Can a diet without pills or supplements improve my performance?

Reference: IAAF consensus statement IJSNEM 2019

There are many supplements claiming to directly or indirectly enhance performance but only 5 are evidence-based medicine.

**CAFFEINE**
For endurance sports & short-term, supramaximal and/or repeated sprint tasks

Food = Supplement
Caffeine dose can be obtained with espresso

**CREATINE**
For repeated high-intensity exercise (e.g., team sports)

Food < Supplement
Normal food not rich enough

**NITRATE**
For endurance sports & high-intensity, intermittent, short-duration efforts

Food = Supplement
Nitrate dose can be obtained with beetroot juice

**B-ALANINE**
For sustained high-intensity exercise performance

Food < Supplement
Normal food not rich enough

**BICARBONATE**
For sustained high-intensity exercise performance

Food < Supplement
Water not rich enough

When possible, athlete's nutrition plan should underpin by a "Food first policy"