

# ERGOGENIC AIDS

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# OVERVIEW

- ERGOGENIC AIDS
- PROTEIN SUPPLEMENT – WHEY PROTEIN
- STEROIDS – ANDRO-RELATED PROHORMONE
- CARBOHYDRATES
- SUPPLEMENT TIPS

# ERGOGENIC AIDS

- They are dietary supplements purported to enhance athletic performance
- Athletes' desire to gain a competitive edge has contributed to the enormous interest in these aids
- The dietary supplement health and education act defines supplements as products that contain a vitamin, a mineral, an amino acid, or a herb or other botanical (Athletic Therapy, march 2003)
- This definition has opened up doors for numerous products to be marketed as nutritional ergogenic aids.

# PROTEIN - WHEY

- Proteins are made up of individual molecular units called amino acids (Essential and non-essential)
- The body produces 11 out of the 20 amino acids
- Whey protein supplement is sought to possess the highest protein
- It has both essential and non-essential amino acids
- It's also considered an excellent source of glutamine
- It aids new cell growth
- Nonetheless, high doses, especially taken regularly can be toxic
- Source: Total Health Sept/Oct 2002

# STEROIDS: ANDRO-RELATED PROHOMONE

- It's a combination of Androstenedione, 4-androstenediol, 5-androsteneidiol, 19-norandrosteneidiol, and 19-norandrosteneidione.
- It has been claimed by manufacturers that andro:
  - Improves serum testosterone concentration
  - Increases muscular strength and muscle mass
  - Reduces body fatness
  - Enhances mood, and sex performance

# STEROIDS: ANDRO

- However, studies have contradicted these claims
- In fact, some studies have shown that Andro can abnormally elevate estrogen related hormones, and hence, a potential risk for prostate or pancreatic cancer (Canadian Journal of Applied Physiology Feb 2003, Vol. 28(1))

# CARBOHYDRATES

- CARBOHYDRATE LOADING CAN AID IN ENDURANCE ACTIVITIES LASTING 90 MIN OR MORE
- IT SHOULD BE CAREFULLY PLANNED
- CARBOHYDRATE SPORT DRINKS ARE PREFERRED SINCE THEY ARE EASY TO CONSUME ESPECIALLY FOR ATHLETES
- TIMING OF CARBOHYDRATE CONSUMPTION IS IMPORTANT FOR MUSCLE RECOVERY
- HOWEVER, INSUFFICIENT CARBOHYDRATE CAN RESULT IN MUSCLE HEAVENESS

# SUPPLEMENT TIPS

- Educate yourself about the supplements you're taking
- If you're taking prescription drugs, consult your doctor
- Look out for information about the company
- Don't buy into the Too-good-to-be-true scenarios

