

CAN A DIET WITHOUT PILLS OR SUPPLEMENTS IMPROVE MY PERFORMANCE?

There are many supplements claiming to directly or indirectly enhance performance but only 5 have proven effective



CAFFEINE

Food = Supplement
Caffeine dose can be obtained with espresso



CREATINE

Food < Supplement
Normal food not rich enough



NITRATE

Food = Supplement
Nitrate dose can be obtained with beetroot juice



B-ALANINE

Food < Supplement
Normal food not rich enough



BICARBONATE

Food < Supplement
Water not rich enough



Athlete's nutrition plan should be underpinned by a "Food first policy"