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Rugby Nutrition:

Supplements – An integrated Approach

Medical and Health supplements

All supplements in this group have a therapeutic role and should therefore only be used under the guidance of a physician or registered dietitian working in sport.

They should only be prescribed once a proper clinical diagnosis has been made and then taking into account the form and dosages, interactions, toxicities and medical, socio-economic, physiological and dietary factors.

It may be tempting to use a multi-vitamin and mineral type supplement. While a level of 1.5x Recommended Dietary Allowances (RDA)/Reference Nutrient Intake (RNI) may be safe from a health point of view, there is still the risk of these products containing WADA prohibited and banned substances. ^[1]

Single nutrient supplements are not recommended and can do more harm than good.



Fish oil supplements	A source of omega-3 fatty acid when dietary intake of oily fish is low, and specifically for persons who may have rheumatoid arthritis and other inflammatory conditions, exercise-induced bronchoconstriction, macular degeneration of the eyes, certain cardiac related conditions, and for persons with Attention Deficit Hyperactivity Disorder (ADHD) - although effectiveness for the latter is still not clear-cut.	Aim to consume fatty fish 2x/week or fortified foods. High doses should be taken under medical supervision. Nausea and GI upsets.
Electrolyte replacements (powders, tablets, ready-to-drink)	Can be used for treating diarrhoea (together with fluid) and other situations where high sodium, potassium and fluid losses may occur.	Composition may vary, some may contain carbohydrate and choice should be tailored to match needs. Too many electrolytes can cause electrolyte imbalances. Guidance for use of electrolyte supplements during illness should be provided by a Sports Physician
Glucosamine and Chondroitin	Some studies have shown to slow cartilage degeneration and reduce joint pain but evidence on prevention is lacking.	Mixed results with treatment for osteoarthritis. Appears safe with minimal side effects.
Melatonin	May reduce jet-lag and perhaps thermal responses to exercise.	Should only be prescribed by team physician. May cause headaches and dizziness
Quercetin ^[3]	Strong anti-inflammatory, anti-oxidative and anti-pathogenic effects.	Mixed with other flavonoids and nutrients show strong reduction in illness, rated during heavy training
Sterols		Sterols may improve lipid profiles and immune function.

Probiotics	Can be used for gut conditions (e.g. diarrhoea and when on antibiotics) and immune function.	Different strains are required to treat different symptoms.
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For more information on *Rugby Nutrition*, go to the BokSmart website www.BokSmart.com or go to the following link: <http://boksmart.sarugby.co.za/content/eating-and-drinking-right>

REFERENCES

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<http://images.supersport.com/BokSmart%202011%20-%20SARU%20Supplement%20Guidelines.pdf>
3. Walsh N P, Gleeson M, Shephard R J et al. Position Statement Part 1: Immune function and exercise. *Exerc Immunol Rev.* 2011;17:6-63.

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