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BOLOGNA 25-26-27 Ottobre 2021

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Integratori nell'attività sportiva: un effettivo aiuto per la performance?

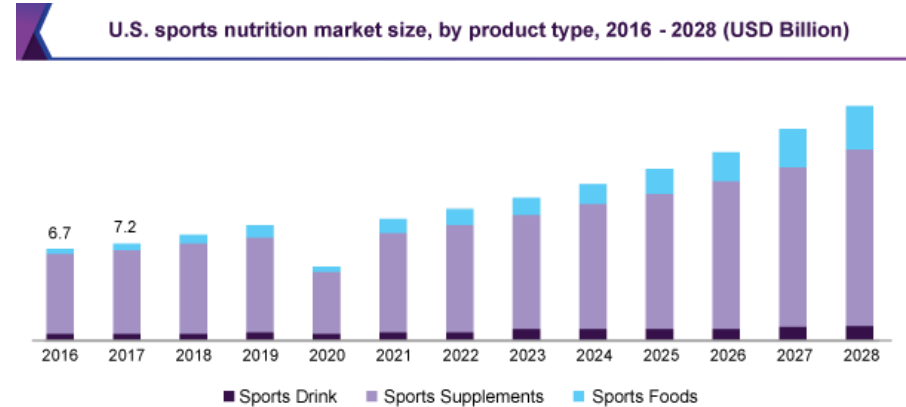
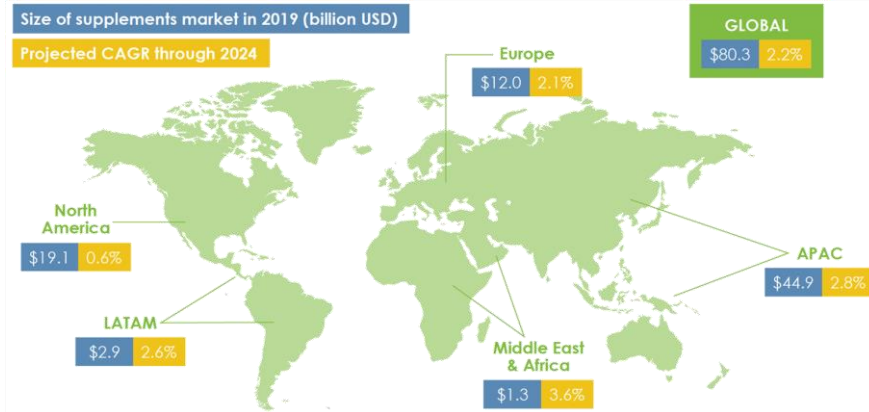
Stefano Amatori, PhD

Università degli Studi di Urbino Carlo Bo

Some Supplement Stats

Pills, capsules, herbal preparations and other products that come in small pots.

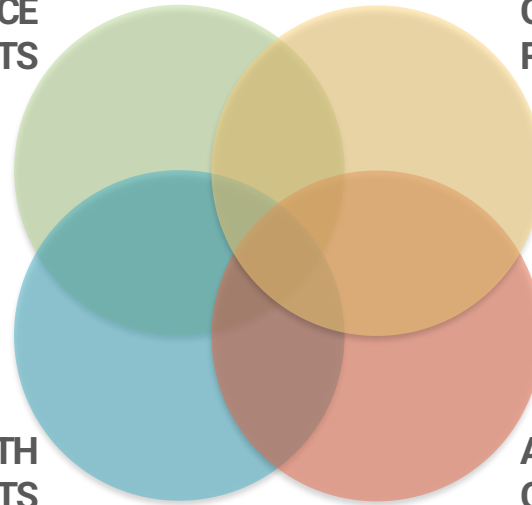
40-70% of athletes use supplements



Why do athletes use supplements?

- GAIN COMPETITIVE EDGE
- INCREASE ENERGY
- OPTIMISE RECOVERY
- ABILITY TO TRAIN HARDER
- LEAN BM & STRENGTH

**PERFORMANCE
BENEFITS**



**OTHER
REASONS**

- FINANCIAL GAIN (SPONSORSHIP)
- CONVENIENT PROVISION OF ENERGY
- 'JUST IN CASE' INSURANCE POLICY

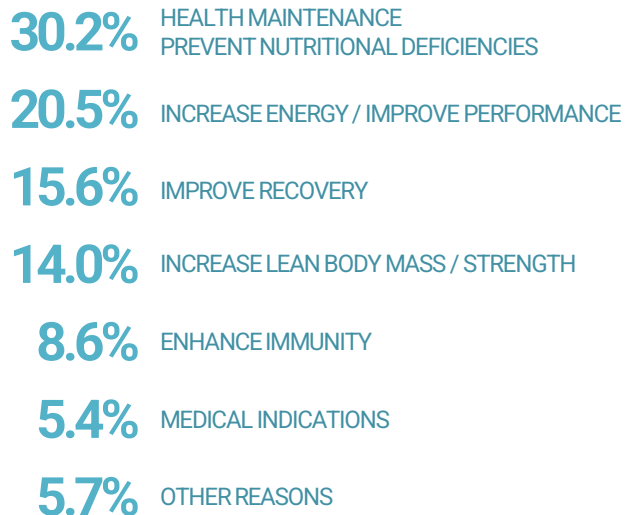
- CORRECT NUTRIENT DEFICIENCIES
- IMPROVE SLEEP QUALITY
- REDUCE SICK DAYS
- OPTIMISE NUTRITION

**HEALTH
BENEFITS**

**ADVICE FROM
OTHERS**

- COACHES
- FELLOW ATHLETES
- 'BEST ATHLETES USE IT'

Why do athletes use supplements?



FAMILY &
FRIENDS

19.8%



COACHES

13.5%



TEAMMATES

10.8%



DOCTOR

4%



NUTRITIONIST

0.8%

Supplements for Optimal Sports Performance

Medical Supplements

Prevent or treat
nutrient deficiencies

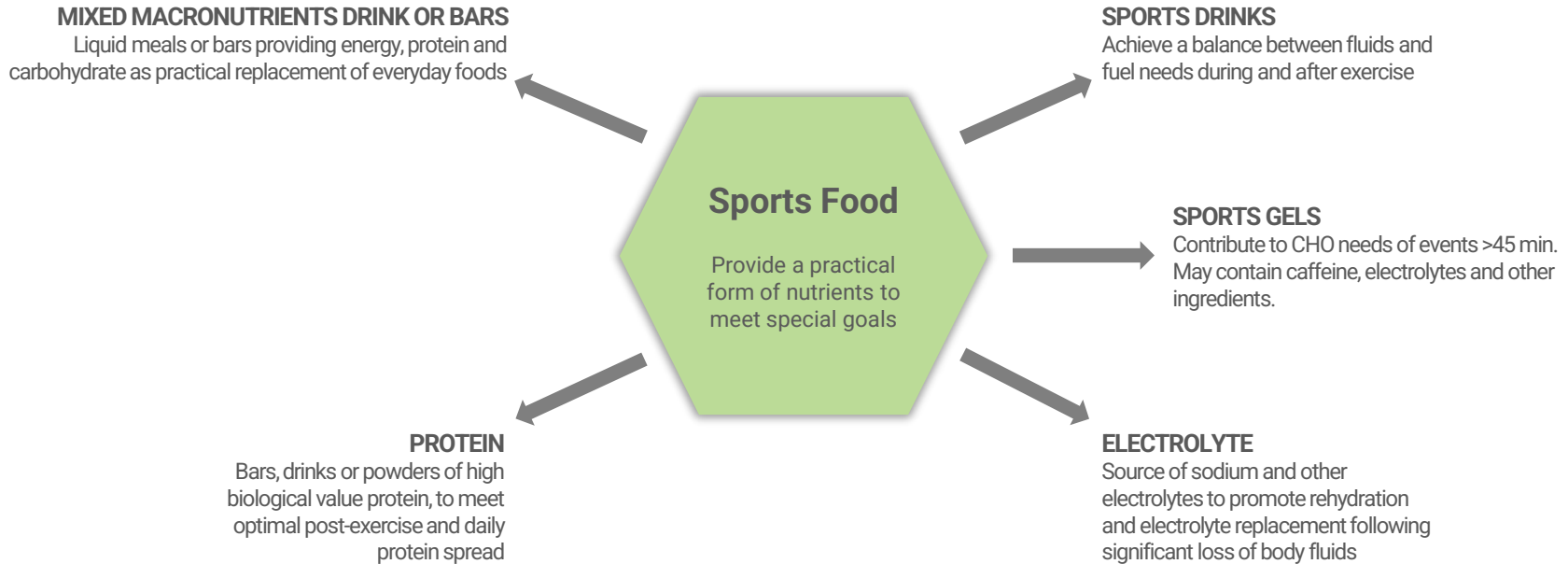
Sports Food

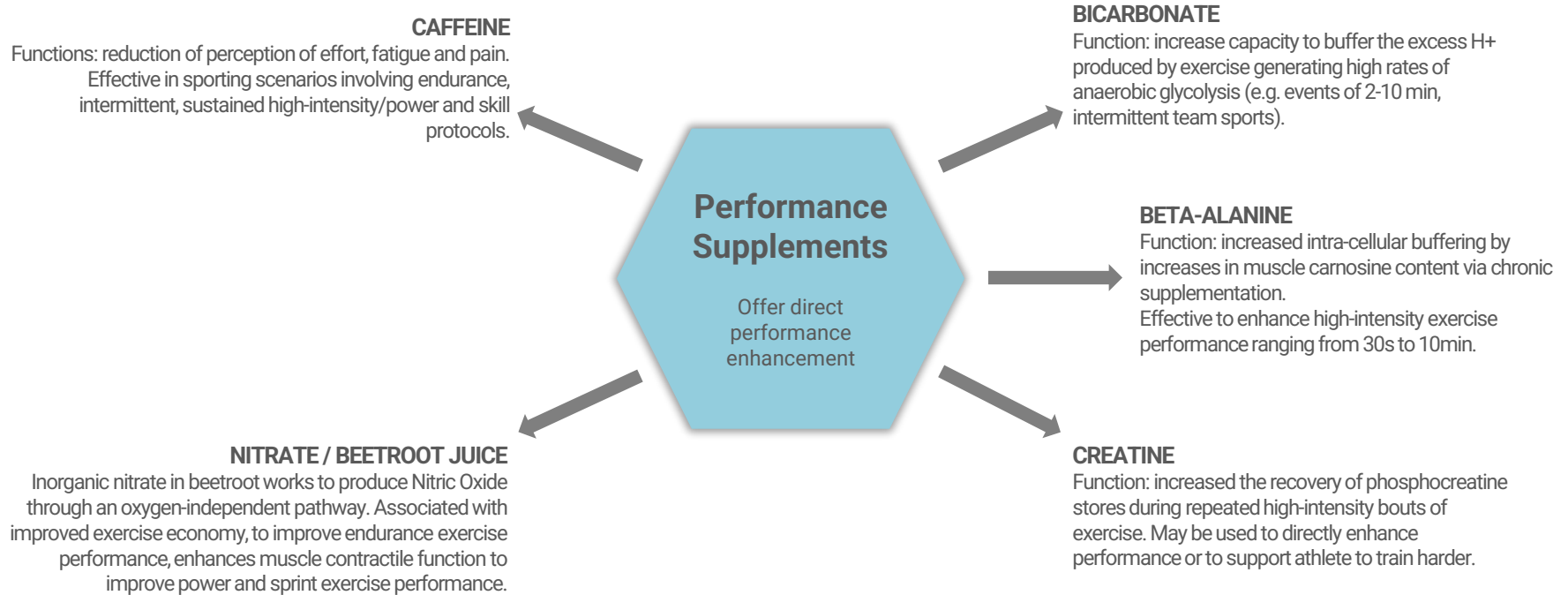
Provide a practical
form of nutrients to
meet special goals

Performance Supplements

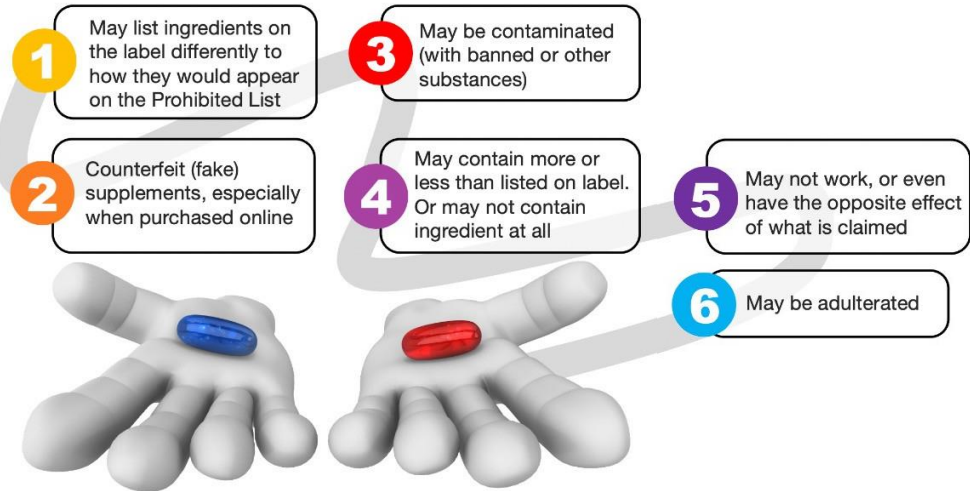
Offer direct
performance
enhancement







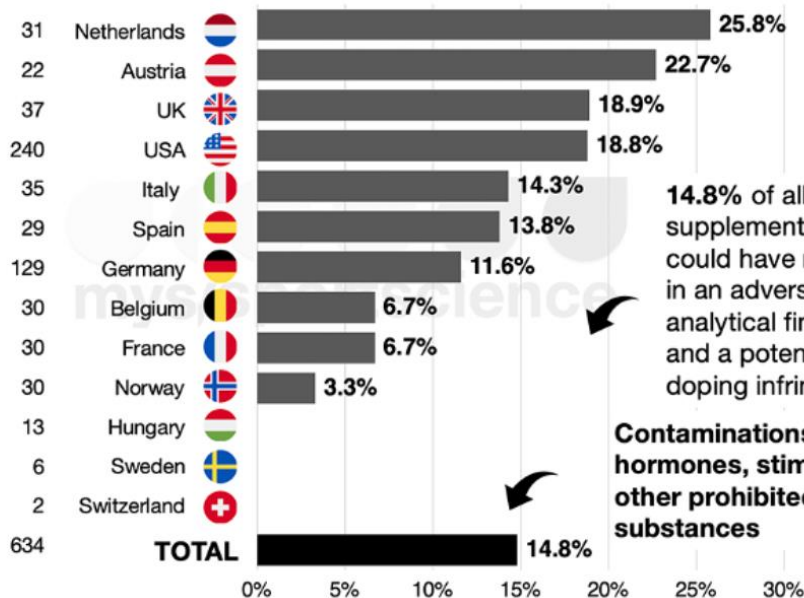
Supplements and associated risks



Always perform a careful risk benefit analysis and do everything to minimize risks.

Contamination of supplements

Nr Supplements tested



14.8% of all supplements tested could have resulted in an adverse analytical finding and a potential doping infringement

Contaminations with hormones, stimulants and other prohibited substances

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How would you construct a pyramid?

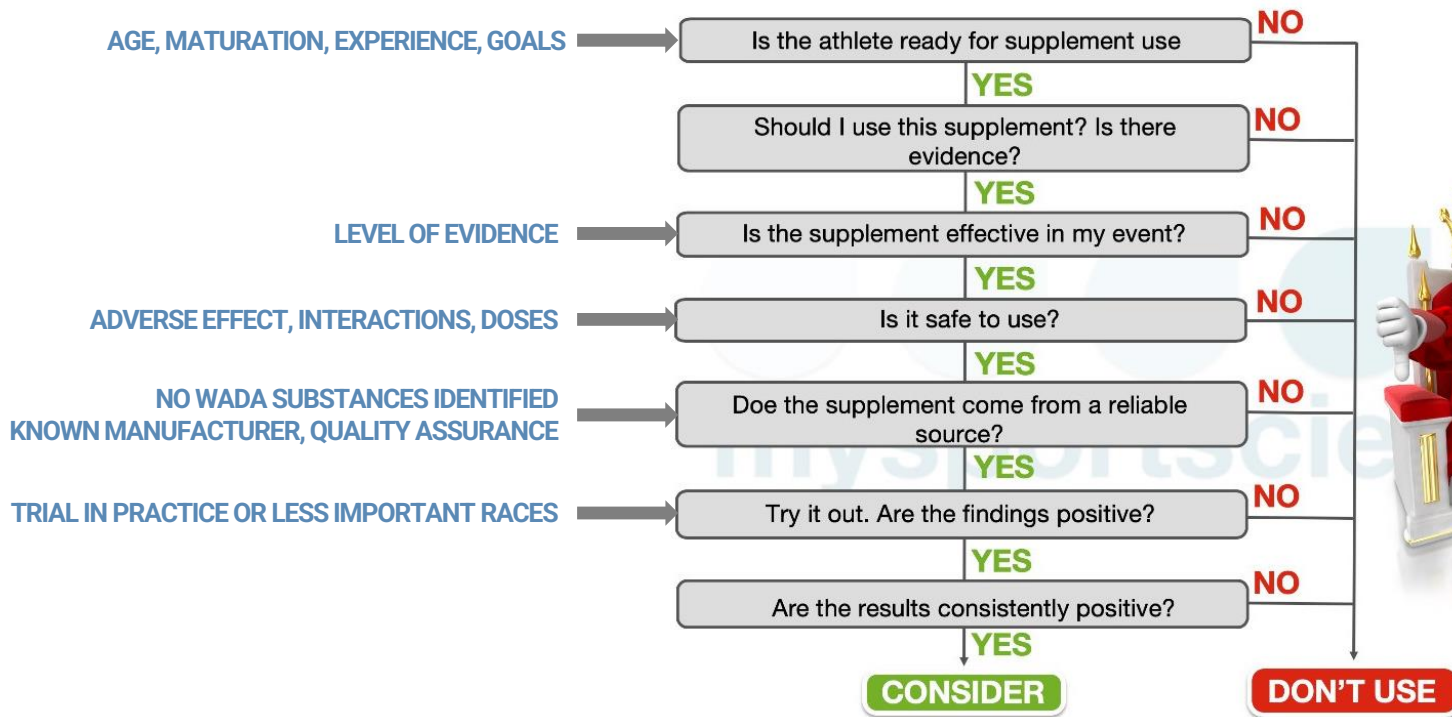
The sports nutrition pyramid by many athletes (and supplement companies)

Evidence-based approach by sports dietitians and other experts



Supplements should be the icing on the cake, the tip of the pyramid or the roof of a house that is built on a solid foundation

Supplement decision chart



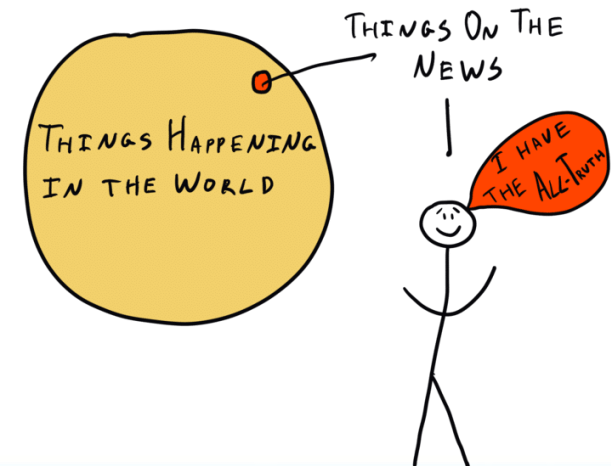
International Journal of Sports Physiology and Performance, 2016, 11, 841
<http://dx.doi.org/10.1123/IJSP.2016-0513>
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EDITORIAL

Extreme Positions in Sport Science and the Importance of Context: It Depends?

Is it necessary to take nutritional supplements to attain maximal performance?

It depends. Each athlete is different and I don't think general rules can be applied in this area, neither to suggest that all athletes should take supplements, nor to suggest the opposite. There are a lot of things to consider, and I am not only talking about the demands of the sport and the athlete's nutritional habits. Psychological aspects, the "culture" of the sport, social and even financial aspects also need to be analysed. This issue is more complex than it may seem at first glance. – *Iñigo Mujika*





THANKS FOR YOUR ATTENTION!

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