

Can a diet without pills or supplements improve my performance?

Reference: IAAF consensus statement IJSNEM 2019

Designed by @YLM Sport Science

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 (eg, 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"