

## Question 22 (continued)

- (b) Discuss the role of supplementation in meeting the dietary needs of athletes.

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Supplementation is where the body requires a ~~certain~~ certain amount of nutrients from an additional source because ~~there~~ ~~is~~ ~~a~~ ~~deficiency~~ there is a deficiency. Supplementation is used for a number of different reasons. A few reasons are: pregnant or lactating women who participate in sport. Pregnant women need extra nutrients for the child because of the energy lost through sport. Menstruating females may need a form of iron supplements during the participation of sport. Blood loss through menstruation can lead to less ability to transfer energy around the body. A rare or less likely supplement used by athletes is a salt tablet. Some sports where athletes compete in a strenuous outdoor sport may find that in sweat loss they are also losing valuable salts. This can lead to cramping or irreversible muscle damage if not treated early.

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