

WHAT KIND OF FOOD SUPPLEMENTS TO USE INSTEAD OF FORBIDDEN SUBSTANCES TO PRODUCE HIGH PERFORMANCE LEVEL IN TOP SPORT?

Professional paper

Abstract

The successful antidoping activity is a function not only of the regular doping control, but also the legal alternative, how to replace the forbidden substances with legal and effective supplements. The paper deals with application proposition of free amino acids, creatine and carnitine. If the athlete is involved in strength sport (e.g. sprint and throwing events in track and field, power lifting, body building, olympic lifting etc.), so the explosive and maximum strength is of primary importance, these are those legal preparates, they can help in performance improvement. The main reason is that using AAs, carnitine and creatine the anabolic and anticatabolic effect will enhance the protein biosynthesis, improve the aerob and anaerob capacity of the athletes, activate and stimulate the hormonal system and creating higher loadability because of the faster recovery.

Key words: amino acid, carnitine, creatine, doping, protein, strength training