

THE USE OF FOOD SUPPLEMENTS BY BODYBUILDERS IN THE GYMS OF CAMPOS DOS GOYTACAZES, RJ.

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The use of food supplements has become more and more popular among those that workout regularly to keep fit. This increase motivated our study on the importance of such use of food supplements by bodybuilders in the gyms of Campos dos Goytacazes, RJ. Three hundred and thirty-four subjects were interviewed, by answering a ten-question questionnaire, asking for information, such as how long they had been practicing bodybuilding, what kind of food supplement they had been taking, the reasons why they had been doing it and what have been the noticeable consequences of it. Among the interviewed, 65% were making use of some kind of food supplement. When they were asked what kind of food supplement they mostly used, about 78% answered that they were taking proteins. 70% of users said that their objective were to put on muscle mass and, among these, about 41% were following friends recommendations. The most common reported effect was the appearance of acne (pimples and blockheads on the face and neck) (5.88 %). We could observe that the rate of food supplement use by the studied cohort is very high and confirms the need for further studies.

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