

Should kids be using pre-workout supplements?
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Broadcast Version

INTRO:

A WARNING FOR KIDS – WHO MAY BE SEEING THEIR FAVORITE ATHLETE OR INFLUENCER USING PRE-WORKOUT SUPPLEMENTS TO BOOST PERFORMANCE.

TAKE VO

USUALLY HIGH IN CAFFEINE - PRE-WORKOUT SUPPLEMENTS COME IN VARIOUS NAMES... FLAVORS AND SIZES. SOME POPULAR OPTIONS ARE CREATINE... AND BRANCHED-CHAIN AMINO ACIDS... OR B-C-A-AS. B-C-A-AS USUALLY DON'T CONTAIN CAFFEINE. BUT SHOULD YOUR KIDS BE TAKING THESE SUPPLEMENTS? A DIETETIC INTERN WITH OSF HEALTHCARE... SAYS NO.

TAKE SOT | ERICA DAWKINS | DIETETIC INTERN | OSF HEALTHCARE

“Focus first on making sure you’re having quality workouts, then introduce healthy nutrition,” Dawkins says. “We want to make sure we’re getting that nutrition throughout the day. Especially if we’re working out multiple times throughout the day. If you’re working out within two to four hours, make sure you’re getting a snack. We see a lot of benefits for pre-workout snacks or snacks during half-time. We also want to make sure we’re staying adequately hydrated.”

VO TAG

IF YOUR CHILD HAS A HEART DEFECT – THEY NEED TO STEER CLEAR FROM PRE-WORKOUT SUPPLEMENTS. PRE-WORKOUTS ARE INTENDED FOR HEALTHY ADULTS IN MODERATION... IT'S GENERALLY ADVISED FOR PREGNANT AND NURSING MOTHERS TO AVOID THEM AS WELL.

VO/SOT #2

INTRO:

DID YOU HAVE A CHILDHOOD HERO? IF SO – YOU LIKELY ASPIRED TO EMULATE THEM AND THEIR ACHIEVEMENTS. NOWADAYS – YOUR KIDS MAY SEE THEIR FAVORITE ATHLETE OR INFLUENCERS USING PRE-WORKOUT SUPPLEMENTS... WHETHER ON SOCIAL MEDIA OR IN STORES... TO ENHANCE THEIR PERFORMANCE IN THE GYM OR ON THE FIELD.

TAKE VO

PRE-WORKOUT SUPPLEMENTS COME IN VARIOUS NAMES... FLAVORS AND SIZES. SOME POPULAR OPTIONS ARE CREATINE... AND BRANCHED-CHAIN AMINO ACIDS... OR B-C-A-AS. WHILE CREATINE AND THE MAIN INGREDIENT IN PRE-WORKOUT SUPPLEMENTS IS CAFFEINE... B-C-A-AS DON'T CONTAIN IT. THESE ARE TAKEN BEFORE A WORKOUT OR ATHLETIC MATCH WITH THE GOALS OF INCREASING ENDURANCE... MUSCLE MASS... AND REDUCING RECOVERY TIME. BUT SHOULD MIDDLE- OR HIGH-SCHOOL AGED KIDS BE TAKING THESE? THE ANSWER: PROBABLY NOT.

TAKE SOT | ERICA DAWKINS | DIETETIC INTERN | OSF HEALTHCARE

“These can cause increased heart rate or heart burn. You’re also taking a lot of supplements that are going straight to your gut. You can see some nausea, vomiting, diarrhea or constipation. They’re also not well-monitored, the U.S. Food & Drug Administration (FDA) isn’t regulating these very closely.”

VO TAG

TAKING IT FURTHER – KIDS WITH HEART DEFECTS NEED TO STEER CLEAR OF THESE SUPPLEMENTS. MOST PRE-WORKOUTS ARE INTENDED FOR HEALTHY ADULTS IN MODERATION... PREGNANT AND NURSING WOMEN ARE GENERALLY ADVISED TO AVOID THEM DUE TO THE HIGH CAFFEINE CONTENT.