

## Literatur

1. Maughan RJ, Depiesse F, Geyer H (2007) The use of dietary supplements by athletes. *J Sports Sci* 25 Suppl 1: S103–S113
2. Braun H, Koehler K, Geyer H et al. (2009) Dietary supplement use among elite young German athletes. *Int J Sport Nutr Exerc Metab* 19: 97–109
3. Tscholl P, Alonso JM, Dolle G et al. (2010) The use of drugs and nutritional supplements in top-level track and field athletes. *Am J Sports Med* 38: 133–140
4. Tscholl P, Junge A, Dvorak J (2008) The use of medication and nutritional supplements during FIFA World Cups 2002 and 2006. *Br J Sports Med* 42: 725–730
5. Diehl K, Thiel A, Zipfel S et al. (2012) Elite adolescent athletes' use of dietary supplements: characteristics, opinions, and sources of supply and information. *Int J Sport Nutr Exerc Metab* 22: 165–174
6. Knapik JJ, Steelman RA, Hoedebecke SS et al. (2016) Prevalence of dietary supplement use by Athletes: systematic review and meta-analysis. *Sports Med* 46: 103–123
7. Swiss Sports Nutrition Society Supplementguide. URL: [www.ssns.ch/sportsnutrition/supplemente/supplementguide/](http://www.ssns.ch/sportsnutrition/supplemente/supplementguide/) Zugriff 27.08.19
8. Maughan RJ, Burke LM, Dvorak J et al. (2018) IOC consensus statement: dietary supplements and the high-performance athlete. *Br J Sports Med* 52: 439–455
9. Australian Institute of Sports (AIS) (2019) AIS Sports Supplement Framework 2019. URL: [https://ais.gov.au/\\_data/assets/pdf\\_file/0004/698557/AIS-Sports-Supplement-Framework-2019.pdf](https://ais.gov.au/_data/assets/pdf_file/0004/698557/AIS-Sports-Supplement-Framework-2019.pdf) Zugriff 27.08.19
10. European Food Safety Authority (EFSA) (2015) Scientific and technical assistance on food intended for sportspeople. EFSA Supporting Publication 2015: EN-871
11. Mosler S, Braun H, Carlsohn A et al. (2019) Fluid replacement in sports. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernährungs Umschau* 66: 52–59
12. Nahrungsergänzungsmittelverordnung (2017) Nahrungsergänzungsmittelverordnung vom 24. Mai 2004 (BGBl. I S. 1011), die zuletzt durch Artikel 11 der Verordnung vom 5. Juli 2017 (BGBl. I S. 2272) geändert worden ist. URL: [www.gesetze-im-internet.de/nemv/NemV.pdf](http://www.gesetze-im-internet.de/nemv/NemV.pdf) in Verbindung mit Richtlinie 2002/46/EG URL: <https://eur-lex.europa.eu/legal-content/DE/TXT/PDF/?uri=CELEX:02002L0046-20170726&from=EN> Zugriff 28.08.19
13. European Commission (EC) (Hg) EU Register of nutrition and health claims made on foods. URL: [http://ec.europa.eu/food/safety/labelling\\_nutrition/claims/register/public/?event=register.home](http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home) Zugriff 27.08.19
14. Bundesamt für Verbraucherschutz und Lebensmittelsicherheit (BVL) (2018) Stark, schlank, potent? – Augen auf beim Onlinekauf von Nahrungsergänzungsmitteln. Pressinformation des BVL vom 12.03.2018. URL: [www.bvl.bund.de/SharedDocs/Pressemitteilungen/01\\_lebensmit](http://www.bvl.bund.de/SharedDocs/Pressemitteilungen/01_lebensmit) tel/2018/2018\_03\_12\_PI\_Onlinekauf.html Zugriff 27.08.19
15. Bundesamt für Verbraucherschutz und Lebensmittelsicherheit (BVL) (2015) Lebensmittel online kaufen! – Tipps für Verbraucher. URL: [www.bvl.bund.de/SharedDocs/Flyer/nach\\_Themen/10\\_Flyer\\_Internethandel\\_LM.pdf?\\_\\_blob=publicationFile&v=6](http://www.bvl.bund.de/SharedDocs/Flyer/nach_Themen/10_Flyer_Internethandel_LM.pdf?__blob=publicationFile&v=6) Zugriff 27.08.19
16. World Anti-Doping Agency (WADA) (2019) The World Anti-Doping Code International Standard. Prohibited List, January 2019
17. Geyer H, Braun H, Burke LM et al. (2011) A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance – Part 22. *Br J Sports Med* 45: 752–754
18. Geyer H, Parr MK, Marek U et al. (2004) Analysis of non-hormonal nutritional supplements for anabolic-androgenic steroids – results of an international study. *Int J Sports Med* 25: 124–129
19. Geyer H, Parr MK, Koehler K et al. (2008) Nutritional supplements cross-contaminated and faked with doping substances. *J Mass Spectrom* 43: 892–902
20. Judkins C, Prock P (2012) Supplements and inadvertent doping – how big is the risk to athletes. *Med Sport Sci* 59: 143–152
21. Martinez-Sanz JM, Sospedra I, Ortiz CM et al. (2017) Intended or unintended doping? A review of the presence of doping substances in dietary supplements used in sports. *Nutrients* 9: pii: E1093
22. Deutscher Olympischer Sportbund (2014) Nahrungsergänzungsmittel. URL: [https://cdn.dosb.de/alter\\_Datenbestand/fm-dosb/arbeitsfelder/leistungssport/Konzepte/NEM\\_Broschuere-web\\_14-7-2014\\_Doppelseitig.pdf](https://cdn.dosb.de/alter_Datenbestand/fm-dosb/arbeitsfelder/leistungssport/Konzepte/NEM_Broschuere-web_14-7-2014_Doppelseitig.pdf) Zugriff 28.08.19
23. Watson P, Judkins C, Houghton E et al. (2009) Urinary nandrolone metabolite detection after ingestion of a nandrolone precursor. *Med Sci Sports Exerc* 41: 766–772
24. Bundesinstitut für Risikobewertung (BfR) (2012) Schlank und potent – mit Nebenwirkungen. Presseinformation 15/2012 des BfR vom 04.04.12
25. National Institutes of Health (2017) National Institutes of Health/Office of Dietary Supplements. Health Information. Dietary Supplements for Exercise and Athletic Performance. Fact Sheet for Health Professionals. URL: <https://ods.od.nih.gov/factsheets/ExerciseAndAthleticPerformance-HealthProfessional/> Zugriff 27.08.19
26. Outram S, Stewart B (2015) Doping through supplement use: a review of the available empirical data. *Int J Sport Nutr Exerc Metab* 25: 54–59
27. Bundesinstitut für Risikobewertung (BfR) (2015) Nahrungsergänzungsmittel, die Dinitrophenol (DNP) enthalten, können zu schweren Vergiftungen bis hin zu Todesfällen führen. Aktualisierte Mitteilung Nr. 046/2015 des BfR vom 26.11.15
28. European Food Safety Authority (EFSA) (2013) EFSA ANS Panel (EFSA Panel on Food Additives and Nutrient Sources). Scientific Opinion on safety evaluation of Ephedra species in food. *EFSA J* 11: 3467
29. European Food Safety Authority (EFSA) (2006) European Food Safety Authority. Scientific Committee on Food, Scientific Panel on Dietetic Products, Nutrition and Allergies. Tolerable Upper Intake Levels for Vitamins and Minerals. ISBN: 92-9199-014-0. URL: [www.efsa.europa.eu/sites/default/files/efsa\\_rep/blobserver\\_assets/ndatolerableuil.pdf](http://www.efsa.europa.eu/sites/default/files/efsa_rep/blobserver_assets/ndatolerableuil.pdf) Zugriff 27.08.19
30. European Food Safety Authority (EFSA) (2012) EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific opinion on the Tolerable Upper Intake Level of vitamin D. *EFSA J* 10: 2813
31. European Food Safety Authority (EFSA) (2012) EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). Scientific opinion on the Tolerable Upper Intake Level of calcium. *EFSA J* 10: 2814
32. Weissenborn A, Bakhiya N, Demuth I et al. (2018) Höchstmengen für Vitamine und Mineralstoffe in Nahrungsergänzungsmitteln. *J Consum Prot Food Saf* 13: 25–39
33. Bundesinstitut für Risikobewertung (BfR) (2018) Höchstmengen für Vitamine und Mineralstoffe in Nahrungsergänzungsmitteln. BfR-Pressinformation 01/2018. URL: [www.bfr.bund.de/de/presseinformation/2018/01/hochstmengen\\_fuer\\_vita](http://www.bfr.bund.de/de/presseinformation/2018/01/hochstmengen_fuer_vita)

- mine\_und\_mineralstoffe\_in\_nahrungsergaenzungsmitteln-203269.html Zugriff 27.08.19
34. European Food Safety Authority (EFSA) (2012) EFSA Panel on Food Additives and Nutrient Sources added to Food (ANS). Statement of the safety of  $\beta$ -carotene use in heavy smokers. *EFSA J* 10: 2953
35. Deutsche Gesellschaft für Ernährung (DGE), Österreichische Gesellschaft für Ernährung, Schweizer Gesellschaft für Ernährung (Hg). Referenzwerte für die Nährstoffzufuhr. 2. Aufl., 4. aktualisierte Ausgabe, Bonn (2019)
36. Bundesinstitut für Risikobewertung (BfR) (2017) BfR bewertet empfohlene Tageshöchstmenge für die Aufnahme von Magnesium über Nahrungsergänzungsmittel. Stellungnahme Nr. 034/2017 des BfR vom 12.12.17
37. Institute of Medicine (IOM). Food and Nutrition Board. Panel on Micronutrients, Subcommittees on Upper Reference Levels of Nutrients and of Interpretation and Uses of Dietary Reference Intakes, and the Standing Committee on Scientific Evaluation of Dietary Reference Intakes. Dietary reference intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium, and zinc. National Academies Press, Washington, USA (2001)
38. Carlsohn A, Braun H, Großhauser M et al. (2019) Minerals and vitamins in sports nutrition. Position of the working group sports nutrition of the German Nutrition Society (DGE). *Ernährungs Umschau* 66(12): 250–257
39. Bundesinstitut für Risikobewertung (BfR) (2015b) Fragen und Antworten zu Koffein und koffeinhaltigen Lebensmitteln, einschließlich Energy Drinks. FAQ des BfR vom 23.07.15
40. European Food Safety Authority (EFSA) (2015) EFSA erklärt Risikobewertung: Koffein. URL: [www.efsa.europa.eu/sites/default/files/corporate\\_publications/files/efsa\\_explainscaffeine150527de.pdf](http://www.efsa.europa.eu/sites/default/files/corporate_publications/files/efsa_explainscaffeine150527de.pdf) Zugriff 28.08.19
41. European Food Safety Authority (EFSA) (2015) EFSA NDA Panel (EFSA Panel on Dietetic Products, Nutrition and Allergies). Scientific Opinion on the safety of caffeine. *EFSA J* 13: 4102
42. European Food Safety Authority (EFSA) (2011) EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific opinion on the substantiation of health claims related to caffeine and increase in physical performance during short-term high-intensity exercise (ID 737, 1486, 1489), increase in endurance performance (ID 737, 1486), increase in endurance capacity (ID 1488) and reduction in the rated perceived exertion/effort during exercise (ID 1488, 1490) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. *EFSA J* 9: 2053
43. European Food Safety Authority (EFSA) (2011) EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific opinion on the substantiation of health claims related to caffeine and increased fat oxidation leading to a reduction in body fat mass (ID 735, 1484), increased energy expenditure leading to a reduction in body weight (ID 1487), increased alertness (ID 736, 1101, 1187, 1485, 1491, 2063, 2103) and increased attention (ID 736, 1485, 1491, 2375) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. *EFSA J* 9: 2054
44. Scientific Committee on Food (SCF) (2000) Opinion of the Scientific Committee on food on safety aspects of creatine supplementation (adopted by the SCF on 7 September 2000). SCF/CS/NUT/SPORT/9 Final (12 September 2000)
45. Kreider RB, Melton C, Rasmussen CJ et al. (2003) Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. *Mol Cell Biochem* 244: 95–104
46. European Food Safety Authority (EFSA) (2004) European Food Safety Authority. Opinion of the Scientific Panel on food additives, flavourings, processing aids, and material in contact with food on a request from the commission related to creatine monohydrate for use in food for particular nutritional uses. Question number EFSA-Q-2003-125. *EFSA J* 36: 1–6
47. European Food Safety Authority (EFSA) (2011) EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). Scientific Opinion on the substantiation of health claims related to creatine and increase in physical performance during short-term, high intensity, repeated exercise bouts (ID 739, 1520, 1521, 1522, 1523, 1525, 1526, 1531, 1532, 1533, 1534, 1922, 1923, 1924), increase in endurance capacity (ID 1527, 1535), and increase in endurance performance (ID 1521, 1963) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. *EFSA J* 9: 2303
48. European Food Safety Authority (EFSA) (2016) EFSA NDA Panel (EFSA Panel on Dietetic Products, Nutrition and Allergies). Scientific opinion on creatine in combination with resistance training and improvement in muscle strength: evaluation of a health claim pursuant to Article 13(5) of Regulation (EC) No 1924/2006. *EFSA J* 14: 4400

DOI: 10.4455/eu.2020.012