



# PRESENTER

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## INVITED PRESENTATION

### Supplement use in professional sport: Controversial or Conventional

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#### Abstract:

Supplement use in professional sport has been highlighted in the press and media in recent times for what has been deemed 'Controversial' practice. Peptide supplements have been the media focus following the release of the ACC Report on Organised Crime and Drugs in Sport. This then led to the revelations that athletes may be using other substances related to anti-obesity and anti-ageing. However, is it really that surprising given that supplement use is embedded in professional sport as athletes look to gain the 'competitive edge'? A more 'Conventional' approach to supplementation may be one that follows a therapeutic nutrition model, focusing on the provision of nutrients to maintain and/or restore optimal health and function. In this presentation Dr Bird will provide examples from professional sport and overview some of the lesser known nutritional supplements.

**Reference:** Bird, S.P. (2014, Nov 7-9). Supplement use in professional sport: Controversial or Conventional? Invited paper presented at the International Conference on Applied Strength and Conditioning, Melbourne, VIC Australia.