What you should know about dietary supplements...

• Dietary supplements include vitamins and minerals; herbs and botanicals; amino acids; and protein supplements.
• Except for vitamins and minerals, many dietary supplements have not scientifically been proven to provide any health benefits.
• Dietary supplements on the market are not regulated; could contain illegal substances; may be costly; and can be harmful.

Protein supplements...
• One of the most popular supplements taken by athletes
• Claims: supports muscle growth, increases muscle strength and size, improves recovery
• Problems: stresses the kidneys, causes dehydration, reduces intake of other nutrients, increases calcium excretion, and are costly

Advocare supplements...
• Line of over-the-counter supplements that are intended to provide health and wellness for individuals of all ages
• Claims: weight management, energy, wellness, enhanced sports performance, better skin
• Problems: contain more than the recommended amount of caffeine for youth, which can lead to negative side effects, such as increased heart rate and elevated blood pressure

Conclusions...
• Dietary supplements, unlike medicines and other drugs, are not tested or screened by the FDA for efficacy and safety.
• A well-balanced diet that includes a variety of foods can provide all the nutrients needed by the teen athlete and average individual.
• Many supplements contain contaminants and/or illegal supplements, and are unsafe to consume. Athletes who consider taking supplements should first visit with a healthcare professional.

Calcium
Why needed—promotes optimal bone growth and strength; needed for muscle contraction
Recommended amount—
Age 13 to 18 1,300 milligrams/day
Age 19+ 1,000 milligrams/day
Sources—Each cup of milk and yogurt has approximately 300 mg of calcium, thus an athlete would need 3 to 4 cups per day to meet the recommended intake.
Concerns—If an individual does not tolerate or like milk, a calcium supplement may be needed.

Iron
Why needed—helps blood carry oxygen to the exercising muscles
Recommended amount—
Age 14 to 18 11 milligrams/day (males)
15 milligrams/day (females)
Age 19+ 8 milligrams/day (males)
18 milligrams/day (females)
Sources—Lean beef, dried beans and peas, fortified cereals and bread
Concerns—Iron deficiency anemia is common among adolescents, especially females. Iron supplementation to achieve recommended amounts will improve performance and possibly memory and learning.
How to evaluate a dietary supplement label:

1) Does it have a USP and/or Consumer Lab seal of approval?

These labels indicate that it has been tested and...
- contains all the listed ingredients,
- has no harmful levels of contaminants,
- can be broken down by the body, and
- has been made under good manufacturing practices.

2) Does the label contain inaccurate or inappropriate claims?

- Promises of a quick fix
- Sounds too good to be true
- Simple conclusions from a complex study
- Purpose of the claim is mainly to sell the product rather than to promote health
- Wording is too complex for the average consumer to understand

* There are no inaccurate or inappropriate claims on this label.

3) Does the label state any side-effects or warnings?

* The warning on this label is for overdose and not for side-effects of any ingredient in the dietary supplement.

4) Does the supplement contain any illegal and/or banned substance and any/or unknown or unusual ingredients?

* There are no listed illegal or banned substances in this supplement.

Tips

- If a claim sounds too good to be true, IT IS. Do not believe in rapid results.

- Before you consider using supplements, consult with a healthcare professional, such as a physician, pharmacist, dietitian, or nurse.

- Read supplement labels and research ingredients you do not recognize to make sure they are not harmful.

- Vitamins and minerals are generally considered safe if consumed in recommended doses. However, some supplements may have mega doses of vitamins that far exceed the recommended values. This is particularly important if the supplement is a fat soluble vitamin A, D, E, or K, which can be toxic if consumed in excess.