Making Nutrition a Development Priority in Africa
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* Corresponding author info:
In recent years, sports nutrition has become a major part of the athlete’s lifestyle. Even if this field is well considered. A field that has become a major part of the athlete’s lifestyle. Even if this field is well considered.
deficient in Algeria, countries, the situation
The aim of this study in Algeria was to investigate the prevalence of the use of sports supplements among recreational and professional athletes, the health risks associated with this consumption as well as their knowledge and attitudes towards sports supplements.
Methods

A cross-sectional survey carried out in western Algeria is a...
completed a validated questionnaire on socio-demographical parameters, sports supplementation practices...
Results

Of the sample, 100% reported having used at least one type of sports supplement.

Predominantly gainers (25%), whey protein (20%) and BCAA (20%). The main motivation for this consumption was...
knowledge and risk perception of supplement use

The prevalence of using prohibited substances (doping) was (11%). Internet was the primary source of information regarding supplementation and the main finding was a gap in knowledge and risk perception of supplement use.
Data reported by this study represent a serious concern about the...
their behavior toward the use of sports supplements.
Sports nutrition represents the integration and application of scientifically-based nutrition and exercise. Besides the implementation of sports nutrition and training strategies, physiology principles that support and enhance physical activity, athletic performance, and recovery. Besides the implementation of sports nutrition and training strategies, athletes seek some ergogenic aid, an external influence, which may just be the key impetus for victory.
Nutritional supplements can be grouped into dietary supplements, ergogenic aids and sports foods and the ones intended for the improvement of athletic performance and faster recovery are known as sports supplements [...].
A large number of recreational and elite athletes use nutritional supplements. This overemphasis of NS use, as endorsed by...
internet and social media, along with the efforts of nutritional supplement companies to sponsor remarkable athletes. ["w:t"
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<p>have aided at increasing the use of these products worldwide. In 2017, global</p>
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Although the use of supplements varies across different sports, its usage is generally higher in men than in women and increases with age [1]. In addition, the athletes involved in short sprint-based activities typically consume less dietary supplements than athletes competing in endurance-based activities [1].
system enhancement, and recovery from training and injury are some of the known reasons why athletes use supplements. According to the literature, performance enhancement, prevention of nutritional deficiencies, better physical appearance, immune system enhancement, and recovery from training and injury are some of the known reasons why athletes use supplements. Prevalence data differ between studies, and a possible explanation can be found in variable sample size, age, category and different level of competition among athletes. According to the literature, performance enhancement, prevention of nutritional deficiencies, better physical appearance, immune system enhancement, and recovery from training and injury are some of the known reasons why athletes use supplements. Prevalence data differ between studies, and a possible explanation can be found in variable sample size, age, category and different level of competition among athletes. According to the literature, performance enhancement, prevention of nutritional deficiencies, better physical appearance, immune system enhancement, and recovery from training and injury are some of the known reasons why athletes use supplements. Prevalence data differ between studies, and a possible explanation can be found in variable sample size, age, category and different level of competition among athletes. Overall, the prevalence of supplement consumption ranges from approximately 29 to 100%. The consumption of sports supplements has rapidly increased over the last decade and the rate of new products available...
However, sports nutritionists or scientists are rarely the main source of information to plan a supplementation program.
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The presence of harmful substances, or even the presence of doping agents, may lead athletes to an excessive and/or incorrect use of dietary supplements along with possible adverse interactions due to polypharmacy. In addition, there are significant risks associated with the use of supplements, such as the absence of active ingredients, the presence of harmful substances, or even the presence of doping agents.
In Algeria, this practice has become increasingly popular with rates of contamination between 12 and 58%.
Moreover, due to the lack of regulation of the nutritional supplement industry, an abundance of supplement products of dubious purposes and non-professional athletes prevalent not only among athletes but among those who practice physical activity for recreational purposes and non-professional athletes.

Moreover, due to the lack of regulation of the nutritional supplement industry, an abundance of supplement products of dubious value, content, and quality are now available in the market.
Unfortunately, sports supplements can represent a health risk for consumers.
Given that has analyzed the consumption of sports supplements in Algeria, the aim of this study was to lack of research. 
to investigate the pattern of nutritional supplement use, supplement-related knowledge, attitudes and practices among Algerian athletes. Furthermore, we aimed to identify sources of information regarding supplements and their effects among the study participants. The results from this study are intended to help reduce the risk associated with the incorrect or abusive use of dietary and nutritional supplementation through better informed the athletes.
SUBJECTS

Study design and subjects

The participants
this cross-sectional study were sport athletes (n = 200, 10 females) from 12 different sport

centers and 8 retail stores (sport nutrition stores) located in three western Algerian cities: Oran, Sidi-Bel-Abbes

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who participate in "competitive physical activities" or sports/games that require physical strength, agility, or stamina.\textsuperscript{\textdagger}

The sample was made up of competitive athletes\textsuperscript{\textdagger} and was defined as individual.\textsuperscript{\textdagger} who participate in “competitive physical activities” or sports/games that require physical strength, agility, or stamina.\textsuperscript{\textdagger}
However, recreational athletes represent individual athletes who...
availability and accessibility after contacting sports clubs and coaches.

Athletes were randomly selected using the convenience sampling technique. i.e., the participant athletes were selected based on availability and accessibility after contacting sports clubs and coaches. 

The sample design used was defined according to the calculation of the sample size to a proportion, considering a value of 50% for the proportion (p = 50%) for the athletes to submit to nutritional supplementation, with a variation of 7% (v = 7%) and 95% confidence level with a 5% margin of error (alpha = 5%). Thus, a total of 196 interviews was determined as necessary. Also...
For the purpose of th

January 10, 2019 to March 10, 2019.

considering 5% of loss and rejection, 206 questionnaires were distributed over a period of three months.
study, it is important to note that elite athletes we investigated were not supported and/or sponsored by companies related to NS manufacturing and/or distribution.

Variables and testing
After a review of the literature, a questionnaire was self-constructed by the authors then reviewed and validated by experts from the epidemiology department of Sidi-Bel-Abbes university hospital center. It was then pilot tested to ensure and determine clarity.

The anonymous self-administered questionnaire consisted of 20 questions, divided into four main parts:
Demographic and personal information of the study participants such as age, gender, educational background, smoking status, health condition, sport type.

Athlete’s nutritional and dietary supplementation, including categories of supplements used, frequency and timing of consumption, personal beliefs and motivations for use, possible prohibited substances use, procurement and the sources of sports nutrition information.

Impact of this consumption on health (adverse effects, impact on the performances, satisfaction with the results).
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Socio-demographic characteristics of respondents
Gender
...
Bodybuilding + Athletics
Athletics

Football

Cross-Fit

Twentieth Century
Bodybuilding + Power-Lifting
Healthy

Twentieth

Century

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Before workout

During workout
After workout

Morning
Frequency of use

n (n = 200)
Training days only
In the Twentieth Century
a blend of ingredients such as caffeine, creatine, beta-alanine, amino acids, and nitric oxide agents)
herbal or homeopathic supplements such as echinacea, garlic, P
including branched-chain amino acids (BCAA), fat burners, carnitine, arginine, fish oils (omega 3,6) and herbal or homeopathic supplements such as echinacea, garlic, protein, carbohydrate and protein mix or gainer, amino acids including branched-chain amino acids (BCAA), fat burners, carnitine, arginine, fish oils (omega 3,6) and herbal or homeopathic supplements such as echinacea, garlic, protein, carbohydrate and protein mix or gainer, amino acids

and ginseng

and and ginseng
...to perform the study was obtained from the scientific board of the Faculty of Medicine, University Sid...
Data were processed using Microsoft Excel 2010 software, analyzed using IBM©SPSS© Statistics; version 25, and expressed as, consent prior to the study. Statistical analyses...

Data were processed using Microsoft Excel 2010 software, analyzed using IBM©SPSS© Statistics; version 25, and expressed as, frequencies, percentiles in tables and charts. A p<0.05
value < 0.05 was considered statistically significant.
Sport supplements used by athletes

Figure 1

Caption
Motivations for supplement use
A total of 200 respondents completed the questionnaire, (190 males and 10 females). The most dominant age group

RESULTS

Demographics

ListParagraph

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Regarding socioeconomic status, almost (60%) of the participants had attained tertiary education. Was the 21–30 years of age group. Approximately three quarters (73%) were not smokers.
Nutritional and dietary supplementation summarized and coagulopathy. Participant characteristics are in (Table 1).
All of the subjects (100%) were taking at least one sports supplement.

Prevalence of use
Motivations and patterns of use

The sports

supplements used

athletes
Fig presented the current study.
In sum, gainers were most commonly used (25%), followed by whey protein (20%), branched chain amino acids (BCAA) (20%), glutamine (11%), creatine (11%), vitamins (6%), fat.

Burners (3%), arginine (2%) and pre-workout (2%). In terms of frequency.

53% of respondents used supplements only during training days, and (47%) daily. T
internet websites (1%) as shown in (Fig. 3). US brands were the most desired brands, Optimum Nutrition main sources of obtaining their supplement needs, following by respectively sport centers (7%), an intermediary abroad (5.5%), and

muscle mass (59%), improve performance (25%), fat burning (15 %) and finally, replace nutrients (2%) as shown in Fig. 2. The majority of athletes reported retail stores (70%) as the

are

presented in table 2. The most frequently mentioned reasons for supplements consumption were to increase muscle mass (59%), improve performance (25%), fat.
(12%) and (10%) were the three most appreciated (Figure 4)
shown in (Fig. 5) Twenty two respondents (11%) using supplements declared that they had consumed prohibited substances. Among those who had contravened sports doping regulations (8%) were professional bodybuilders. The data of banned substances consumed are shown in (Fig.5).
However, approximately 62 athletes (31%) reported adverse effects from supplement use. As shown in (Fig.6) (28.6%) experienced gastrointestinal disorders (such as diarrhea, constipation, flatulence).

Most users (97.5%) felt that they benefited from supplementation and reported a positive effect on actual sports performance. However, approximately 62 athletes (31%) reported adverse effects from supplement use. As shown in (Fig.6) (28.6%) experienced gastrointestinal disorders (such as diarrhea, constipation, flatulence).
and nausea), (21.4%) skin disorders, (19.1%) neuropsychiatric alterations, (16.7%) cardiovascular disorders, more than (8%) hormonal disturbances and approximately (6%) kidney dysfunctions. Among those who experienced adverse effects (78%) decided to stop the supplementation which led to a health condition improvement in almost all cases (93.5%). Table 3 presented the occurrence rate of adverse effects and remission rates after stopping consumption.
Sources of nutritional supplements
Brands of Sports supplements used by athletes
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consumed or his safety, most (61%) were unaware that supplements can adversely affect health and believed there were no risks
of supplements users' self-reported no knowledge about the product they consumed or his safety, most (61%) were unaware that supplements can adversely affect health and believed there were no risks (health or otherwise) associated with any supplements ingested, (39 %) of the studied individuals considered
themselves knowledgeable about sport nutrition issues although they seem to examine the reliability of

information on the internet as mentioned in (Table 4)
Adverse effects experienced by supplement users
Occurrence rate of adverse effects and remission rate after stopping consumption.
Consumer shut down
Supplement knowledge
Source of information
To the best of our knowledge, this is the first study from Algeria on the practices of sports supplements use in recreational and elite sport. There were several important findings in this descriptive survey.

On one hand, the totality of athletes (100%) used SS...
The prevalence of supplement use observed in the present study is in agreement with the studies.

Similar prevalence can be observed in Danish female (100%).

Pointed out high

Supplement consumption among athletes [1].

On the other hand.

Similar prevalence can be observed in Danish female (100%).
and male (94.4%) fitness customers, as well as female (92.6%) and male (85.3%) elite athletes. 

On the contrary, 

et al.
the variation in the prevalence of dietary consumption among the different studies. Several factors rate of sports supplements differs between studies, and a possible explanation can be found in variable sample size, age category and Giannopoulou et al reported that only 37% of various performance levels athletes consume supplements. The overall prevalence [REFERENCES] reported that only (47.3%) of Brazilian athletes use sports supplements.
demands of sports training and competition and because of supplement market growth and aggressive advertising use (DSU) in modern sports. Most likely, the DSU has become more prevalent because of an increase in the psychophysiological 

the increase dietary supplement

take (DSU) in modern sports. Most likely, the DSU has become more prevalent because of an increase in the psychophysiological demands of sports training and competition and because of supplement market growth and aggressive advertising.

Such aggressive marketing is especially oriented toward athletes who seek every legal edge to improve their performance.
consumption in this study, consistent with the findings of of the sample was composed of young adult athletes, which may have influenced the prevalence of
that found. Higher prevalence of consumption of dietary supplement in this age factor.

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 study. This was consistent with findings from earlier studies. Mass gainers, whey protein...
and amino acid supplements could be a direct reflection of their motivations for supplement use: increased
motivation for increased muscle mass (59%) and improved performance (25%). These data corroborate...
we found that whey protein was one of the most commonly consumed supplement, in agreement with the findings reported by Wiens et al. (2017).
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In addition, the intake of post-exercise protein stimulates the synthesis of myofibrillar protein and a positive nitrogen balance.
another type of protein, such as soya, for this positive effect [46], but only the [18]. Thus, whey protein is more effective than [46].
In the last few years, many studies have agreed that post-
workout supplementation performed by (47%) of this study athletes is vital to recovery and training adaptations. According to the International Society of Sports Nutrition:
when carbohydrate intake is not optimal and can improve muscle damage responses after exhaustive exercise [18]. Moreover, combining carbohydrate with protein can heighten glycogen synthesis rates, particularly when carbohydrate intake is not optimal and can improve muscle damage responses after [18].

been a popular strategy to heighten adaptations seen as part of a resistance training program. The rational behind this strategy centers upon providing an energy source to stimulate muscle protein synthesis (MPS) via key signal transduction pathways. Additionally, carbohydrate intake will impact insulin status which could promote MPS, limit protein breakdown or both. Furthermore, combining carbohydrate with protein can heighten glycogen synthesis rates, particularly when carbohydrate intake is not optimal and can improve muscle damage responses after [18].
such supplements has been increased to enhance athletic performance. Young athletes, especially elite and competitive, are the main target market for such supplements.
study showed that 22 athletes (of whom 8 were competitive level bodybuilders) used banned substances.
... who found that the statements of doping cases of Algerian student from sport’s high school are (16.4%)
substances and the most consumed substances were banned substances. A study showed that (83.3%) of the bodybuilders declared that they had consumed or would consume banned substances and the most consumed substances and the most consumed anabolic steroids (72.9%) besides that, recent study showed that (83.3%) of the bodybuilders declared that they had consumed or would consume banned substances and the most consumed substances and the most consumed substances were banned substances.
It should be mentioned that, supplements are not risk-free.
among the different possible negative effects associated with the use of SS are: positive, voluntary or involuntary, in a doping test, sports performance impairment and/or adverse health effects.

Thus, it is known that SS can contain harmful and doping substances.

Thus, it is to know that SS can contain harmful and doping substances.

Thus, it is such as:
stimulants, estrogenic compounds, diuretics

and anabolic agents, including anabolic and androgenic steroids, design steroids and prohormones
The presence of heavy metals such as mercury has also been reported in whey protein supplements.
The data gathered in a study carried out by Geller...
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be harmful to athletes’ health or affect their performance in the short, medium, or long term. On the other hand, the concomitant use of several supplements may lead to drug-nutrient or nutrient-nutrient interactions, and thus can be harmful to athletes’ health or affect their performance in the short, medium, or long term.
The purchase of supplements in physical stores was listed as the main preference for athletes (76%) in this survey. SS consumers experienced different side effects, which may explain why 30% of this survey preferred online purchases. The investigation concluded that athletes preferred physical stores for their supplements.
This might be justified by a possibly increased safety perception by athletes when

- purchasing supplements directly

- the vendor when compared to

- online (1%)

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However, research on this topic is scarce and the justification of purchase preference merits further studies.

Moreover, SS are sold in many gyms and sports clubs displayed and made accessible, which is the second source of SS procurement of our.
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trainers, making consumption uncontrolled and occasionally, most gym members do not consult professionals before buying these products but rather other members or trainers, making consumption uncontrolled and injudicious.
Given the current supplementation and doping climate, it is alarming that the majority of athletes (61%) had no knowledge about their sports. The results of this study corroborate routine. The results of this study corroborate the study of Slater.
(more than 60% had little or limited knowledge about the subject)
Therefore, special efforts are required to increase the level of knowledge and awareness among both, 

benefits and risks of supplementation
main source of information on nutrition and SS issues. Namely, only properly educated athletes will be able to objectively evaluate information obtained from different informal sources (i.e., internet, food stores).
who hold a sports nutrition certification and thus can develop personalized dietary strategies that meet the needs of the athletes.

Therefore, our findings reinforce the importance of the presence of professional staff who hold a sports nutrition certification and thus can develop personalized dietary strategies that meet the needs of the athletes.

While considering efficacy aspects, the risk and benefits of these supplements to the...
cannot afford to have a qualified professional on their own or as part of their staff, respectively. In these cases, a consultant dietitian should be hired to train and educate coaches and athletes, without incurring costs associated with specialized technical staff.

This investigation presents some limitations that should be considered to improve the results’ applicability. The first one is related to the cross-sectional design with...
Despite these limitations, the authors believe that the article presents valuable information for the scientific community about patterns of sports supplementation consumption.
In conclusion, the results of this study demonstrate widespread use of sports supplements in recreational and professional Algerian athletes. Carbohydrates, whey proteins
and BCAA were the most consumed supplements, associated with increasing muscle mass and improving performances as a primary goal of consumption. This is mainly due to the high number of commercially-available dietary supplements that fulfill this definition exacerbated by the lack of regulation within the marketing and production of supplements. Furthermore, athletes seem to rely on inadequate sources of information when acquiring and using supplements, with a considerable proportion of athletes engaging in self-prescription and purchase without consulting an accredited professional. Additionally, a considerable proportion of athletes are unaware of the health risks that sports supplements may expose.
them to possible adverse effects. Urgent nutritional education and consulting should be made available to athletes and coaches, emphasizing the role of the nutritionist, sport scientists, and the acute and long-term side effects of incorrect plans of supplementation.

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Nutr.

- Exerc.

Sport

- Nutr.

- Exerc.

- Nutr.
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Sports supplements: use, knowledge, and risks for Algerian athletes


January - June (2020); 04(07): 231-9
Sports supplements: use, knowledge, and risks for Algerian athletes

et al.: S

alt reduction in bakery bread among Moroccan consumers
et al. use, knowledge, and risks for Algerian athletes.
et al.: Sports supplements use, knowledge, and risks for Algerian athletes
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