



## USE OF ATHLETE SUPPLEMENTS: A CASE STUDY BY NURSES, PHARMACY AND NUTRITION TECHNICIAN

Waleed Muteb Suayqir Almutairi<sup>1\*</sup>, Abdul Majeed Abdullah Mazal Al-Harbi<sup>2</sup>,  
Jeza Mahdi Zaiyed Alotaibi<sup>3</sup>, Garibah Sanhat Jahez Alotaibi<sup>4</sup>, Meshari Nahi Almotiri<sup>5</sup>,  
Faisal Nasser Zaben Alotaibi<sup>6</sup>, Sultan Qatnan Aidh Alnefaie<sup>7</sup>, Fahd Khaled Khurais Al  
Murshedi<sup>8</sup>

**Abstract:** This study aimed to investigate the use of supplements among, including the types and brands of supplements and the ways and reasons for taking them. The sample is divided into three categories: elite, youth, and junior. The research method is a survey using a Google form which is distributed to all Athletes. The results showed that 200 Athletes used supplements, including 125 elite Athletes ,youth amateur boxers, and 20 junior Athletes. A total of 130 Athletes received supplements from coaches ,used only one type of supplement. The most widely used types of supplements are multivitamins and minerals. A total of 102 Athletes used supplements within 4-5 months before the competition. Athletes can feel good effects after using supplements. However, counseling about sports nutrition by doctors, nutritionists, Pharmacists and nurses needs to be done so that Athletes can choose the right supplements and be more careful in using these supplements .These findings can be a reference for coaches and athletes to determine the right supplements to regulate nutrition Better.

<sup>1\*</sup>Clinical Dietitian Afif Hospital, Saudi Arabia

<sup>2</sup>Clinical Dietitian Afif Hospital, Saudi Arabia

<sup>3</sup>Food Technician Afif Hospital, Saudi Arabia

<sup>4</sup>General Dietitian Dhurma Hospital, Saudi Arabia

<sup>5</sup>Pharmacy Technician Wathelan Hospital, Saudi Arabia

<sup>6</sup>Specialist Nurse Al-Muzahmiya Hospital, Saudi Arabia

<sup>7</sup>Specialist Nurse Al-Muzahmiya Hospital, Saudi Arabia

<sup>8</sup>Technician Nurse Afif Hospital, Saudi Arabia

**\*Corresponding Author:** Waleed Muteb Suayqir Almutairi

\*Clinical Dietitian Afif Hospital, Saudi

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## 1-Introduction

Athletes They aspire to good physical One of the important components for supporting ability is adequate and

balanced nutrition. Nutrition for Athletes also has benefits for maintaining fitness after training with high intensity accompanied by physical impact . Therefore, the Athletes can recover his physical condition to train the next day. Food is the best way to get many nutrients. But Athletes are sport that is limited by weight, so Athletes should not overeat it so that their weight can be included in the competition category. One of the effective ways for They aspire to Athletes to get adequate and balanced nutrition but still limited food intake is to use supplements. Supplements are defined as food categories that combine into a single unit consisting of several compositions of food ingredients including vitamins ,minerals, herbs and plant components, amino acids.

Several studies have proven that the use of supplements has benefits in helping improve the performance of

martial arts athletes. As in athletes, the use of supplements is common to improve performance Many athletes believe that just a normal diet will not be enough to help achieve and maintain maximum performance. Additionally, practicality can be the main factor for They aspire to Athletes to use supplements.

They aspire to Athletes level is divided into two, amateur level and professional level supplements of unknown type. Good and balanced nutrition will result in successful Athletes achievements at the amateur level, as well as the beginning for every boxer who wants to achieve a successful career at the professional level. Therefore, it is necessary to research the use of supplements for amateur Athletes. This study aimed to investigate the use of supplements among amateur Athletes including the types and brands of supplements and the ways and reasons for taking them In addition, in this study, the author will also provide advice to amateur Athletes to better regulate nutrition.

## 2-Material and Method

This type of research is a survey. In this case researchers want to know what types of supplements are consumed by amateur Athletes. Many Athletes feel benefits after consuming supplements according to the type, duration and frequency of supplement use. But there are some Athletes who are hesitant and do not feel the benefits of

using supplements even with a few Athletes. Athletes also understand a lot about the composition or ingredients in the supplement. But

the number of Athletes who are doubtful about the negative effects of using supplements is also quite large. Based on the survey ,there are Athletes who know about the dangers that arise when using supplements exceeding the prescribed dose Therefore, in the use of supplements for a long time ,Athletes for all three categories prefer to rethink using the same supplements, or change the type, or do not use supplements at all The use of supplements for elite category athletes is often found and proven to help improve performance According to the survey results, many elite Of the 200 Athletes who use supplements ,there are 177 male Athletes and 23 female Athletes. That is, the use of supplements by male Athletes is much greater than by female Athletes still think that the use of supplements can affect the menstrual cycle and the hormone estrogen.

Therefore, the use of multivitamin and mineral supplements is considered sufficient for the nutritional needs to improve and maintain fitness, lose and maintain weight. The types of supplements used by Athletes vary. The types of supplements that are most widely used by Athletes are multivitamins and minerals. They assume that multivitamins and minerals are supplements safe for long-term use, although there is little evidence regarding this. All Athletes in the junior category used multivitamin and mineral supplements. For 55 boxers of the youth category, 49 Athletes used this type of supplement. This proves that multivitamin and mineral supplements are considered appropriate to fulfill their nutrition. Athletes in all categories believe that they can feel good effects after using multivitamin and mineral supplements. This conforms to the research, where the use of supplements can increase endurance, while endurance is needed for all Athletes . In addition, the use of multivitamin and mineral supplements is also unconsumed every day but only when there is exercise or when necessary, so that the body does not store many vitamins and minerals in vain.

Other types of supplements used in addition to multivitamins and minerals for amateur boxers are fat burners, BCAAs (branched chain amino acids) , creatine, whey protein, and amino acids. The fat burns supplement (fat burner) is indeed the most frequently used by martial arts athletes for losing weight. However, , the number of Athletes who use fat burner supplements is not as many as Athletes who use multivitamin and mineral supplements. This is because some Athletes still use sauna jackets to lose weight during training and reduce the number of calories they eat.

According to survey results, the main reason Athletes use supplements is to improve and

maintain fitness, lose and maintain weight. For Athletes, physical fitness is an important component to improving their physical condition and achievement.

Without good physical fitness, Athletes cannot increase their speed, strength, agility, flexibility and power.

Good physical fitness also plays an important role in Athletes recovering their body. Physical contact sports have a high risk of injury, so supplements containing amino acids, protein, antioxidants, creatine and omega 3 can help speed up the recovery process from injury. In addition, Athletes is a sport that requires weight. Therefore, the weight needs to be adjusted to the class that will be competed and then it should be maintained until the match starts.

The use of supplements for Athletes athletes is essential to compete competitively. However, the risk of using supplements for the body will always exist if you are not careful in using them, so every Athletes should have nutrition knowledge. Based on survey data, Athletes from all three categories mostly understand the supplement's composition, but many Athletes also have doubts about the harmful effects of the supplement.

Therefore, counseling about supplements and nutrition is highly recommended so as not to always depend on supplements. The best way to manage nutrition is to consult a doctor or nutritionist or Pharmacist with the approval of a trainer. Athletes was the first step to starting his professional career. Before beginning a professional career, Athletes must find a suitable nutritional menu for themselves, and of course, the perception of nutrition for amateur Athletes will be different. If the use of supplements is not supervised, it is potentially positive to use doping and may harm the boxer's body. In addition, there is a need for counseling to increase boxers' knowledge about nutrition and weekly or monthly control books on the nutritional status of Athletes.

### 3-Conclusion

A survey of the use of supplements by Athletes in various categories (elite, youth, junior) was conducted. Elite Athletes mostly use supplements. Almost all elite Athletes use a type of multivitamin and mineral supplement, while some use other supplements. Athletes get these supplements from coaches, officials, administrators or KONI, training venues, and friends who use the same supplements. Although Athletes can feel good effects after taking supplements, which can improve, maintain fitness, lose and maintain weight, the use of supplements by Athletes needs to be under direct supervision from a doctor or nutritionist. Using more than one

type of supplement may be damaging to the Athletes body condition.

This research differs from other studies.

This study athletes in the use of supplements including types and brands of supplements, and the ways and reasons for taking them.

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