

Dietary Supplements in Sport

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Dietary supplements are widely used in modern sports nutrition to enhance physical performance, accelerate recovery, and support overall health. Despite their growing popularity, increasing attention has been directed in recent years toward evaluating their safety, effectiveness, and potential adverse effects.

The aim of this review is to provide an overview of the classification of sports dietary supplements, their main areas of application, and their effects on human health, based on contemporary scientific literature. In addition, the paper seeks to develop key recommendations for the responsible use of dietary supplements and to outline future perspectives aimed at minimizing the risks associated with supplement consumption, while promoting baseline public knowledge regarding the practical use of various types of dietary supplements.