

Nutritional supplements use in physically active Italian adults: What do they use and how are they influenced?

Roberto Cannataro

University of Magna Graecia of Catanzaro, Italy

Nutritional Supplements (NS) are widely used by the athletic community despite lack of evidence to support claims related to performance enhancement. A thematic forum was used to gather data from Italian athletes over the age of 18 to determine NS use, source of NS information, and sex of the participant. Of the participants, 92.2% were male and 7.8% were female. Forty-one different supplements were reported and the most commonly reported source (42%) of NS information was the internet. The results of this study suggest that the Italian athlete community would benefit from education on NS from credible sources such as physicians, nutritionists or dietitians rather than other sources in order to guarantee that they are properly informed. This should result in athletes being more likely to only take NS that would most benefit their health and to help dispel faulty advertising claims.

Speaker Biography

Roberto Cannataro gets his first master degree in chemical engineer, spending 6 months in Wales and 1 month in Germany on stages on biochemical reactor and nutritional supplements; then he got bachelor degree in Nutritional Sciences and Food Technology; last he got master degree in Human Nutritional Sciences; at present he is student at the Medicine and Surgery Faculty of University of Magna Graecia of Catanzaro. He works as a nutritionist in 8 different towns in Italy. He is involved in several projects on nutritional supplements development and characterization. He is the director of MC on nutritional supplements and nutrition in the sport.

He is the Vice CEO of Spin-off Gala screen that works on epigenetic molecules, particularly miRNA linked to a nutritional regimen and sports performance.

e: r.cannataro@gmail.com



Notes: