There are many supplements claiming to directly or indirectly enhance performance but only 5 have proven effective.

**CAFFEINE**  
Food = Supplement  
Caffeine dose can be obtained with espresso

**CREATINE**  
Food < Supplement  
Normal food not rich enough

**NITRATE**  
Food = Supplement  
Nitrate dose can be obtained with beetroot juice

**B-ALANINE**  
Food < Supplement  
Normal food not rich enough

**BICARBONATE**  
Food < Supplement  
Water not rich enough

Athlete’s nutrition plan should be underpinned by a “Food first policy”