

ABSTRACT: (English version)

TITLE: Survey of the sports nutritional supplements on the basis of the sports science literatures.

TARGETS: The point of this thesis is to collect contemporary informations and knowledge about nutritional supplements in sports nutrition and their influence to intensity of sports performance.

RESULTS: The positive effect in sense of increasing of sports performance placebo vs. testing group in rely to indication of particular supplements. The results are very relative and depended on many departed factors. What surely works in laboratory, doesn't have to in reality.

Key words: nutritional supplement, characteristics of nutritional supplements, factors that influence reserch of sport nutrition supplements