



Pre-Workout Supplements and Adolescents

What is pre-workout?

- Supplement taken prior to exercise
- May contain a variety of ingredients including, but not limited to, caffeine, creatine, beta-alanine, amino acids, and nitric oxide agents
- Pre-work out is intended to enhance exercise and training performance in the short term

What are the adverse effects of pre-workout?

- Studies of pre-workout supplements have found that these supplements are relatively safe in adults in the short term, however long term data is lacking
- Adverse effects may include:
 - Lightheadedness
 - Dizziness
 - Nausea
 - Heart palpitations
 - Flushing or skin irritation
- There are reports of cardiac ischemia with the use of pre-workout products

How should you educate your children?

- A healthy diet, routine training, and rest should be the priority!
- Pre-workout products should not be consumed in combination with other caffeine sources
- It is important to pay attention to serving size and not consume more than the recommended amount
- Consuming pre-work out on non-training days is not recommended
- Pre-workout is not necessary to enhance muscle development or fat loss
- Ingredients in pre-workout are not regulated, and may contain substances that are banned for competitive athletes

Where can I find more information?

- Parents should discuss all supplements with their child's pediatrician

Resources

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