

Warning for players - nutritional supplements



Supplements are a risk of an Anti-Doping Rule Violation (ADRV) even if you take precautionary steps.

Dietary and nutritional supplements

There are health risks associated with nutritional supplement use. Contaminated supplements may lead to an adverse analytical finding. You are strictly liable.

Seek advice about your diet from a qualified nutritionist. Do you need it?

- Supplements may intentionally contain prohibited substances or may be inadvertently contaminated.
- Supplements which advertise "muscle building" or "fat burning" capabilities are the most likely to contain a prohibited substances, such as anabolic agents or stimulants.
- The terms "herbal" and "natural" do not necessarily mean that the product is safe.
- Although pure vitamins and minerals are not prohibited, you are advised to use reputable brands.

Warning

- The manufacture of dietary supplements is not regulated by law.
- Supplements may contain prohibited substances not included on the label.
- It is not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process if the manufacturer produces other products that contain prohibited substances - *Studies have shown that as many as 20 percent of supplements available to Athletes can contain ingredients that are not declared on the label.*

Doping violations have been attributed to use of supplements.

Poor labelling or contamination of dietary supplements may explain but not excuse a violation.

Use of supplements is at YOUR own risk.



Evaluate the risk

- Undertake thorough research prior to using a supplement
- Check other products available from the company
- AVOID supplement products such as fat burners, weight loss/gain, muscle building, sexual enhancement, increase focus or boost energy - these are higher risk

YOU ARE RESPONSIBLE FOR ANY PROHIBITED SUBSTANCE FOUND IN YOUR BODY.