

NUTRITIONAL SUPPLEMENTS IN WEIGHTLIFTING

Nutritional Supplements



- Most of the Athletes und Coaches believe in the use of Nutritional Supplements as "powerful" Performance-Enhancers:
- But there is only a poor scientific evidence about!
- But there is a lot of Marketing by the Producers, it's a Billion-\$-Market & they like to be linked to your success to earn more money;
- But there is a high risk of "Cross-Contamination" with the consequence of an adverse analytical finding.

The right way



- □ You will have <u>more</u> performance-enhancing effects while focussing on the following recommendations:
- □ active REGENERATION,
- the right NUTRITION,
- □ stop of NICOTINE,
- avoid ALCOHOL,
- enough SLEEP at the right time,
- avoid PAINKILLER'S (e. g. diclofenac, ibuprofene and other NSAID's.).

Active Regeneration



- A lot of people think, without using forbidden substances, we need to train more and harder. This is WRONG.
- You need MORE QUALITY in your training, especially in technical performance, but NOT MORE VOLUME/INTENSITY.
- You need more "ACTIVE REGENERATION", especially than "older" the athlete.
- Contact your Team Doctor, your Olympic Committee or the IWF MC for more information about the active regeneration.

Nutrition



- High quality food, rich on vegetables and fruits ("5 a day"-rule) is scientifically proven better, than taking "Powders and Pills", because everything, what is coming out of its natural matrix (Vitamine C from an Orange or a Kiwi f. ex.) is better used in the human body.
- □ Too high dosage of Vitamines can even have **NEGATIVE** effects on your performance!
- □ Even the high performant weightlifting athlete does **not need more than 1,8g/kg b.w.** of **Protein** (by nutrition, e.g. milk) per day, but it depends on the timing!
- "Powders and Pills" cannot compensate a bad nutrition!
- Contact your Team Doctor, your Olympic Committee (IOC Consensus on Sports Nutrition 2010) or the IWF MC for more information about the right sports nutrition.

Nicotine & Alcohol



- Nicotine has 7 different pathophysiological ways to interfere with the human body in a negative way.
- □ Therefore, Nicotine impairs your performance about 15%!
- Alcohol weakens your muscles while inducing loss of electrolytes, vitamines & micronutrients.
- Alcohol turns your efforts about a better nutrition into nonsense!
- Contact your Team Doctor, your Olympic Committee or the IWF MC for more information about these issues.

Sleep & Painkillers



- A good performance improvement requires:
- enough sleep, good quality of sleep & regular wakeup time, as well as
- the right time to go for sleep (due to the natural peak of the human growth hormone).
- □ There is an evidence about the negative impact on performance by using painkillers (NSAID's)!
- Contact your Team Doctor, your Olympic Committee or the IWF MC for more information about these issues.

Risk assessment l



- Never forget: you don't have a 100% guarantee and it is the athlete who is responsible for what is found in his/here's body!
- If you still believe in the need of nutritional supplements, the procedure to minimize the risk of crosscontamination should be as follows:
- □ First check which supplement might be useful and has at least a certain evidence:

http://www.ausport.gov.au/ais/nutrition/supplements/c lassification test (Group A is recommended only!)

Risk assessment II



- Purchase only from suppliers who are <u>regularly</u> <u>quality-certified</u> and have a <u>regular testing</u> of their products for forbidden substances <u>by IOC-accredited laboratories</u>.
- Purchase only products you really know from, where they are produced (not sold).
- If only one answer is "No", don't purchase there!

Key Message



- Think about the way you train,
- do more active regeneration,
- improve what and the way you eat & drink,
- improve your lifestyle &
- stop smoking
- to get a real and fair world class high performance weightlifter without forbidden means!
- If you still believe in the need of nutritional supplements, then you should follow the risk assessment procedure to avoid adverse analytical findings.