

QUICK GUIDE: SUPPLEMENTS

WHAT

ARE SUPPLEMENTS?

A food, food component, nutrient, or non-food compound used for specific health or performance benefit including; vitamins, minerals, electrolytes, protein products, ergogenic aids, amino acids, fat burners, pre and post workout products as well as traditional, botanical and herbal remedies.

THEY CAN CONTAIN PROHIBITED SUBSTANCES AS THEIR MAIN INGREDIENTS

These can be on the ingredients list under the same name that can be searched on the Prohibited List, or an alternative name. For example, Higenamine can be found on the Prohibited List, but this substance can also be called Nandina domestica fruit extract which cannot be found on the Prohibited List.

CONTAMINATION

Supplements are not produced under the same strict quality standards as medications. This can lead to contamination with prohibited substances as a result of poor manufacturing processes, and unsafe storage and handling practices.

WHAT ARE THE RISKS OF SUPPLEMENT USE?

No supplement is 100% risk-free and use may lead to an Anti-Doping Rule Violation

CLAIMS

Some supplements falsely claim to be endorsed or approved by WADA or other anti-doping organisations. Neither WADA nor anti-doping organisations endorse or approve supplements. Additionally, some products may advertise themselves as "safe for athlete use" and make unrealistic claims about their benefits.

MISLABELLING

Supplement labels may not include all ingredients found in a product or may incorrectly state ingredient strengths. Some ingredients may also be known by different names, and not all of the names might be listed on the Prohibited List. Labels including "proprietary blend", "extreme focus blend" or "testosterone boosting" may indicate greater risk.

WHAT DO SUPPLEMENT RISKS MEAN FOR ATHLETES?

Athletes are responsible for everything they use and is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault, therefore supplement use can result in an Anti-Doping Rule Violation. Additionally, there are potential health risks related to supplement use. This means all athletes should carefully weigh the benefits against the risk and make an informed decision about use.



WHAT **MUST**

AN ATHLETE DO IF CONSIDERING SUPPLEMENT USE?

While the only way for an athlete to avoid the risks of supplements is not to use them, it is acknowledged that some athletes know the risks and choose to use supplements. If an athlete is considering supplement use, to reduce the risk, they should:

- ✓ Seek advice from a performance nutrition expert(s) to assess if their training, competition and recovery needs can be met with a food first approach.
- ✓ Use trustworthy sources of information to complete comprehensive research when considering any supplement.
- ✓ Understand how to check ingredients on a label for prohibited substances, but be aware of the risks of contamination or mislabelling even if no prohibited substances listed.
- ✓ Consider only supplements that have been batch-tested by an independent supplement certification company for substances prohibited in sport and keep evidence of batch testing. While third-party batch-testing will not guarantee an athlete won't test positive, it will reduce the risk. Independent supplement certification companies include [Informed Sport](#), [Certified for Sport® \(nsfsport.com\)](#), [HASTA](#), [Kölner Liste](#) or [BSCG](#).
- ✓ Keep a copy of medical evidence if prescribed a supplement for medical reasons (such as treating a deficiency).

Athletes should consider the above points when answering the following questions to make informed decisions about supplement use:

SUPPLEMENT DECISION MAKING

