

A Short Communication on Bodybuilding Supplements

Iraz Haspolat Kaya*

Izmir Chamber of Commerce Health and Education Foundation, Turkey

Introduction

Bodybuilding supplements are dietary supplements commonly employed by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the aim of facilitating a rise in lean body mass. The intent is to extend muscle, increase weight, improve athletic performance, and for a few sports, to simultaneously decrease percent body fat so on create better muscle definition. Among the foremost widely used are high protein drinks, pre-workout blends, branched-chain amino acids (BCAA), glutamine, arginine, essential fatty acids, creatine, HMB, whey protein, ZMA and weight loss products. Supplements are sold either as single ingredient preparations or within the sort of “stacks” – proprietary blends of varied supplements marketed as offering synergistic advantages [1]. While many bodybuilding supplements also are consumed by the overall public the frequency of use will differ when used specifically by bodybuilders. One meta-analysis concluded that – for athletes participating in resistance exercise training and consuming protein supplements for a mean of 13 weeks – total protein intake up to 1.6 g/kg of weight per day would end in a rise in strength and fat-free mass, but that higher intakes wouldn't further contribute [2].

Prohormones

Prohormones are precursors to hormones and are most typically sold to bodybuilders as a precursor to the natural hormone testosterone. This conversion requires present enzymes within the body. Side effects aren't uncommon, as prohormones also can convert further into DHT and estrogen. To affect this, many supplements even have aromatase inhibitors and DHT blockers like chrysin and 4-androstene-3, 6, 17-trione. So far most prohormone products haven't been thoroughly studied, and therefore the health effects of prolonged use are unknown. Although initially available over the counter, their purchase was made illegal without a prescription within the US in 2004, and that they hold similar status in many other countries. They continue to be legal, however, within the UK and therefore the wider European Union. Their use is prohibited by most sporting bodies [3].

Creatine

Creatine is an organic acid present within the body that supplies energy to muscle cells for brief bursts of energy (as required in lifting weights) via phosphocreatine replenishment of ATP. Variety of scientific

studies has shown that creatine can improve strength, energy, muscle mass, and recovery times. Additionally, recent studies have also shown that creatine improves brain function. And reduces mental fatigue Controversy.

Mislabeling and adulteration [4]. While many of the claims are supported scientifically-based physiological or biochemical processes, their use in bodybuilding parlance is usually heavily colored by bodybuilding lore and industry marketing and, as such, may deviate considerably from traditional scientific usages of the terms. Additionally, ingredients listed are found sometimes to vary from the contents. In 2015, Consumer Reports reported unsafe levels of arsenic, cadmium, lead and mercury in several of the protein powders that were tested [5].

In the US, the manufacturers of dietary supplements don't have to provide the Food and Drug Administration with evidence of product safety before marketing. As a result, the incidence of products adulterated with illegal ingredients has continued to rise. In 2013, one-third of the supplements tested were adulterated with unlisted steroids. More recently, the prevalence of designer steroids with unknown safety and pharmacological effects has increased. In 2015, a CBC investigative report found that protein spiking (i.e., the addition of amino-acid filler to control analysis) wasn't uncommon; however, many of the businesses involved challenged these claims [6].

References

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*Corresponding author: Iraz Haspolat Kaya, Izmir Chamber of Commerce Health and Education Foundation, Turkey, Tel: 904445946; E-mail: haspolatiraz@gmail.com

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