

Abstract

This thesis is dealing with supplements specifically the ones for athletes. To make the selection as useful as possible, I basically chose the supplements according to the sales in sport centers. On these foundations, I made the decision which supplements to research. The next step was to find out the real efficiency of these supplements and if the dosage is set properly. To do so I went through existing science papers, meta-analysis when available, and I made a conclusion. The aim of the conclusion was to say if each of the supplements is useful and for whom. Most of the supplements shown to be beneficial, though some of them needed correction in labeling. Concretely the advertised effects and the dosage needed to be refined. But some of the supplements shown as unadvisable at all. An often issue was that the supplements are useful only for specific use – for specific athletes, or under specific conditions. This was not clearly stated by the producers. And so, some of the supplements will not be beneficial in ways athletes may expect. This thesis is more of a review essay, but in the end, there is a simple tutorial.

keywords: active ingredients, sport, sport performance, sport supplements, supplements