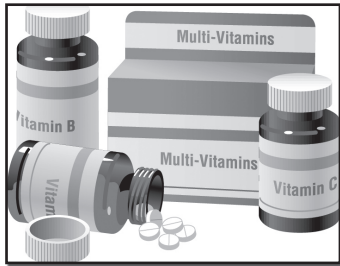


TRAINING TIP OF THE WEEK

DO I NEED A MULTIVITAMIN?

Many people take a multivitamin (MVI) as insurance to a poor diet and athletes often start them as a way to enhance their performance. Vitamin supplements can improve sport performance only in athletes who are vitamin deficient. Athletes who have normal stores of vitamins will not benefit from consuming additional vitamin supplements. Water-soluble vitamins are excreted through the urine when not used and the fat-soluble vitamins, A, D, E and K are stored in the



body and can become toxic at high levels. Often the analogy is made of vitamin use to the need for oil in an automobile. If a car does not have enough oil, engine function will be compromised, but putting in more oil than recommended won't make the engine run any better. Vitamin deficiencies among athletes are uncommon, even though physical activity increases the need for riboflavin, vitamin B-6, and vitamin C. The most common deficiencies are the B-complex vitamins (especially B-6 and folate) and the antioxidant vitamins C, E, and beta-carotene. Athletes most likely to

suffer vitamin deficiencies are those who restrict their food intake to maintain a low body weight or athletes who have too little time to select and/or eat well-balanced diets. To determine if you need a MVI, ask yourself these questions: Do I eat at least 2-3 servings from each food group most days of the week? Do I eat a variety of foods from day to day? Do I eat more than 1600 calories per day? If you answered yes to all 3 of these questions, then you most likely will not benefit from taking a MVI. If you aren't sure how many calories you consume or need a refresher on the food groups check out www.mypyramid.gov.

www.AthleticareSportsMed.com is a great resource for all your sports medicine questions



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