

## Sports Supplements

### Safety

- Hard to know if they are safe because long-term studies have not been done in teens and children.

### Creatine

- Some research shows that it can harm the kidneys with long term use
- Really should only be used by athletes over the age of 18
- Side effects include: weight gain, nausea, headaches, muscle cramping, and joint stiffness

### Amino Acids

- Claim to help build muscle, improve endurance, lower protein breakdown and reduce soreness from exercise. However, most studies do not show these benefits.
- Not enough long term studies to determine safety for kids.

### Protein

- Most of the time you can get enough protein through your diet
- However, they can help during times of:
  - Rapid growth
  - First starting to work out
  - Increasing the intensity of workouts
  - When recovering from injury
  - Being vegetarian or vegan
- Usually does not cause serious side effects. But in high doses can cause:
  - Thirst
  - Bloating
  - Diarrhea
  - Cramps
  - Poor appetite
  - Tiredness
- Long term studies have not been done. Safest to get protein from diet.

### Caffeine

- Should be avoided

We know how important it is to excel in sports that your child is passionate about. Talk to us about all your questions regarding sports supplementation! 😊