Supplement Consumption in Body Builder Athletes

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Background: Widespread use of dietary supplements was observed among world athletes in different fields. Research question: To estimate what the prevalence of using dietary supplements among Iranian body builder athletes is. We also aimed to identify the sources these athletes used for acquiring information about dietary supplements.

Type of study: Cross-sectional study. Methods: This study was conducted in Isfahan in 2008. 250 men and 250 women from 30 different bodybuilding clubs completed a self-administered standardized, anonymous questionnaire in order to estimate the prevalence and predictors of supplement dietary use. In cases with low awareness on used substances, they were asked to bring them for more evaluations. Data was gathered and then analyzed with the help of t-test and ANOVA, using SPSS software.

Results: About 62% of the respondents declaring supplement use. Men were significantly more likely to take supplement than women (86.8 vs. 11.2 percent respectively, P-value = 0.001). Fourteen different supplements were taken by male bodybuilders with each athlete using an average of 2.4 products. Reasons for using supplements were for health (45%), to enhance the immune the immune system (40%), and to improve athletic performance (25%). Most athletes (72%) have access to a sport dietician but underutilize this resource. Coaches (65%) had the greatest influence on supplementation practices, with doctors (25%) and sports dieticians (30%) being less important.

Conclusion: Approximately 60 percent of the studied population took dietary supplements during one year follow up. While women take “Minerals” at most, complex diets are taken by males consist of “Keratin products”, “Hormones” in addition to “Minerals and Vitamins”.

Keywords: Dietary Supplements, Athletes, Iran, Body Builder, source