



AISSPORTS SUPPLEMENT PROGRAM FACT SHEET

Sports Gels

Supplement Overview

- Highly concentrated source of carbohydrate (65-70%) in easily consumed and quickly digested gel form.
- Substantially more concentrated in carbohydrate than sports drinks to provide a large fuel boost in a single serve.
- High cost alternative to other suitable foods and fluids, and should therefore, be used only in specific situations for which is it most suited, rather than as a general snack.

Supplement Profile

- Gels deliver a substantial carbohydrate serve in a compact and easily consumed form. They may provide a practical way to carry or consume carbohydrate in a number of sports or environments.
- Some brands of gels also contain other compounds such as medium chain triglycerides (MCT oils) and caffeine. Athletes should note that intake of large amounts of MCTs (e.g. >25 g) may lead to gastrointestinal problems.

Situations for Use in Sport

- Compact fuel source for endurance athletes during exercise lasting longer than 90 minutes, especially where it is impractical to carry large amounts of sports drinks (i.e. cyclists, triathletes).
- Compact fuel source for team sports athletes during breaks in play during extended training or competition sessions.
- Compact and portable source of carbohydrate for post-exercise recovery when regular foods are not tolerated by the athlete.
- Low-fibre and compact pre-event snack for athletes unable to tolerate regular foods and fluids.

Concerns Associated with Supplement Use

- Gastrointestinal intolerance may occur due to concentrated carbohydrate load.
- Sports gels should always be consumed with adequate fluid to meet hydration needs.
- Athletes should practice use of gels and assess tolerance during training sessions if they are intended for use during competition.
- May lead to over consumption and over-reliance on low-nutrient carbohydrate sources.
- Gels are an expensive alternative to regular food and fluid choices. This supplement should only be used for specific conditions for which it is suited, rather than as a general snack.
- Some gels contain other compounds such as medium chain triglycerides (MCT oils) and caffeine. Athletes should be aware that intake of large amounts of MCTs (e.g. >25 g) may lead to gastrointestinal problems.

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