Supplement Use: Is Controlled Access/Provision the Key?

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**
- **Prevalence of Supplement Use**: 100%
- **Number of Dietary Supplements**: 5.9 ± 2.9

**11 YEARS LATER**
- **Prevalence of Supplement Use**: 97%
- **Number of Dietary Supplements**: 9.2 ± 3.7

**Distribution of Supplements**
- **AIS athletes**
  - Sport food: 24%
  - Ergogenic: 50%
  - Risk: 28%
- **Other athletes**
  - Sport food: 26%
  - Ergogenic: 46%
  - Risk: 40%

Legend:
- Blue: Sport food
- Green: Ergogenic
- Gray: Some evidence
- Red: No evidence/banned