

WANING SUPPS

Is the popularity of dietary supplements decreasing?

There is no doubt that nutritional supplements are popular among athletes. We have written extensively about supplements in *JOPP*, and the current issue is no exception. From young people seeking out supplements to gain an edge (see [DOPING DISPOSITIONS](#)) to athletes buying packets of pills that are supposed to magically enhance performance ([PAKS FOR PERFORMANCE?](#)), it seems that supplements are a mainstay in athletic nutrition. This is not surprising: a small change in your performance can make the difference between winning and losing, so athletes will seek out anything legal (and sometimes illegal) that can give them that advantage. Although there is little scientific evidence to support the effectiveness of most supplements, manufacturers take advantage of the athlete's desire for an edge by always coming out with the "latest and greatest" supplement. Even tried-and-true supplements like creatine are marketed in new "versions" that are supposed to be more powerful than the original. Certainly, the supplement industry is here to stay. Or is it?

Power Key: supplement, ergogenic aid, vitamin, mineral, nutrition



Elite athletes seem to be using fewer supplements. What a positive trend for sport!

Original Research

Heikkinen, A., et al. Use of dietary supplements in Olympic athletes is decreasing: A follow-up study between 2002 and 2009. *Journal of the International Society of Sports Nutrition* 8:1, 2011.