

Abstract

- Title:** The use of food supplements by amateur athletes in the fitness
- Objectives:** The objective of this work is to find out the use of specific food supplements by amateur athletes in the fitness.
- Methods:** Data were obtained through quantitative research, which was conducted through electronic questioning on the platform Survio.com. Subsequently, a statistical evaluation of collected information was performed.
- Results:** The evaluation of the data obtained from the questionnaire survey showed, that 86 % (111) of respondents use food supplements, for up to 4 of them without any side effects. The use of food supplements is bigger by men than by women. Regeneration support, improving sports performance and building muscle mass are the most common motives for using food supplements. On the other hand, respondents who do not use food supplement claim, that they do not need them. For respondents, the best sources for obtaining information are the professional literature and the internet. The internet is also the best source for acquisition of food supplements. The most commonly used food supplements are protein products, vitamins and minerals, primarily from the Extrifit brand.
- Key words:** Nutritional supplementation, sport, fitness