



SÖZLÜ BİLDİRİLER

[S-43]

Type and frequency of dietary supplement use by Iranian soccer players

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INTRODUCTION: The aim of this study was to determine the type and frequency of dietary supplements use among elite soccer players in 2011/12 season of Iran's Premier Football League.

MATERIALS-METHODS: This was a cross-sectional study. We randomly selected 13 teams from 18 teams in 2011/2012 season. All players of each team took part in our study. A total of 234 soccer players enrolled in the study. Data were collected in seven-point times using a questionnaire.

FINDINGS: All players consumed at least one single supplement. The most common used supplements among athletes were vitamins C and E. No significant association was found between position played and the type or frequency of supplements use by athletes ($p > 0.05$). There was no significant relationship between the ranks of teams at the end of season and types or frequency of dietary supplements consumed by players ($p > 0.05$).

CONCLUSION: Our findings indicate that the usage of dietary supplements among Iranian elite soccer players is prevalent. Future studies are required to reveal the

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