

# BE SUPPLEMENT SMART

ARE SUPPLEMENTS A GOOD CHOICE  
FOR YOUR YOUNG ATHLETE?

SCOTTISH RITE  
FOR CHILDREN  
SPORTS MEDICINE



## WHAT IS A SUPPLEMENT?

A supplement is a vitamin, mineral, herb or botanical, amino acid, or enzyme found in tablets, capsules, powders, drinks and energy bars.

## FACTS TO KNOW BEFORE DECIDING TO SUPPLEMENT

- The Food and Drug Administration (FDA) agency does not oversee whether a supplement is effective before it is marketed and sold to the consumer (unlike medication that must be approved before entering the market).
- The supplement manufacturer, not the FDA, is in charge of testing for and ensuring a product's safety prior to going on the market. If concern arises over the safety of a supplement once on the market, only then is the FDA responsible for stepping in and taking the product off the market if found unsafe.
- Most testing and safety information on supplements comes from adult studies because including a growing child in these studies is considered unethical. Do not assume that supplement claims found from studying adults also apply to children.
- For all of the above reasons, be aware that supplements may contain additional substances than those listed on the label or higher quantities of substances listed. These could be "contaminants" (various steroids, stimulants, etc.) that are banned in sports supplements and may be dangerous to the young athlete.



## ARE ANY SUPPLEMENTS SAFE? DO YOUR RESEARCH....

There are organizations that offer quality testing on supplements and a few that provide a seal of approval if the supplement meets requirements. These organizations monitor the manufacturing facilities for compliance with the FDA's Good Manufacturing Practices and screen supplements for banned ingredients such as steroids, hormones and stimulants on a regular basis to ensure a consistently pure and safe product.

### These organizations include:

- NSF Certified for Sport
- U.S. Pharmacopeia (USP)
- Informed – Choice
- Drug Free Sport



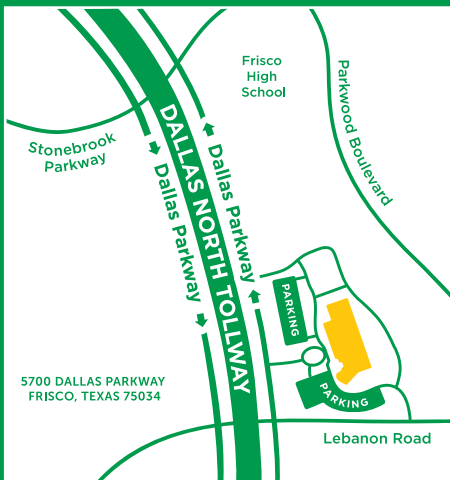
Drug Free Sport™

The Center for Excellence in Sports Medicine at Scottish Rite for Children is a comprehensive practice specializing in the treatment of sport-related injuries and conditions in young and growing athletes. Sports Medicine physicians, pediatric orthopedic surgeons, physical therapists, athletic trainers, psychologists and others work side-by-side with athletes, parents and coaches to develop the best game plan for recovery.



Learn more about our services and sign up for our e-newsletter.

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## CHOOSE FOOD FIRST

If you feel your athlete cannot tolerate specific food groups, a supplement may be needed. In this special case you should speak with your child's health care team, including a physician or registered dietitian. However, a well-designed sports diet should provide all of the needed calories and nutrients that a young healthy athlete needs to fuel his or her body for optimal training and performance.



## FUEL WITH YOUR FOOD

Desired Ingredient*	Perceived Purpose*	Risks & Side Effects**	Find It In Your Food
<ul style="list-style-type: none"> <li>Protein Powders (<i>whey, soy, etc.</i>)</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Amino Acids (<i>leucine, lysine, etc.</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Build muscle</li> <li>Increase strength</li> <li>Build immunity</li> <li>Increase endurance</li> <li>Exercise recovery</li> </ul>	<ul style="list-style-type: none"> <li>Not enough evidence to support</li> <li>Found to be no more beneficial than a well-balance diet</li> </ul>	<ul style="list-style-type: none"> <li>Beef, poultry, fish</li> <li>Beans &amp; peas</li> <li>Nuts &amp; nut butters</li> <li>Soy (<i>edamame, tofu, soy milk</i>)</li> <li>Eggs</li> <li>Milk and yogurt</li> </ul>
<ul style="list-style-type: none"> <li>Creatine</li> </ul>	<ul style="list-style-type: none"> <li>Increased power during resistance training &amp; short periods of exercise</li> <li>Improved muscle repair</li> <li>Increased strength</li> </ul>	<ul style="list-style-type: none"> <li>GI distress</li> <li>Weight gain</li> <li>Dehydration</li> <li>Irregular heartbeat</li> <li>Kidney problems</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Fish</li> <li>Poultry</li> </ul>

\*All ingredient results are from adult studies – not guaranteed to have similar results in children and adolescents.

\*\* All supplements run the risk of product contamination unless verified by a previously listed organization.

Sources: NCAA Sports Science Institute; Sports Cardiovascular and Wellness Nutrition Group (a group of the American Academy of Nutrition & Dietetics); *Eat Like a Champion* by Jill Castle, MS, RDN, CDN