



The Realization of Olympism through Taekwondo Education

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## Consumption of dietary supplements in Greek Taekwondo athletes

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**Purpose:** To investigate the consumption of dietary supplements (DS) in Greek Taekwondo (TKD) athletes.

**Basic procedures:** The sample consisted of 97 male (20.1±6.8 years, 1.73±0.13 m, 73.4±8 kg) and 57 female athletes (18.1±4.6 years, 1.67±0.09 m, 57.7±10.6 kg). 81.8% of them were training in TKD for at least five or more years. All athletes filled out a questionnaire about their dietary supplements consumption and responded to questions about the kinds of DS they were using, how often they used them and why, and who suggested to them to take DS. The signed test was used to determine differences between men and women in the use of dietary supplements.

**Main findings:** Sixty-one percent of the total sample used DS every day during the competition period. The most popular supplements among athletes were electrolytes (38.3%) and multivitamins (37.0%). More women (22.8%) than men (19.6%) used DS to lose weight ( $p<0.001$ ,  $ES=0.28$ ). More men (20.6%) than women (8.8%) favored protein ( $p=0.041$ ,  $ES=0.17$ ) as well as electrolytes (41.2% vs. 33.3%,  $p<0.001$ ,  $ES=0.24$ ). However, more women (42.1% vs. 34.0%) took multivitamins ( $p<0.001$ ,  $ES=0.38$ ). Women were more inclined to follow the advice by the coach (35.1% vs. 29.9%,  $p<0.001$ ,  $ES=0.35$ )

**Conclusions:** The results agree with those of other research on Greek athletes in various sports.

**Key words:** dietary supplements, Taekwondo