

AIS SPORTS SUPPLEMENT FRAMEWORK



PREBIOTIC

GROUP B

As a group B supplement, this supplement should only be used under the close supervision of your sports dietitian

Dietary and/or supplementary prebiotics are food or food components which include non-digestible and/or non-absorbed material that can be fermented by bacteria in the lower gastrointestinal tract and result in by-products that have been shown to have beneficial effects on the gut and digestive system. Increasing intake of prebiotics may reduce gastrointestinal symptoms associated with exercise.



Many every-day foods are rich sources of prebiotics



Range of supplemental products available

BENEFITS OF ENHANCING GUT HEALTH

> Beneficial effects of enhancing the range of gut microbiota may include:



REDUCED GUT SYMPTOMS
ESPECIALLY ASSOCIATED
WITH EXERCISE



COLON CANCER
PREVENTION



IMPROVED NUTRIENT
ABSORPTION

WHEN TO CONSIDER SUPPLEMENT USE?

- ☒ Increasing your daily intake of prebiotic-rich foods improves the microbiota content and health of the gut, which supports a range of health benefits.

HOW TO USE PREBIOTICS

- ☒ If you are going to do an endurance event in the heat, increasing your prebiotic intake through diet and / or a prebiotic supplement may reduce the gastrointestinal damage that may occur during the event.
- ☒ Consult with your sports dietitian regarding whether a prebiotic supplement would be useful in your circumstances

FOOD FIRST PHILOSOPHY

- > Generally increasing fruit, vegetable, wholegrains, pulses, and/or dairy options in every meal and snack will likely allow you to reach the minimal effective prebiotic dose.



Wholegrains



Fruits



Vegetables



Dairy



Legumes



CONCERNS & CONSIDERATIONS



Rapid increases in prebiotics and / or very high prebiotic intakes may result in some gut discomfort, wind or changes in bowel regularity. It is recommended that intakes be gradually increased over time.



Many prebiotics are high in FODMAPS. Athletes with FODMAP sensitivities should seek advice from their sports dietitian to guide manipulation of prebiotic content of their diet.



The health benefits of consuming more prebiotics is still being researched.



All supplements have a doping risk of some kind. Some supplements are riskier than others. Athletes should only use batch-tested supplements. The Sport Integrity Australia app provides a list of more than 400 batch-tested products. (www.sportintegrity.gov.au/what-we-do/supplements-sport).

While batch-tested products have the lowest risk of a product containing prohibited substances, they cannot offer you a guarantee. Before engaging in supplement use, you should refer to the specific supplement policies of your sport or institute and seek professional advice from an accredited sports dietitian (www.sportsdietitians.com.au). Athletes are reminded that they are responsible for all substances that enter their body under the 'strict liability' rules of the World Anti-Doping Code.