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Title

Nutritional ergogenics to support athletic performance and recovery

Abstract

The main objective of this presentation is to give a clear definition of the term nutritional ergogenic and to identify which of them and in which ways they can promote and support athletic performance and recovery in different kind of sports and training sessions.

We will focus in 4 specific safe and efficient nutritional ergogenics which are the following:

- a. Creatine
- b. Caffeine
- c. B-Alanine
- d. Sodium Bicarbonate

For each one, we will provide data about their main ergogenic effect, the possible biological mechanisms that support this ergogenic effect, doses, loading protocols if necessary, suggested time of intake, possible toxicity and side effects.

Key references

"Educational intervention on water intake improves hydration status and enhances exercise performance in athletic youth" Scandinavian Journal of Medicine & Science in Sports

"Ad Libitum Fluid Intake does not prevent dehydration in sub-optimally hydrated young soccer players during a training session of a summer camp" Laboratory of Nutrition & Clinical Dietetics, Department of Nutrition and Dietetics, Harokopio University

Key messages

- a. Understanding of the term Nutritional Ergogenic
- b. They will be informed about the efficiency and safety of these ergogenics

c. Understanding of the mechanisms through which they can improve athletic performance and recovery after hard training period