



## FOOD SUPPLEMENTS AND STEROIDS IN SPORTS

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### ABSTRACT

*There is lot of Misconception among people about steroids and food supplements like whey protein multivitamins, weight gainers, etc. they think that both are same but in actual steroids are synthetic artificial harmful supplements where as Food supplements placed in a special food category and not considered drugs active adults and athletic may include supplements to help meet nutritional needs improve nutritional deficiencies, enhance athletic performance or achieve personal fitness goals. Where as Steroids have so many side effects like High B.P., Low B.P., Heart attack, Infertility, severe acne and cysts, deeper voice, cancer, jaundice etc.*

**KEYWORDS:** protein multivitamins, weight gainers, nutritional supplements, fatty acids.

### INTRODUCTION:

Food supplement are also called dietary or nutritional supplements and it delivers nutrients that may be consumed in sufficient quantities. Food supplements can be vitamins, minerals, aminoacids, fatty acids and other substances derived in the form of pills, capsules tablets liquids etc. supplement are available in range of doses, and in different combinations. However, only a certain amount of each nutrients is needed for our bodies to function, and higher amounts are not advisable.

Active adults and athletics may include supplements to help meet nutritional needs, performance or achieve personal fitness goals. Without a well designed nutritional plan in place, supplementation is said to be rarely effective.

### SUPPLEMENT REGULATION AND STANDARDS :-

Dietary supplements have been placed in a special food category and not considered drugs. Supplement aren't required to be submitted to the food and drug administrations (FDA) for regulation.

Sports supplement manufactures are allowed to make health claims with FDA approval as long as the product statements are true and based on scientific evidence.

unfortunately very few supplements claiming ergogenic benefits are supported by clinical Research. This leaves an active adult or athlete without a guarantee of safety, effectiveness, Potency or purity of supplements for dietary or ergogenic purpose.

Dietary supplements include vitamins, minerals, aminoacids, fats, botanical and extracts on concentrates from plants and foods. They are typically sold as capsules, tablets, liquids, powders or bars and required to be clearly labeled as dietary supplement.

Ergogenic aids includes substances, drugs or techniques used to enhance athletic performance. They can range form acceptable practices of carbohydrate loading to "illegal and unsafe approaches such as anabolic androgenic steroids use".

Supplements are marketed for health and exercise performance based on hypothetical applications gathered from preliminary research. The claims sound promising but often don't agree with clinical findings.

The international society of sports nutrition (ISSN) has provided a classification for supplements based on clinical research.

- \* The majority of supplements research studies show safe and effective- apparently effective.
- \* Initial supplement findings are good, but more research is required to examine the effects of training and athletic performance-possibly effective.
- \* Supplement theory makes sense but lacks sufficient research to support using it-Too early to tell
- \* Supplements lack sound scientific evidence and/or research has shown the supplement to be clearly ineffective and/or the safe -Apparently ineffective.

ISSN indicates the foundation of a good training program is a sound energy balanced, nutrientdense diet. If supplements only from one (apparently effective)

### **The Role of Dietary supplements for Athletic :-**

Dietary supplements can play an important role in an athletic Diet. However, they should be viewed as supplements to the Diet, not replacements for a good diet.

### **Who need food supplement :-**

Supplements are not a substitute for a balanced healthy diet or the diet that includes plenty of fruits, vegetables, whole grain, adequate proteins and healthy fats. A balanced diet should normally provide all the nutrients needed for good health aimed at the general public should focus on food based dietary guidelines. supplements do not feature in these guidelines but there are certain population groups or individual who needs advice about supplements, even when they eat a healthy balanced diet i.e. lactating women, age, individual on specific medication.

Nutrients, such as vitamins and minerals are best derived from food sources. However one might find it difficult to eat a balanced diet on regular basis. Food supplements are also called dietary supplements. It can help you get the nutrients you lack from your regular diet. However, they are not intended to replace healthy meals and snacks.

Food supplements support your diet when certain nutrients are absent. These supplement comes in tablets, capsules form as well as powders. Almost 40 percent of adults in the u.s. takes multivitamins the most common dietary supplements according to the National center for supplementary and integrative health. Other food supplements include meal replacement bars and shakes which are sometimes used for weight loss. Ensure that your daily nutritional needs are met through a healthy diet Supplements. If necessary may decrease the risk of chronic illness.

### **Steroids :-**

A steroid is a type of chemical substance found in your body. Steroids can be artificially introduced into the bodies of athletic to improve their strength.

In biochemistry any of a large group of fat soluble organic compounds containing a characteristic chemical ring system. The majority including the steroids, bile acids, many hormones and the D vitamins have important physiological action.

It is one of the different types of chemical substances that are produced in the body or an artificial form of a natural chemical substance that is used for treating particular medical condition or on it is a drug that increases the development of your muscles, sometimes taken illegally by people taking part in sports competition.

So, steroid is any of a large group of chemical substances produced in the body or in a plant or an artificial form of these substances used to treat various medical conditions or to illegally improve sports performance.

**Types of steroids :-**

There are three different types of steroids that are used in medicine: corticosteroids, estrogens and progestogens and androgens. Each specific type is generally used for slightly different purpose including increasing growth in a particular part of the body on curing certain conditions.

**How Steroids are used :-**

Anabolic steroids are used to build up muscles corticosteroid are used to dampen over active immune responses and reduce swelling. The anabolic steroids abused by athletes are synthetic version of testosterone, a male hormone. Both men and women naturally produce testosterone.

- Commonly used steroids

- Androstenedions (Andro) - It is a designer steroid often mention with athletes. In 2004 U.S. Sustenance and medication organization prohibited because of increment in genuine wellbeing dangers to those utilizing this substance. Andro is an enhancement produced using a normally happening steroid hormone.

**Primobolan (Methenolone) :-**

It is been prevalent steroid among athletic on the grounds that it manufactures quality without muscle mass and without a considerable lot of the negative symptoms of different steroids.

**Tetrahydrogestrinone (THG) :-**

THG is another fashioner steroid that has a comparable substance structure to the prohibited steroids. FDA restricted the offer of THG in 2003 saying it was anything but an enhancement yet an unapproved medicate.

**Clenbuterol (clen) :-**

Clen preferred anabolic steroids it can expand fit bulk, however it additionally has possibly genuine symptoms.

**DHEA :-**

DHEA (Dehydroepiandrosterone) is a characteristic steroid prohormone that is created by the adrenal organs. The body then converts DHEA to male and female sex hormone (estrogen and testosterone)

**Other Banned steroids :-**

The world anti-doping agency (WADA) maintain an extensive list of all banned performance-enhancing substances. Some include the following :

**Oral steroid :-**

Anadrol (Oxymetholone)  
Oxandrin (Oxandrolone)  
Dianabol (Methandrostenolone)  
Winstrol (Stanozolol)

**Injectible steroids :-**

Deca-durabolin (Nandrolone Decanoate)  
Durabolin (Nandrolone Phenpropionate)  
Depo -Testosterone (Testosterone cypionate)  
Equipoise (Boldenone Undecylenate)

**Why Athletes take them :-**

The wide spread use of anabolic steroids among athletic is in the hopes of improving performance.

**How Athletes are taken :-**

Steroids are taken in either pills frame or infusions. The most well-known dosing is done in cycles of weeks or months, with a short brake between. This is called 'cycling'. Stacking alludes to the utilization of a few unique kinds of steroids in the meantime. 'Pyramiding' includes gradually expanding the number, the sum or the recurrence or steroids to achieve a pinnacle and after that slowly decreasing the measure of recurrence of the medication.

Dosages taken by steroids abusers are regularly 10 to multiple times higher than the what might be medicinally endorsed for real utilize.

**Health Risks :-**

There are many health risks form the use and abuse of anabolic steroids including the following :

**Effect in Men :-**

- \* Infertility
- \* Breast Development
- \* Shrinking of the testicles
- \* Male pattern baldness
- \* Severe acne and cysts

**Effect in Women :-**

- \* Deeper voice
- \* Enlargement of the clitoris
- \* Excessive growth of body hair
- \* Male pattern baldness
- \* Severe acne and cyst

**Other Side Effects :-**

- \* delayed growth of adolescents
- \* Tendon rupture
- \* Increased LDL cholesterol
- \* Decreased HDL cholesterol
- \* High blood pressure
- \* Heart attack
- \* Enlargement of the heart's left ventricle
- \* Cancer
- \* Jaundice
- \* Fluid retention
- \* HIV/Aids
- \* Delusions

**Misconception about supplements and steroids :-**

There is a lot of misconception among people about supplements and steroids. People thought that food supplement is a synonym for steroids because we usually have the misconception that the powders which players use in gym, are all steroids and its better not to use them for good health.

Unfortunately protein powders have a very bad reputation in India, people think that these are not natural.

Most of the people fail to understand the difference between synthetics artificially made harmful supplements called steroids and naturally derived supplement called whey proteins. The general public parent, spouse and other people have huge misconception about these supplement. This is mainly because of lack of fitness education among the majority of population.

Among the general population, the word "supplement" is mostly always associated with steroid, but there is a lot of difference between supplement and steroids. So if you are taking food supplements along with your diet to fulfill the nutritional requirements then there will be no harm of keeping one thing in your mind "excess of everything is bad".

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