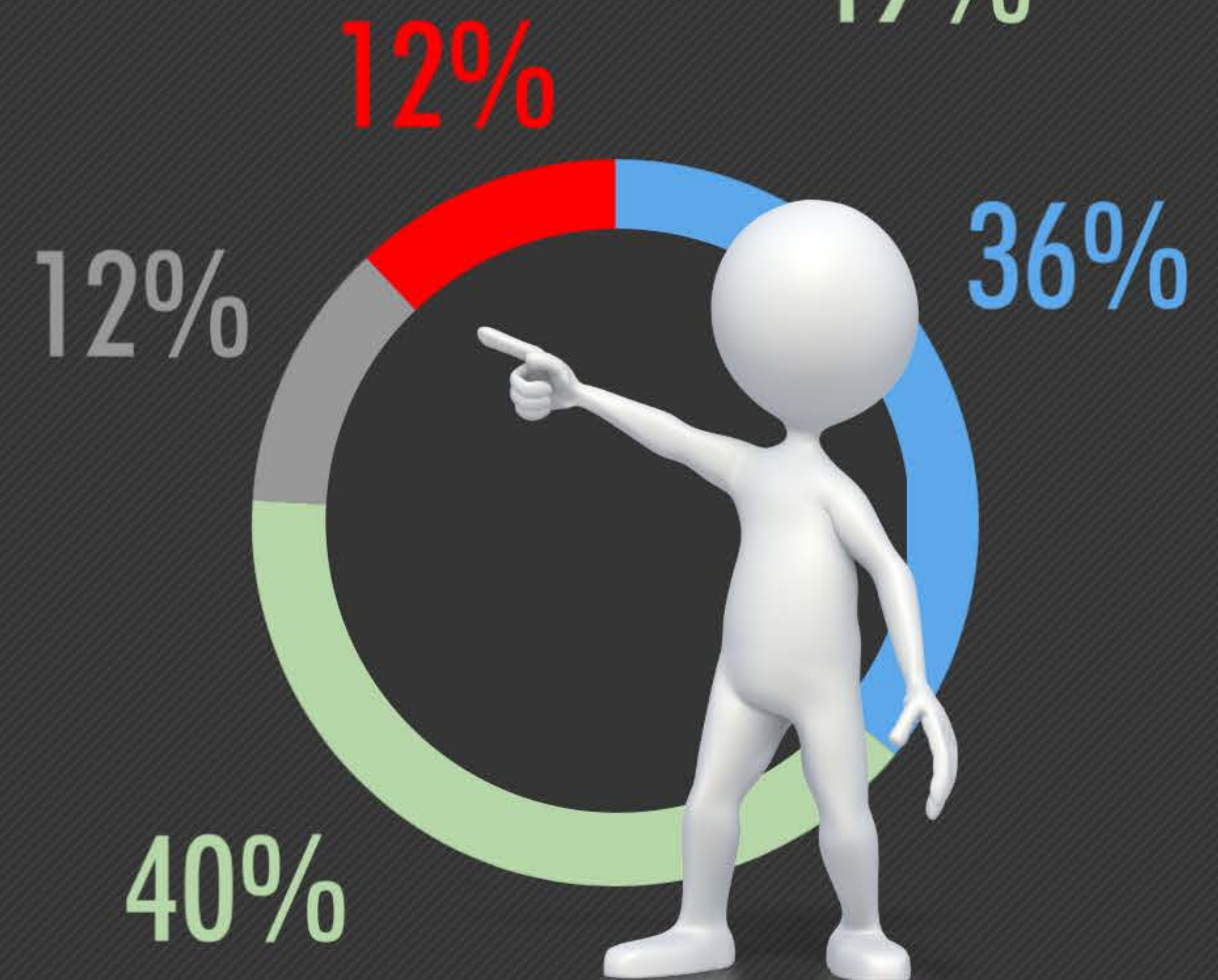
11 YEARS LATER

97%

9.2 ± 3.7



Other athletes



■ Sport food
 ■ Ergogenic
 ■ Some evidence
 ■ No evidence / banned