

How To Select Your Sports Nutrition Supplements

There are so many brands of supplements to pick from, as well as inconsistent information available on the internet that even a novice might not know how to pick the best the right sports nutrition supplements. Where do you even begin?

Everything begins with what we eat. Supplements are intended to supplement what is already in your diet, but they are not meant to replace it. All the supplements are not able to substitute for a poor diet, so be sure you consume plenty of whole foods that have the proper balance of macronutrients (carbohydrates as well as protein and fat). For more details on macronutrients, refer to our beginners guide to nutrition for athletes.

After you've confirmed that your diet is sound then you're ready to start thinking about supplements for sports nutrition. Based on the present condition of your health as well as any conditions you may have, supplements may have a significant impact whether they're positive (like increasing muscle mass, helping with recovery, and enhancing performance) or negative (side adverse effects caused due to supplements being mixed with medications you may be on like). Thus, it's essential to pick your supplements with care.

To help you, we've gathered some tips from experts, such as the U.S. Food & Drug Administration and the National Center for Complementary and Integrative Health.

1. Research with reliable sources. For details about nutritional supplements, search engines may not be the best choice. To find out more about the supplements you're interested in, search engines should not be used to search for general terms. Instead, look at websites that are reputable. If you stumble upon a site that offers great information, make sure to confirm the authenticity of the person who is running it. Is it the government, a university or an organization recognized by supplement manufacturers? The site's purpose is to educate the public or sell products. Look at the references to determine if the information is backed up by legitimate studies and check the date to see whether it's up-to-date.
2. Check the label. You should check the labels to determine if there are any ingredients. Make sure you understand all information. Consult your physician. Make sure the label contains the proper dosage. While there may not be any warnings on the label, this doesn't mean the product is not safe. If in doubt, you can contact the manufacturer with specific questions.
3. Be aware of the risk factors. Before you start taking any supplement ensure that you speak with your physician if you're nursing or pregnant, or have a chronic health condition like hypertension or diabetes. Discuss with your doctor if you are currently on medication or adhering to a specific diet. This will enable you to find out if supplements will interact with any medicines you're currently taking. Supplements may cause heart problems or other serious side effects in patients undergoing surgery. If you are currently taking [CarnoSyn](#) supplements, tell your doctor. It is possible that you'll be asked to stop the supplements a few weeks before your surgery.

4. Find third-party certifications. Supplements aren't subject to the same regulations as medications are, so check if third-party bodies have granted the products their approval. Michelle Vodrazka, a certified nutritionist offers NFS International, Australia's Therapeutic Goods Association and Consumer Labs as some of the trusted organisations.

5. Be natural, but be cautious. Beware of products containing artificial colorings, added sugars and flavorings. Natural ingredients might appear to be more secure, but they could be misleading. According to FDA Natural ingredients are not always clearly identified and are sometimes used in ambiguous phrases. Natural ingredients may interact with medication so talk with your physician.

6. Keep an eye out for recalls on products. It can take time for products that are being recalled to be removed from shelves. Do your research and make sure the supplements you are interested in haven't been classified as risky.

As with everything else that are true, if you think something is too good to be true, it probably is. While the headlines regarding the latest health trend may be impressive however, they aren't always telling the whole story. All it boils down to being a knowledgeable consumer when it comes down to choosing supplements for sports [nutrition](#).