

## SUPPLEMENTS

- The supplement market is saturated and there are so many to choose from!
- The majority of supplements are not effective but there are a few that can be particular useful which are summarise below.

SUPPLEMENT	WHAT IS IT	HOW TO USE IT & WHEN
Caffeine	Caffeine is a stimulant and can improve performance by 2-3%. Caffeine can reduce perception of pain and fatigue and increase distance covered. Note that it takes 30-40 min for caffeine to increase in the blood before it is effective unless you take caffeine gum.	<b>BEFORE AND DURING</b> Take 2-3 tablets of pro plus 30 min before kick-off. 150-200 mg is the dose that is effective. Chew caffeine gum (100 mg) at half time for 5 minutes
Energy gels	Carbohydrate gels can be useful as the carbohydrate provides energy and can help improve performance	<b>BEFORE KICK OFF OR HALF TIME</b> Take a gel just before kick-off and one can also be taken at half time.
Electrolyte Tablets and Powder	These tablets are low in carbohydrate but contain the electrolytes sodium, potassium and chloride which are lost in sweat. Electrolytes are lost in sweat and in hot and humid conditions these electrolytes should be consumed daily	<b>DURING AND FOR REHYDRATION</b> Dissolve one tablet in 500 mL Water and this can be consumed with the pre-match meal to hydrate before the match.
Recovery Drinks	Recovery drinks are a blend of carbohydrate and protein and these are an immediate source of recovery.	<b>AFTER ONLY</b> 1 sachet (or usually 2-3 scoops) with 500 mL Water. Should be cold to enhance taste and should be consumed
Isotonic Carbohydrate drinks	Isotonic drinks are usually 7-8% concentration as these are quickly absorbed. These drinks also contain electrolytes or electrolyte tablets can also be dissolved in these drinks. They provide energy to the muscle immediately	These drinks can be consumed an hour before kick-off and at half time. You shouldn't need these drinks for training
Protein powders	One serving of protein is usually between 20-25 g and as it is difficult to get protein from food all the time these can be convenient to increase protein content of the diet.	You can add a scoop or two in a smoothie (see recipes) or add to milk or water as a recovery drink
Vitamin D	Research shows that most athletes have insufficient levels of vitamin D, and these drop even lower in the winter months. It is advisable that from September to April you take a Vitamin D supplement. Vitamin D plays are role in recovery, power production, health and immunity.	Take 4000 IU per day during the winter months i.e. September to April
Multivitamins	Multivitamins contain around 100% of all the vitamins and minerals the body needs in one tablet.	If you eat a healthy diet that you do not need to take a multivitamin tablet. A multivitamin might be useful during periods of extensive travel or intense training but you should not need to take one every day if you eat a balanced diet.