



16° CONGRESSO NAZIONALE SINut

SINut
Società Italiana di Nutraceutica

18-20 GIUGNO 2026

BOLOGNA Savoia Hotel Regency

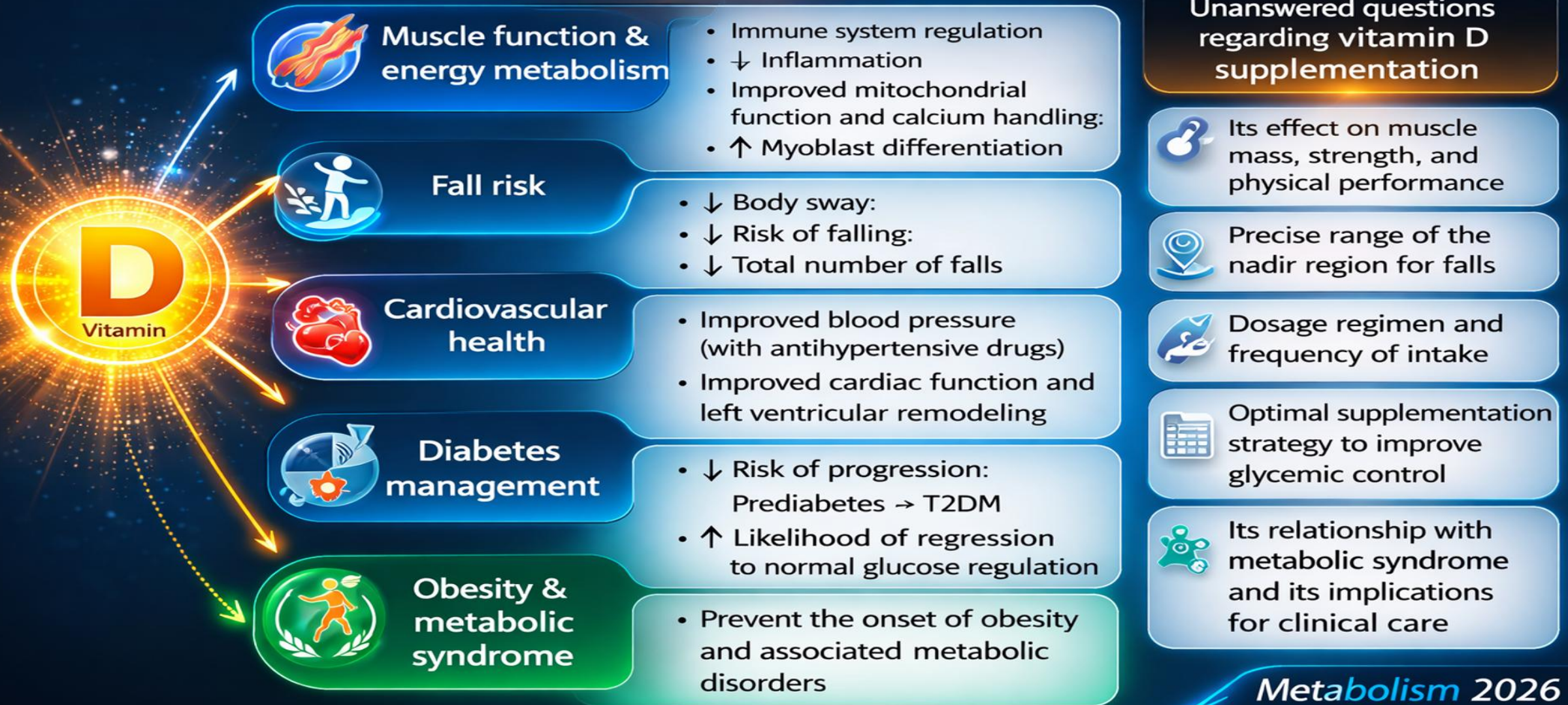
Melatonin • Vitamin D • Creatine

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Consensus statement on **vitamin D** role in **metabolic health***



Metabolism 2026



MELATONIN AND SPORTS PERFORMANCE: EVIDENCE FROM 21 RANDOMIZED CONTROLLED TRIALS



HIGHLY TRAINED ATHLETES



MELATONIN DOSE:
5–100 mg



IMPROVEMENTS IN:
ANTIOXIDANT STATUS, INFLAMMATION,
LIVER DAMAGE, MUSCLE DAMAGE



MODERATE EFFECTS ON:
GLYCEMIA, LIPIDS, CREATININE



PROMISING DATA ON:
HEMATOLOGICAL BIOMARKERS,
HORMONAL RESPONSES,
SPORTS PERFORMANCE

MELATONIN MAY IMPROVE HEALTH BIOMARKERS
AND INDIRECTLY SUPPORT SPORTS PERFORMANCE,
BUT ITS DIRECT ERGOGENIC EFFECT REMAINS
UNCERTAIN.



21 RCTs INCLUDED
OUT OF **294** REFERENCES



SOURCE: **Nutrients 2024**

Impact of Melatonin Supplementation on Sports
Performance and Circulating Biomarkers in
Highly Trained Athletes: A Systematic Review
of Randomized Controlled Trials
Nutrients. 2024; 16(10): 1552.
doi: 10.3390/nu16101552



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NHANES studies have revealed that optimal creatine intake in U.S. population is associated with...

Creatine is a therapeutic tool for Cerebral Creatine Deficiency Syndromes (CCDS)

Healthier growth and development (head girth)

Taller children and adolescents, & healthier body composition

Lower risks of reproductive issues in females

Lower risk of medical conditions, sleep issues, and depression

Reduced cancer risk and frailty; improved functionality, cognition

Birth



Infancy



Childhood



Adolescence



Adulthood



Old age



Birth

Infancy

Childhood

Adolescence

Adulthood

Old age



Creatine is a vital nutrient for every stage of life. High-quality creatine monohydrate is generally recognized as safe by FDA (GRAS No. 931)



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