

## SUPPLEMENT TESTING SCHEMES

To minimise the risks associated with supplements use a certified testing scheme. These schemes analyse supplements and their ingredients to check for contamination with prohibited substances. Supplement testing schemes may reduce but do not remove the risk of doping substances being present. Several supplement testing schemes are available:



INFORMED SPORT Supplements tested through the INFORMED SPORT system are authorised to include the INFORMED SPORT logo on their product packaging and to be included on the INFORMED SPORT website directory. INFORMED SPORT uses ISO 17025 accredited methods to product test supplements according to defined levels of detection, this includes continuous testing of products on a 'blind' basis i.e. not only product submitted for initial screening.  
<https://sport.wetestyoustrust.com/>



The NSF Certified for Sport™ program can help identify products (mainly US) that have been tested for banned substances. The NSF Certified for Sport mark appears on the label of a tested supplement. [www.nsf-sport.com](http://www.nsf-sport.com)



The Cologne List® includes sport-related nutritional products such as sports drinks, bars etc: <https://www.koelnerliste.com/>



Banned Substances Control Group offer certified drug-free supplements for sport, offering a searchable database of supplement products and ingredients, and a supplement testing service for athletes. [www.bscg.org](http://www.bscg.org)



Human & Sport Drug Testing Australia (HASTA) is Australia's first commercial product testing and certification organisation for WADA banned substances. Certification of a product involves testing and verification of the manufacturing quality controls.  
<https://hasta.org.au/>



Supplement Lab Tests collects and publishes information about supplements and their contents, for example amino spiking. Testing is outsourced to a food safety/nutritional value laboratory. <http://www.supplementlabtest.com/>

No certification programme can guarantee that a supplement does not contain banned substances; BE AWARE: . Anti-Doping science continually improves and related compounds may not be detectable through commercial testing systems. The principle of strict liability always applies.

### HIGH RISK SUPPLEMENT LIST



Supplement Connect : A comprehensive guide to supplement risks, including a high-risk list of supplements known to contain prohibited substances is available through the US Anti-Doping Agency website; (create an account to access),  
<https://www.usada.org/substances/supplement-411/>