CANADIAN SPORT INSTITUTE | INSTITUT CANADIEN DU SPORT

# 3 STEPS
## FOR RECORDING SUPPLEMENTS

PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

**1**

# SNAP IT!

**TAKE A PICTURE OF THE SUPPLEMENT**

**2**

# TAG IT!



**RECORD THE BATCH NUMBER**

**3**

# STAMP IT!

**RECORD TIME PERIOD WHEN PRODUCT WAS USED**