

ISSN EXERCISE & SPORT NUTRITION REVIEW: RESEARCH & RECOMMENDATIONS

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ABSTRACT

Sport nutrition is a constantly evolving field with literally thousands of research papers published annually. For this reason, keeping up to date with the literature is often difficult. This paper presents a well-referenced overview of the current state of the science related to how to optimize training through nutrition. More specifically, this article discusses: 1.) how to evaluate the scientific merit of nutritional supplements; 2.) general nutritional strategies to optimize performance and enhance recovery; and, 3.) our current understanding of the available science behind weight gain, weight loss, and performance enhancement supplements. Our hope is that ISSN members find this review useful in their daily practice and consultation with their clients. *Sports Nutrition Review Journal, 1(1):1-44, 2004.*

Key Words: sport nutrition, dietary supplements, ergogenic aids, weight gain, weight loss

INTRODUCTION

Sport nutrition professionals need to know how to evaluate the scientific merit of articles and advertisements about exercise and nutrition products so they can separate marketing hype from scientifically based training and nutritional practices. In order to help educate ISSN members about sport nutrition, we have updated a letter to the Editor (*PEP Online, 6(10), 2003*) which represents a compilation of Dr. Kreider's published work in this area for the Sport Nutrition Review Journal's inaugural issue. This paper provides an overview of: 1.) what

are ergogenic aids and dietary supplements; 2.) how dietary supplements are legally regulated; 3.) how to evaluate the scientific merit of nutritional supplements; 4.) general nutritional strategies to optimize performance and enhance recovery; and, 5.) an overview of our current understanding of the ergogenic value weight gain, weight loss, and performance enhancement supplements. We have also categorized nutritional supplements into apparently effective, possibly effective, too early to tell, and apparently ineffective as well as describes our general approach to educating athletes about sport nutrition. While some may not agree with all of our

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