

Supplements

Supplements are a massive topic that deserve more than a single page article. But here are some answers to your most burning questions:

1. Who should take supplements?
 - a. Supplements should be taken when they are doctor recommended. For example, if you take a blood test which shows you are low in iron, you should take a doctor recommended iron supplement.
 - b. Supplements can be taken when you are near your physiological capacity and you are looking for an extra boost. For example, if you have been weight lifting consistently for years and feel that you have hit a plateau, creatine supplementation may help you to break through that plateau.
 - c. Supplements may be necessary for individuals with restricted diets. This can include individual with food allergies, or individuals following paleo, vegetarian or vegan diets. Speak with a registered dietician to address your specific needs.
2. Are supplements safe?
 - a. The supplement industry is not regulated. This means that supplements may contain additional ingredients not listed on the label. It is also possible to overdose on many substances or to have drug interactions. Check out the [Canadian Centre for Ethics in Sport](#) for information on how to find safer supplements.
3. Are supplements effective?
 - a. Some supplements, such as caffeine or protein are well researched and have been shown to have performance enhancing effects. Other supplements make claims which have not yet been supported by science.
4. Which supplements do you recommend?
 - a. Check out this graphic for scientifically supported supplements. It is always recommended to get supplements from the source when possible, rather than in pill/powder form.

