There are many supplements claiming to directly or indirectly enhance performance but only 5 have proven effective.

- **CAFFEINE**
  
  Food = Supplement
  
  Caffeine dose can be obtained with espresso

- **CREATINE**
  
  Food < Supplement
  
  Normal food not rich enough

- **NITRATE**
  
  Food = Supplement
  
  Nitrate dose can be obtained with beetroot juice

- **B-ALANINE**
  
  Food < Supplement
  
  Normal food not rich enough

- **BICARBONATE**
  
  Food < Supplement
  
  Water not rich enough

Athlete’s nutrition plan should be underpinned by a “Food first policy”.