

Abstract

This thesis is dealing with a handful of supplements for athletes. To make the selection as useful as possible, I basically chose the supplements according to their representation in a few sport centers. On these foundations, I made the decision which supplements to research. Then I created system-reviews for each of the supplements using PubMed. The next step was to find out the real efficiency of these supplements. 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 in different ways than sometimes expected. An often issue may be that the supplements are useful only for specific use – for specific athletes, or under specific conditions. 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, supplement