

Supplements in Hockey



Deciding to use or not to use supplements

Many high school players are being made aware of different supplement options that claim to make athletes stronger and faster.

In deciding to use or not to use supplements it is important for parents and athletes to be informed about benefits and risks before using any supplements.

To discuss this information even further, feel free to contact me at:
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Most doctors do not recommend the use of supplements in athletes under the age of 18. Supplements may negatively impact growth of still developing athletes.

Common Supplements

Supplements are NOT under ADA regulation.

Therefore, there could be unlisted ingredients in the supplement. This includes NCAA or Olympic banned substances and unknown ingredients. This could cause disqualification from sporting events and/or physical harm.

In the USA, eighteen percent of tested supplements contained banned substances that weren't listed on the label.

Before deciding to use a supplement it is highly recommended that you consult your parents, physician, and coaches

Multivitamins:

More common as an over the counter drug but as it provides micronutrients not consumed through meals, is also a supplement.

Benefits: Ensures that you don't have a vitamin deficiency

Cons: Takes away emphasis of healthy eating habits

Creatine:

Found in supplement stores

Benefits: Provides improved performances in repeated bouts of high intensity activity, esp. sports of intermittent activity such as hockey

Cons: Weight gains, potential kidney/liver function damage, and no long term studies

Glutamine:

Found in supplement stores

Claims: Stimulates immune system and stimulates muscle protein for increasing muscle mass

Cons: No proof that claims are true
Little knowledge of long-term side effects

Caffeine:

Commonly found in sodas, coffee, and energy drinks

Benefits: Mobilizes fat for energy use and enhances endurance performances

Cons: Can increase heart rate too high. Energy drinks should NEVER be used as they can increase heart rate too high and show no performance value.

Whey Protein:

Found in supplement stores

Benefits: Helps with glucose (carbs) intake and improves recovery

Cons: Expensive, could contain other ingredients, and supplement for source of protein then takes away emphasis of healthy eating

Note: Eating protein from meat, dairy, beans, etc. has same benefits

HMB:

By product of an essential amino acid

Found in supplement stores

Claims: Decrease protein breakdown and increase muscle size and strength development

Cons: Shown to have very little impact

For more information on supplements and banned substances:

United States Anti-Doping Agency
www.usada.org

Australian Institute of Sport
<http://www.ausport.gov.au/ais/nutrition>