

Description of Dietary Supplement Consumption Practices Among Athletes in the City of Oujda, Morocco

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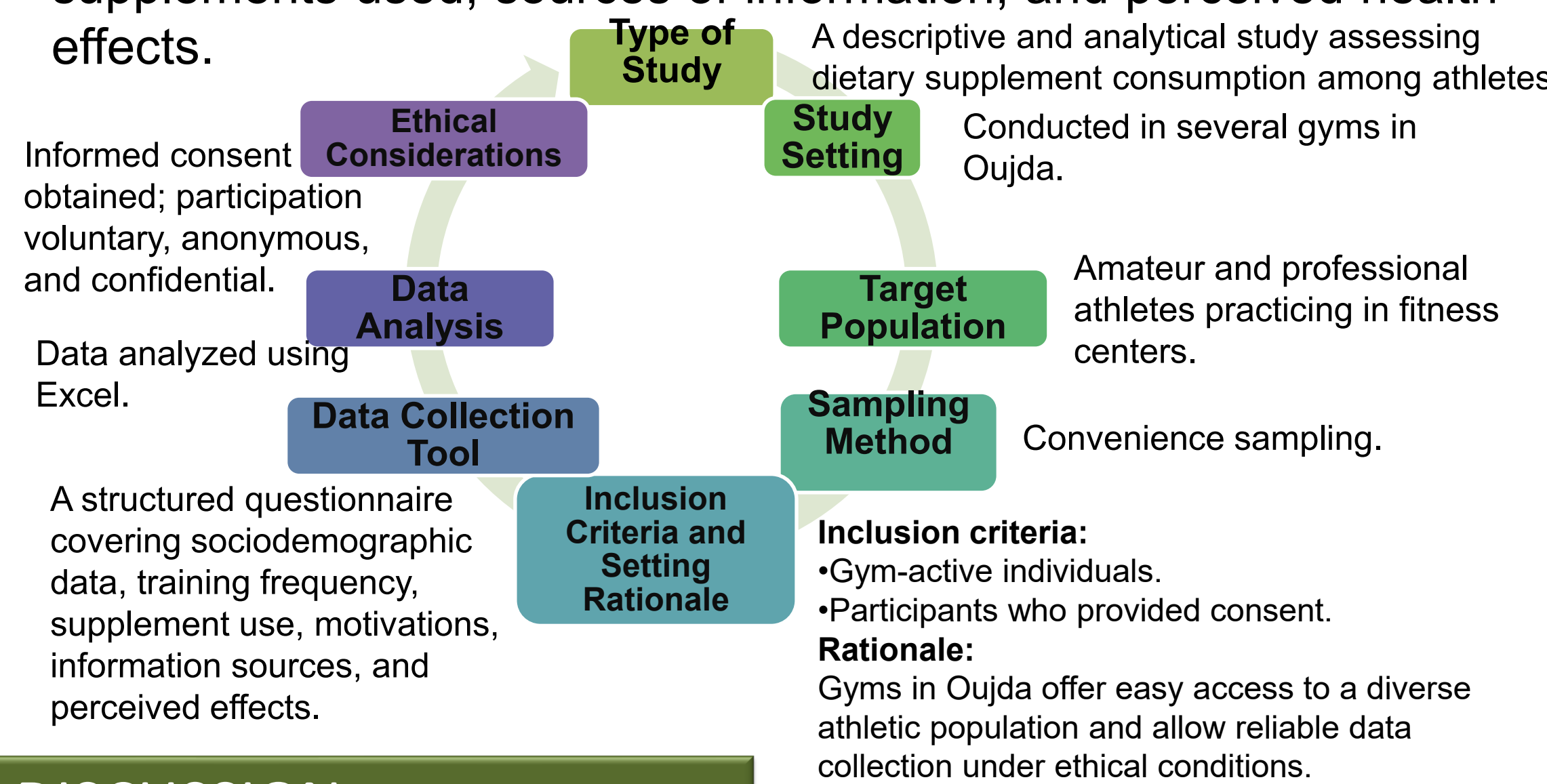
INTRODUCTION & AIM

The use of dietary supplements has been steadily increasing over the years, in parallel with the growth of their commercialization. This trend reflects a significant expansion of the supplement market, particularly among athletes who often seek enhanced physical performance and faster recovery.

In this context, the present study aims to describe the consumption practices of dietary supplements among athletes in the city of Oujda, Morocco. It is a descriptive cross-sectional study conducted in various gyms, involving 300 male and female participants of different age groups and athletic backgrounds.

METHOD

Data were collected using a structured questionnaire focusing on consumption frequency, underlying motivations, types of supplements used, sources of information, and perceived health effects.



RESULTS & DISCUSSION

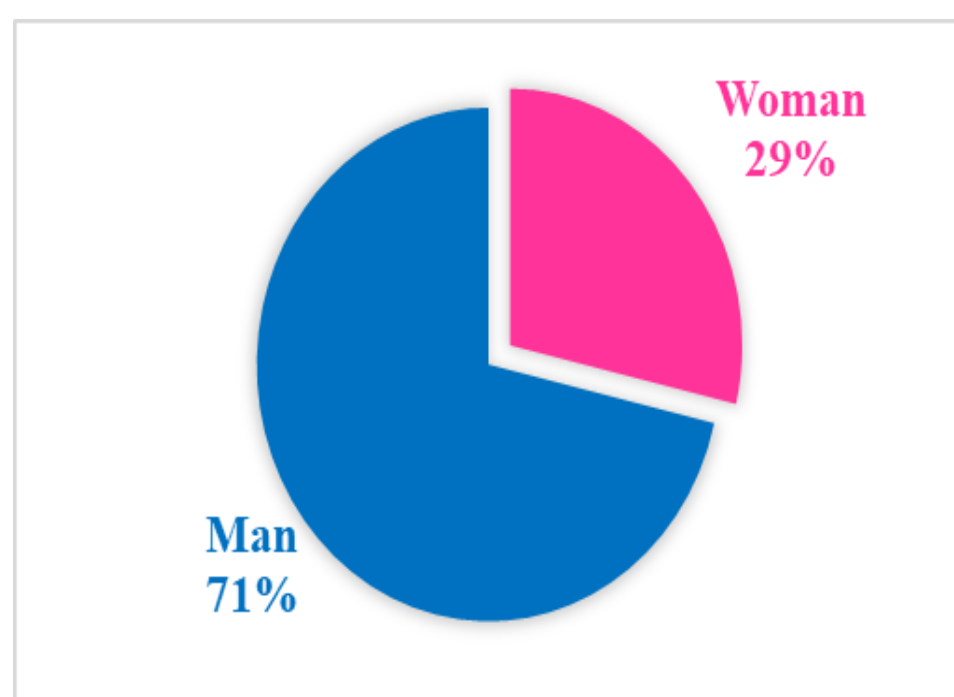


Figure 1: Distribution of the population by sex

The study involved 300 athletes, mostly men (71%), reflecting their higher involvement in intensive sports activities. The majority of participants were aged 20 to 40 years (64%), an age group particularly focused on physical performance and muscle recovery.

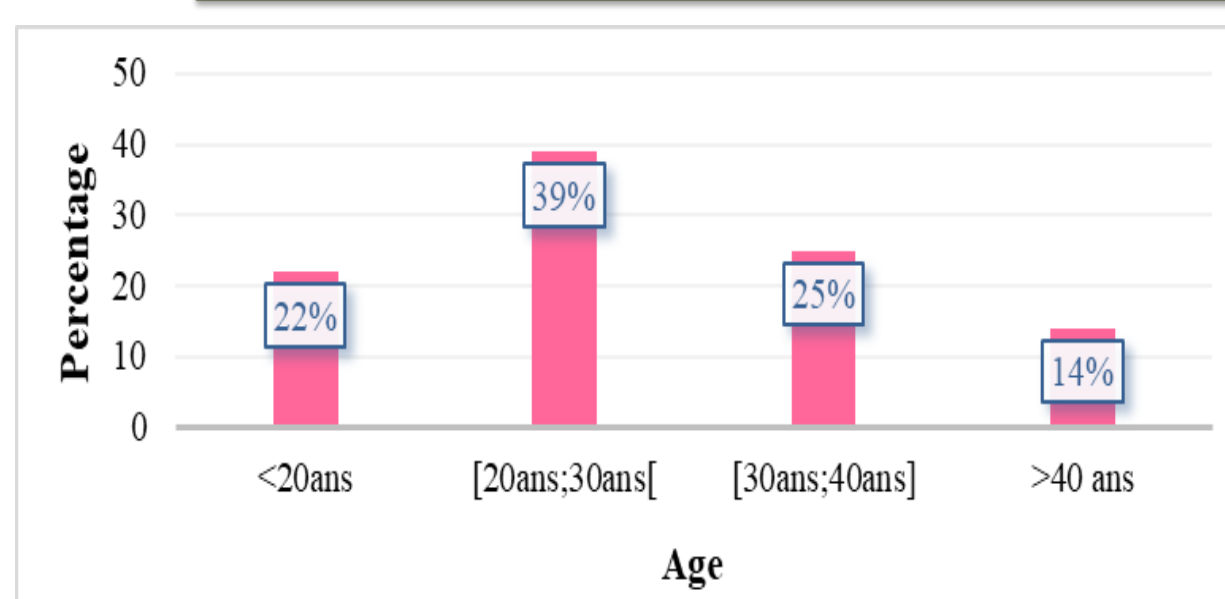


Figure 2: Age groups of the participants

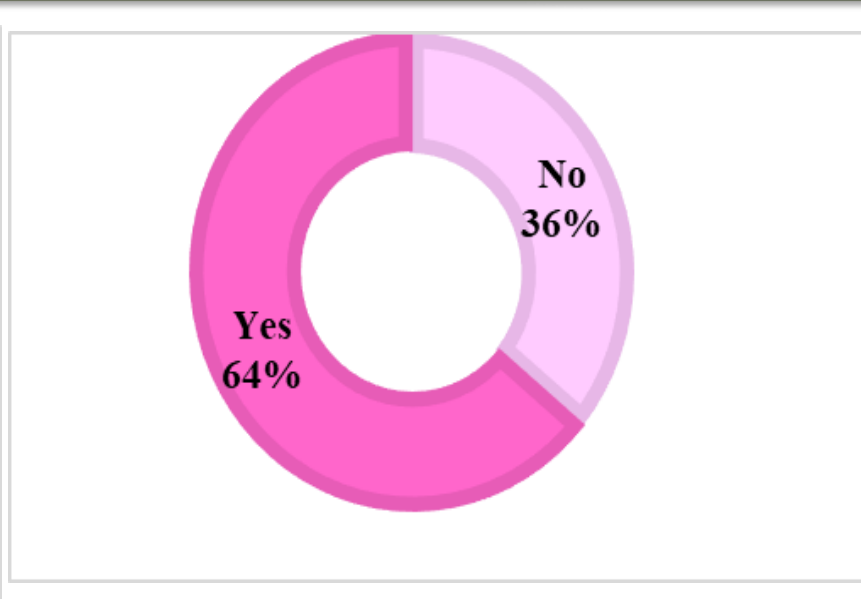


Figure 5: Dietary supplement consumption among participants

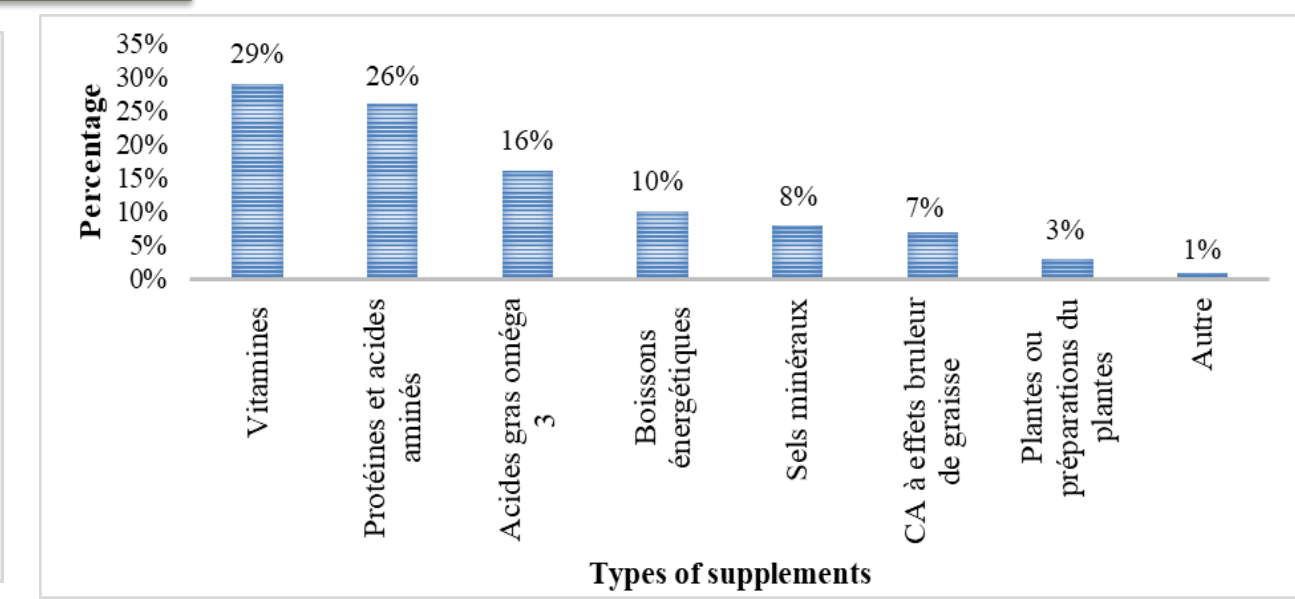


Figure 6: Distribution of the population according to the types of dietary supplements consumed

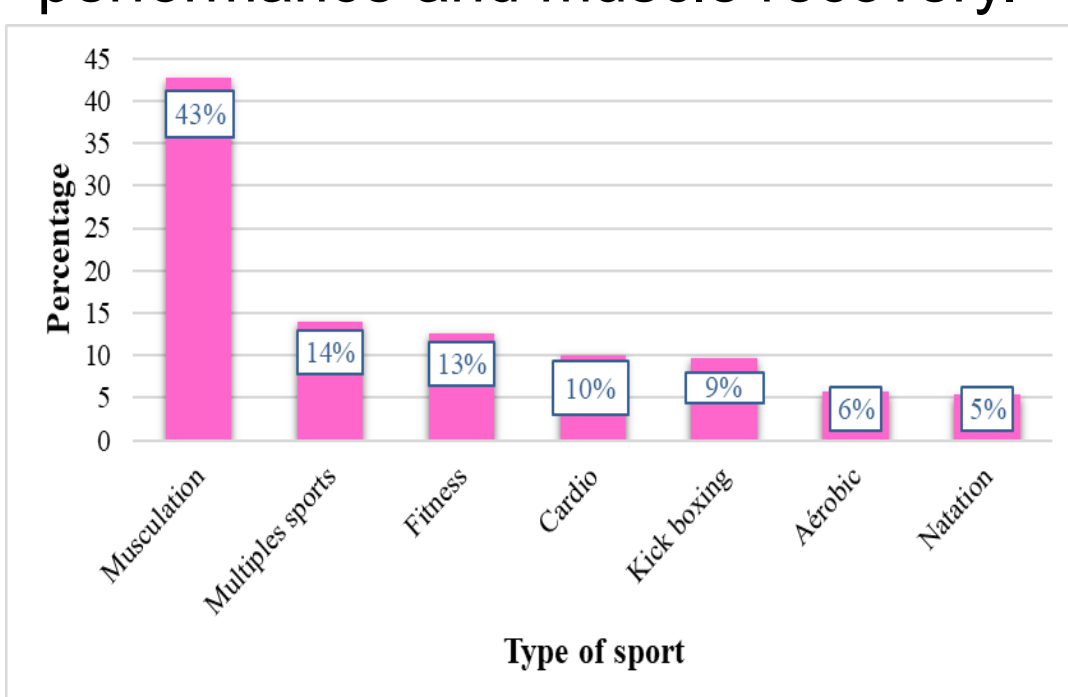


Figure 3: Distribution of the population according to the type of sport

Most participants (81%) engage in regular physical activity, mainly strength training (43%), highlighting the focus on physical appearance. Weekly training intensity ranges from under 2 to over 10 hours, indicating a generally high level of commitment.

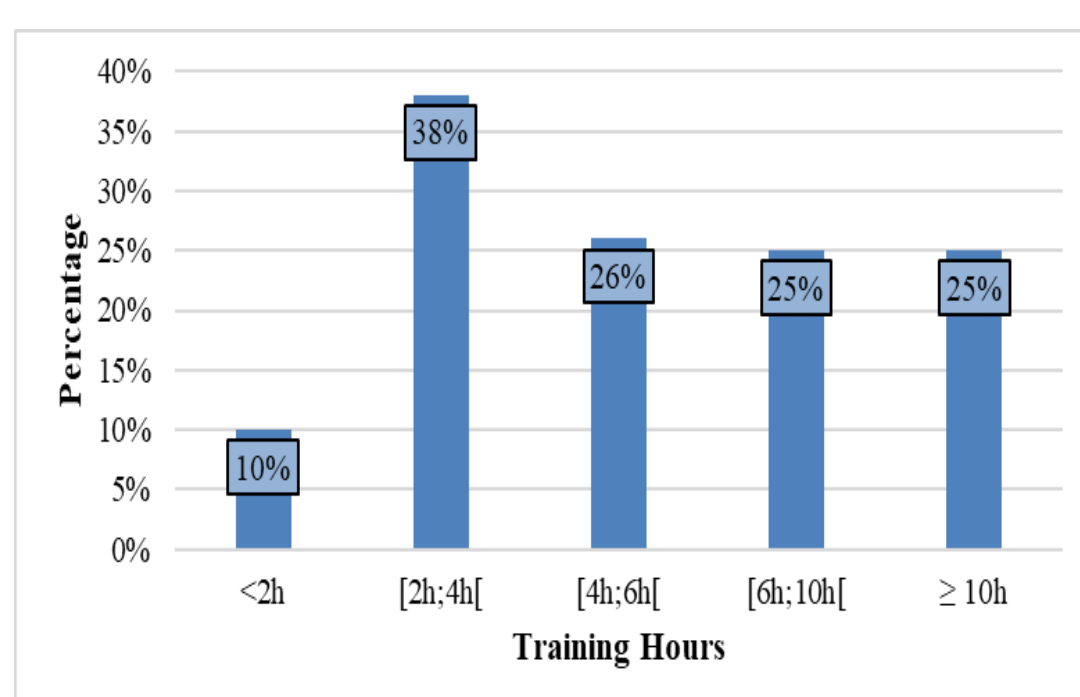


Figure 4: Distribution of the population according to training hours

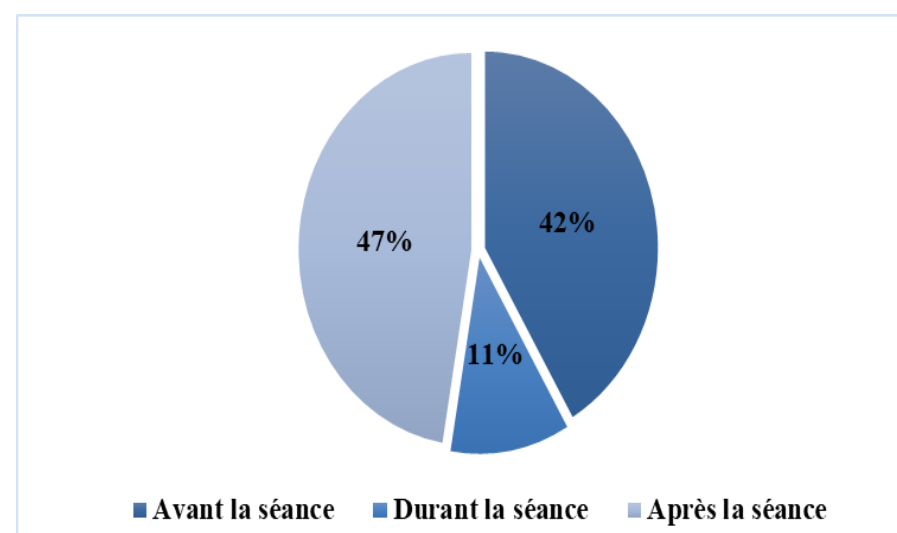


Figure 7: Distribution of the population according to consumption frequency

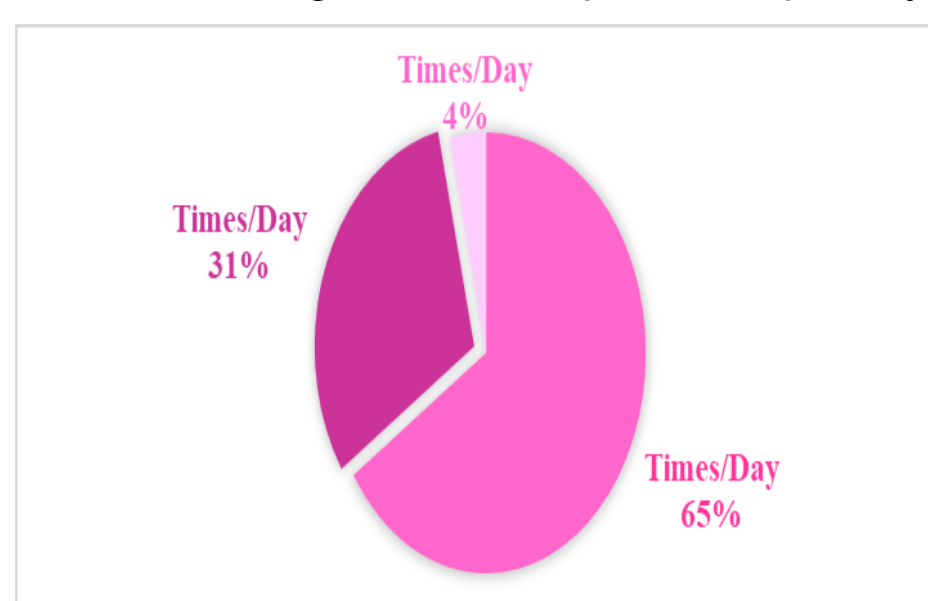


Figure 8: Dosage of dietary supplement consumption

Athletes mainly use supplements to increase muscle mass (41%) and body weight (21%). The most used products are vitamins (29%) and proteins/amino acids (26%), showing trends similar to some studies but varying depending on the local context [1, 2].

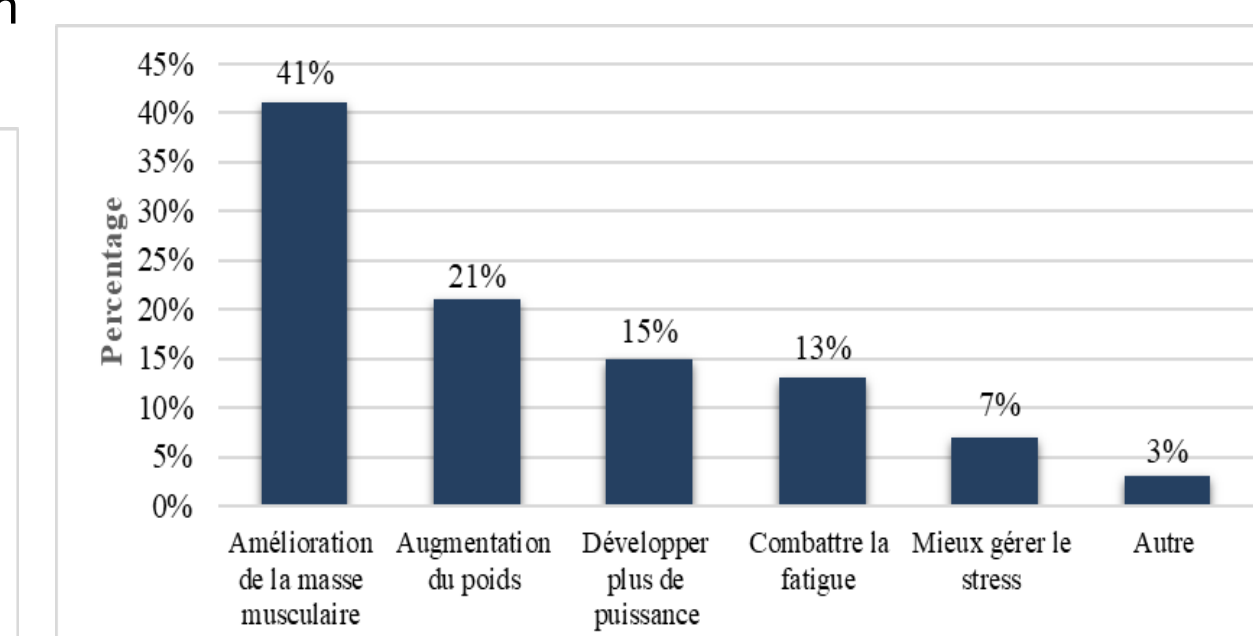


Figure 9: Distribution of the population according to the reasons for dietary supplement consumption

Most athletes take supplements after training and once a day, reflecting moderate but regular use [3,4]. Primarily informed through the internet, social media, or peers, and rarely by health professionals, they are exposed to a risk of misinformation and potential adverse effects.

CONCLUSION

The athletes studied, mostly young and regularly engaged in physical activities, primarily use dietary supplements to enhance muscle mass and performance. Despite reported side effects and reliance on non-professional information sources, their use remains high, highlighting the need for increased awareness, professional guidance, and strict regulation.

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