

# Canadian Sport Institute Pacific (CSI Pacific) Sport Supplement Operational Guide: Athlete Version

*This Operational Guide (the working aspect of the CSI Pacific Supplement Policy) is effective on and from February 2017.*

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## 1. Rationale for the Supplement\* Policy and Operational Guide

The athlete is ***strictly liable*** even when a positive analytical finding is due to inadvertent contamination (see information from the WADA website: <http://www.wada-ama.org>.) Nevertheless, CSI Pacific experts, when providing consultation and Supplement support to athletes, are ethically and professionally bound to follow supplement procedures and protocols that ensure the lowest possible risk for an adverse analytic finding (positive test). *Note: The CSI Pacific Policy is strictly a Health and Performance Supplement Policy, and not a policy meant to address the use of prescription medications **AS PRESCRIBED AND MONITORED BY A MEDICAL DOCTOR**. See section E for safe use on non-prescription medications.*

## 2. Athlete Obligations

### 2.1 Athletes choosing to sign the Policy will:

- 2.1.1 Accept the rules and conditions of the CSI Pacific Supplement Policy and Operational Guide.
- 2.1.2 Be required to participate in CCES education online learning (confirmation can be provided by NSO);
- 2.1.3 Participate in CSI Pacific education on Supplement safety via online “Informed Choice” video and/or via team Sport Dietitian, Physiologist or Medical); (optional, additional resource)
- 2.1.4 Read the current WADA Prohibited List and Methods annually;
- 2.1.5 Obtain a second opinion for Supplement use from an appropriate CSI Pacific staff member when any Supplement has been recommended or provided by an IST staff member who has not signed the CSI Pacific Supplement Policy (example: new staff at a major games);
- 2.1.6 Record all batch numbers for Supplements consumed (either via CSI Pacific staff on the Supplement Transaction Log or by appointed NSO or coaching staff involved in supplement transactions). Athletes are reminded of strict liability and are encouraged to self-record batch numbers, Supplement start and end dates and to take a picture of the label of all Supplements even when CSI Pacific or NSO staff are also recording. Of greatest importance is the recording of batch numbers for supplements that athletes obtain through other means (online, storefront) where the batch number is not otherwise recorded by CSI Pacific staff or the appointed NSO or coaching individual.
- 2.1.7 Accept liability of Supplement safety once a Supplement transaction has occurred and possession is transferred from CSI Pacific (i.e. Supplements are dispensed to the athlete).

### **3 Supplement Classification**

CSI Pacific supports and has, with minor modifications, implemented the Australian Institute of Sport (AIS) ABCD Supplementation Group Classification System (please see Appendix B) which ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance. The classification system focuses on sports foods and individual ingredients rather than Supplement products and brands. The items in each group are currently identified examples only and therefore may not be a complete list. Additionally, CSI Pacific identifies concerns regarding multi-ingredient products containing proprietary blends and unless the SAG has deemed such a product is likely to be lower risk and effective, it will not be part of CSI Pacific sports supplement programs.

#### **3.1 Group A – Sports Foods and Products**

Are specialized products which can provide a source of nutrients when it is impractical to consume everyday foods.

#### **3.2 Sports Foods and Products Conditions**

An athlete may use or, a CSI Pacific or Sport-designated IST member (sport dietitian, medical doctor, sport physiologist) may recommend or provide an athlete with a product from the Group A - Sports Foods and Products on the following conditions:

- 3.2.1 They are used in support of a nutrition program that emphasizes appropriate timing, quantity and high quality whole food based meals and snacks;
- 3.2.2 Athlete, coaches and designated IST staff have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement as well as any potential adverse health effects and the athlete development level;
- 3.2.3 Athletes and coaches are educated and designated IST staff are informed about the evidence-based use of the Supplement and only recommend dosages that are supported by high-level scientific research and in scenarios where evidence supports use for positive performance or training adaptations within an appropriate training and or competition-based sports nutrition program;

#### **3.3 Group A – Sports Foods and Products Process**

An athlete does not require CSI Pacific consultation to use an item listed in Group A Sports Foods and Products.

#### **3.4 Group A – Sports Foods and Products Rationale**

According to CSI Pacific, Lower Risk Sports Foods and Products:

- 3.4.1 Provide a convenient and timely source of energy and nutrients in an athlete's diet; and/or
- 3.4.2 Have been shown in scientific trials to benefit health or performance, when used according to a specific protocol;
- 3.4.3 Have a sufficiently low risk profile so that consultation for use is not required as determined by the CSI Pacific SAG. An athlete or coach may still wish to consult with their sport dietitian on lower risk sports foods as many are not third party tested and athletes may wish to consult on best options.

### **3.5 Group A – Other Medical/Health Supplements Conditions**

Shown to benefit health and used to treat clinical issues and suspected nutrient deficiencies in support of a nutrition program when used according to a specific protocol. An athlete may use or, a CSI Pacific or Sport-designated IST member (sport dietitian, medical doctor, sport physiologist) may recommend or provide an athlete with a product from the Group A - Other Medical/Health Supplement on the following conditions:

- 3.5.1 The athlete has consulted with their sport dietitian, medical doctor or sport physiologist;
- 3.5.2 The athlete, coach and designated CSI Pacific IST staff are informed about the evidence-based use of the Supplement and only recommend dosages that are supported by high-level scientific research and in scenarios where evidence supports use for positive health outcomes within an appropriate sports nutrition program;
- 3.5.3 The athlete, coach and CSI Pacific IST have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement; and
- 3.5.4 The athlete, coach and CSI Pacific/Sport-designated IST have signed the CSI Pacific Supplement Policy.

### **3.6 Group A – Other Performance Supplements Conditions**

An athlete may use or, a CSI Pacific or Sport-designated IST member (sport dietitian, medical doctor, sport physiologist) may recommend or provide an athlete with a product from the Group A - Other Performance Supplements on the following conditions:

- 3.6.1 The athlete has consulted with their sport dietitian, medical doctor or sport physiologist
- 3.6.2 The athlete, coach and designated CSI Pacific/Sport-designated IST staff are informed about the evidence-based use of the Supplement and only recommend dosages that are supported by high-level scientific research and in scenarios where evidence supports use for positive performance or training adaptations within an appropriate training and or competition-based sports nutrition program;
- 3.6.3 The athlete, coach and CSI Pacific/Sport-designated IST have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement;

- 3.6.4 The athlete, coach and CSI Pacific/Sport designated IST have signed the CSI Pacific Supplement Policy; and
- 3.6.5 Only third party Informed Choice or NSF for Sport Supplements are used, recommended or provided.

### **3.7 Group A - Other Medical/Health and Performance Supplements Process**

If an athlete wishes to use a Group A - Other Supplement, they must:

- 3.7.1 Only source that Supplement from a CSI Pacific sport dietitian, medical doctor and/or physiologist with CSI Pacific staff only allowed to provide athletes with or recommend items on the CSI Pacific Internal Lower Risk Supplement list;
- 3.7.2 Obtain the supplement themselves using Supplement Safety Appendix A as a guide and under the guidance of their CSI Pacific/Sport-designated IST (sport dietitian, medical doctor and/or physiologist) who have signed the CSI Pacific policy

### **3.8 Group A - Other Medical/Health and Performance Supplements Rationale**

According to CSI Pacific, Group A - Other Supplements:

- 3.8.1 Provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 3.8.2 Have been shown in scientific trials to benefit performance, when used according to a specific protocol.

### **3.9 Group B Medical/Health and Performance Supplements – Conditions and Process**

Group B supplements follow the same Conditions and Process as Group A - Other Supplements. Please see points 3.7 and 3.8

### **3.10 Group B Medical/Health and Performance Supplements – Rationale**

- 3.10.1 Have received some scientific attention (not necessarily related to sport), or have preliminary data which suggest possible benefits to performance without adverse health effects; and
- 3.10.2 Are to be used under the conditions of close monitoring for the purposes of scientific research including individual athlete or team case study or trials.

### **3.11 Group C Supplements – Conditions**

All athletes adhering to this policy are prohibited from using Group C listed supplements and all CSI Pacific IST members are currently prohibited from the provision of any Group C Supplement and will

disengage from supplement transactions with athletes. A Group C Supplement may move up to the Group B category if new convincing research warrants.

- 3.11.1 If a Supplement is not listed in Groups A or B it will be treated as a Group C Supplement until it has been properly classified by the CSI Pacific SAG.

### **3.12 Group C Supplements – Process**

When signing this policy, athletes understand the considerable risks associated with use of Group C Supplements and understand that they are prohibited from doing so by CSI Pacific qualified experts.

### **3.13 Group C Supplements – Rationale**

According to CSI Pacific, Group C Supplements:

- 3.13.1 Include the majority of Supplements promoted to athletes;
- 3.13.2 Enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sport performance;
- 3.13.3 Possess benefits that have a very small likelihood of occurring, are too small to be useful or have little or no current scientific evidence;
- 3.13.4 In some cases, have been shown to impair sport performance;
- 3.13.5 May present a serious health risk

### **3.14 Group D Supplements – Conditions, Process and Rationale**

All athletes are prohibited from using and all CSI Pacific staff are prohibited from providing any Group D Supplement. When signing the Policy athletes understand Group D Supplements are banned by WADA or are at high risk of being contaminated with substances that could lead to a positive drug test or are at high risk of compromising an athlete's health and safety.

## 4 Definitions

**Athlete** means any **Participant** who has entered into an Athlete Agreement with CSI Pacific.

**CCES** means Canadian Centre for Ethics in Sport which is an [ISO certified organization](#) responsible for the implementation and management of [Canada's Anti-Doping Program](#).

**Medical/Health Supplement** refers to any clinically indicated (MD or RD) amino acid, edible substance, foodstuff, herb, mineral, pro- or pre-biotic, synthetic nutrient, and/or vitamin sold singly or in mixtures in controlled dosage forms as cachets, capsules, liquids, lozenges, pastilles, powders or tablets. An athlete may be directed to consume health supplements/medications to correct a known nutrient deficiency or to optimize health and wellbeing. These supplements should not be used to compensate for a poorly planned diet and use should be closely monitored and regularly reviewed by an MD and/or RD to reduce any possible adverse effects of toxicity. Examples include iron or vitamin D used to address a deficiency. (Please refer to Appendices C and E for further information regarding lower risk Over-The-Counter Health Supplements & Medications).

**NSO** refers to National Sport Organization

**Performance Supplement** refers to any amino acid, edible substance, foodstuff, herbs, mineral, pro- or pre-biotic, synthetic nutrient, and/or vitamin sold singly or in mixtures in controlled dosage forms as sachets, capsules, liquids, lozenges, pastilles, powders or tablets. Performance supplements are intended to increase the intake of certain substances normally derived from food and to top up substances already present in the body with the sole purpose of improving an athlete's adaptation to training and/or sport performance. (Please refer to Appendices B and C for further details on the few performance supplements considered acceptable by this policy).

**Sports Food and Products** may be any commercially produced, and mass marketed product in the form of food, gel, confectionary or drink that contains specifically engineered or naturally occurring ingredients and is produced with the purpose of providing a convenient and timely delivery of macro or micronutrients around specific training and competition scenarios to maximize adaptations and performance outcomes. Sports foods may contain concentrated forms of carbohydrates, proteins, amino acids, edible additives, herbs, vitamins, minerals, pro- or pre-biotics, and/or natural and synthetic nutrients. Sports foods are not a replacement for real food rather a convenient option to be used as determined by the CSI Pacific sport dietitian in conjunction with the athlete.

**Supplement Transaction** refers to any situation where a CSI Pacific staff directly provides any 'Performance Supplement', 'Medical/Health Supplement' and/or 'Sports Food' to an athlete, coach or relevant NSO staff member. This operation may or may not involve a monetary transaction. There are many different types of transactions, including:

- CSI Pacific staff selling to an athlete, coach or NSO;
- CSI Pacific staff handing out Supplements to an athlete(s) or NSO support staff, as paid for by the NSO;

- CSI Pacific staff selling and coordinating to a third-party distributor, who then sells to an athlete, coach or NSO (Example; another CSI affiliated Registered Dietitian purchasing supplements from CSI Pacific authorized staff to then sell on to athletes);
- CSI Pacific staff handing out free samples;
- CSI Pacific staff selling through a website;
- CSI Pacific staff working a “recovery” station on behalf of an NSO at training or competition

**World Anti-Doping Agency (WADA)** was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the [World Anti-Doping Code \(Code\)](#) – the document harmonizing anti-doping policies across all sports and all countries.



**Appendices:**

- A. [Supplement Safety and Checklist for Athletes](#)
- B. [Supplement Classification](#)
- C. [Lower Risk Supplement Considerations for Athletes](#)
- D. [Sport Food Considerations for Athletes](#)
- E. [Over-the-Counter Medications Considerations for Athletes](#)

## Appendix A – Supplement Safety and Checklist for Athletes

**\*NB. Please see section 9 for definitions of a performance supplement, medical/health supplement and sports food and product. In this Policy/Operational guide, a “Supplement” can represent a performance supplement, a medical/health supplement and/or a sports food.**

Research has found some supplements to be contaminated with low levels of WADA prohibited steroids and stimulants and although NO product can provide a 100% “free of banned substances” guarantee there are several programs that work closely with manufacturers and suppliers to minimize the incidence and risk of banned substance contamination. Currently the two third party supplement testing programs recognized by CSI Pacific are:

### **NSF Certified for Sport™ and LGC Informed-Choice**

Both of these quality assurance programs help athletes identify sport nutrition products that have been tested for prohibited substances and are manufactured to high quality standards minimizing the risk of inadvertent doping.

### **Why Does CSI Pacific only recognize NSF Certified for Sport™ and LGC Informed-Choice?**

NSF and LGC use testing methods validated and accredited to the ISO 17025 standard in supplements/ingredients. This is the key standard for analytical laboratory testing providing confidence that if contamination exists above the defined limit of detection, then it will be identified and called "positive". Laboratories that do not meet this standard may call a "negative" simply because they are unable to find the contamination, NOT because it is absent.

### **Some sport nutrition supplements claim to be Good Manufacturing Practices (GMP) certified. Does this mean the supplement is banned substance free?**

No. GMP certification, which many companies claim is adequate, only certifies that the manufacturer has processes and controls in place to ensure product quality, traceability and competence. GMP certification does not require the product to be tested for banned substances at an ISO 17025 accredited laboratory. Inadvertent contamination from banned substances is still possible in GMP Certified manufacturing facilities.

### **Some sport nutrition supplements claim to be WADA certified. Does this mean the supplement is banned substance free?**

No. WADA’s role is to bring consistency to anti-doping policies and regulations within sport organizations and governments across the world. WADA is not involved in the testing of, or certification process

regarding supplements and therefore does not certify or endorse manufacturers or their products. For more information, please see: <https://www.wada-ama.org/en/questions-answers/dietary-and-nutritional-supplements>

### What about the terms Athlete Tested or NPN (Natural Product Number)?

The term Athlete Tested can be found on supplement labels but does not mean third party, certified free of banned substances. NPN simply means that the product has been tested for safety, claims and quality but again is not tested for banned substances.

### If a banned substance is not listed on the label, does this mean the product is safe?

This is a common mistake that has resulted in the suspension of some elite athletes. Prohibited substances may appear on the label, but under a different name than what is on the WADA list. For example, a product may contain an ingredient called geranamine. This does not appear on the WADA list, but its chemical name methylhexaneamine does. In this case, an athlete could unknowingly use a supplement they believed to be safe, only to fail a drug test because they did not do their homework. Additionally, raw materials or herbals ingredients may have low levels of cross-contamination or naturally occurring steroidal compounds and some products are deliberately contaminated with substances that are not listed on the label.


It is very important to research each ingredient that you do not 100% understand. This is easily done using:

- INFORMED-CHOICE - <http://informed-choice.org/contact-us>
- NSF - <http://www.nsf.org/contact.asp>
- Your CSI Pacific Sport Dietitian to answer any supplement questions you may have

**Bottom Line** – it is recommended to only use products that have been screened for banned substances using ISO 17025 accredited methods.

### Three Ways to Source a Third Party Tested Product

#### 1. AT THE STORE

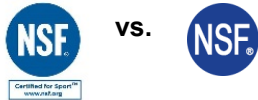
Look for products that carry the INFORMED-CHOICE 

and NSF Certified for Sport™  seals

Some companies test only a few of their products so it is critical to look carefully for the NSF for Sport or Informed Choice labels on each product, every time you make a purchase. It is also important to cross-check your supplement purchase against the lot or batch numbers which are listed on the Informed

Choice and NSF for Sport websites. It is also a good idea to take a screenshot of your search and save it to your own files in case it is ever needed in the future.

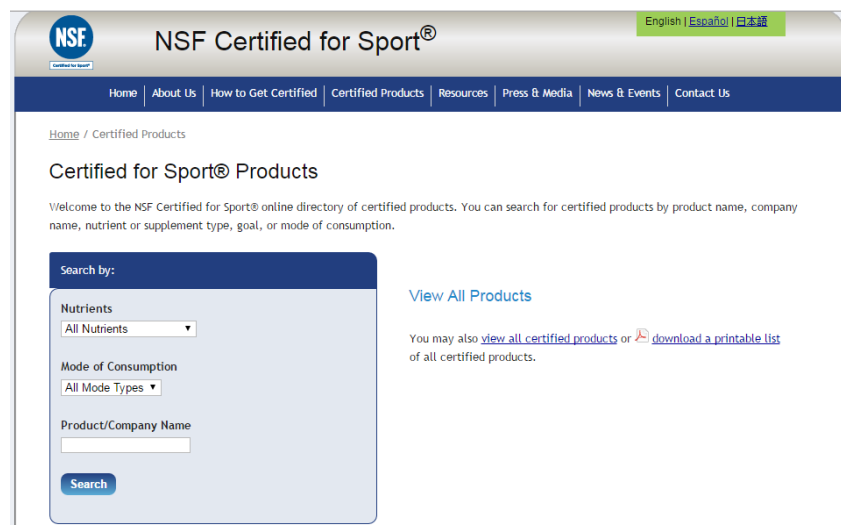
Additionally, some companies produce NSF certified products which is a different certification than NSF Certified for Sport™. These products are not tested for WADA prohibited substances. Be sure to know the difference between these labels.



## 2. ONLINE

Check out:

- [http://www.nsf sport.com/listings/certified\\_products.asp](http://www.nsf sport.com/listings/certified_products.asp) to search for NSF for Sport certified products by product name, company name, nutrient or supplement type, goal, or mode of consumption and for a printable list of NSF Certified for Sport™ products.
- the NSF for Sport App – available for download at: [http://www.nsf sport.com/sport\\_app.asp](http://www.nsf sport.com/sport_app.asp)



The screenshot shows the NSF Certified for Sport website. At the top, there is a navigation bar with the NSF logo and the text "NSF Certified for Sport®". Below the navigation bar, there is a search interface with the following elements:

- A "Search by:" section with three dropdown menus: "Nutrients" (set to "All Nutrients"), "Mode of Consumption" (set to "All Mode Types"), and "Product/Company Name" (with an empty text input field).
- A "Search" button.
- A "View All Products" link.
- A note: "You may also [view all certified products](#) or [download a printable list](#) of all certified products."

- <http://informed-choice.org/supplement-search> and use the search function to find products that have been Informed Choice certified

## Supplement Search

Supplement Type      Search by title      Batch id

- Any -                 

- <http://informed-choice.org/registered-finished-product-brands> to download a regularly updated Informed Choice registered product summary list.

### 3. THROUGH CANADIAN SPORT INSTITUTE PACIFIC

CSI Pacific carries a small amount of third party certified products which have either been NSF for Sport, Informed Choice or LGC tested.

Note: LGC tested products will not have the INFORMED-CHOICE logo but are tested in the same facility and with the same protocols that certify INFORMED-CHOICE. These products are tested specifically for purchase by Canadian Sport Institute athletes and NSO's and can be purchased at your CSI Pacific Victoria, Vancouver and Whistler locations.

### Can I Use an Untested Supplement?

Some supplements an athlete may consider are not currently available as either NSF for Sport or INFORMED-CHOICE certified. Many of these products are considered low-risk. Low-risk Supplements includes products from large multinational companies such as Gatorade or Nestle Power Bar or Canadian sourced multivitamin and mineral supplements or pharmaceutical grade iron supplements. See below for a list of products that CSI Pacific has identified as low-risk due to NSF for Sport or INFORMED CHOICE certification, pharmaceutical grade or company reputation.

No product can provide a 100% "free of banned substances" guarantee and even with third party certified products it is important to remember that not EVERY supplement container from a certified batch is tested (only a sample is tested). Thus, there is still a small risk of potential supplement contamination. CSI Pacific is therefore not responsible or liable if an athlete tests positive as a result of taking dietary supplements and the athlete accepts full liability for the supplements they ingest. Be a wise consumer. To help assess the risk profile of any supplement, always seek advice from a qualified sport dietitian prior to the purchase and use of any supplement.

### Further Reduce Your Risk

If you choose to use supplements that are not NSF for Sport or INFORMED-CHOICE certified you should take the following additional precautions to minimize your risk. These precautions may help demonstrate

that you were not significantly at fault if a violation occurs as a result of supplement use. Although in most circumstances a violation will still be declared, proof that the utmost caution was observed may be taken into consideration when the sanction is imposed.

- Chose products from reputable companies only
- Avoid products from, or manufactured from ingredients from China, India or Mexico
- Make a direct enquiry to the manufacturer and get a written guarantee that the product is free of any substances on the WADA Prohibited List. Be aware though that in the case of a small company or a company that primarily services the general public, a positive test associated with their product may not matter to them at all.
- Ask if the manufacturer makes any products that do contain prohibited substances at the plant where the supplement is produced. If prohibited substances are present in a manufacturing plant, the risk of cross-contamination with the supplement is very high – **DO NOT USE!**
- Ask if the manufacturer is prepared to stand behind its product. If they are not – do not use their products.
- Have proof showing the sensible and obvious precautions you took before taking the supplement to address the various risk factors associated with its use.

Record all batch numbers of the Supplements used for potential presentation to WADA, the Canadian Centre for Ethics in Sport and/or your sport federation in the event an inadvertent doping offence occurs.

### **The Following Guidelines or Check Points Are Necessary Prior To and During Supplementation:**

- **Assessment completed by medical doctor and / or a registered dietitian.**
- **Consider the risks associated with supplement use (including anti-doping risk, health risk and risk of wasted money) along with assessing the evidence to support its use in your sport.**
- **Athlete to discuss potential supplementation with coach.**
- **Protocol outlined with registered dietitian and/or physiologist before taking supplements.**
- **Once the decision to use supplement has been made, every effort should then be made to source a product that is third party-tested for WADA-banned substances or a product deemed lower risk by the CSI Pacific Supplement Policy. Please note CSI Pacific has a number of products that are third party tested and are available to for purchase by CSI Pacific athletes.**
- **Trial supplements in training and several lower level competitions before use in a major competition.**

- **Supplements need to be reviewed prior to each International competition and the Health Services Team and NSO IST should be made aware of all supplements being used by an athlete either by direct communication or by an entry into the appropriate major games Electronic Medical Records.**

## Appendix B – Supplement Classification

**AIS Supplementation Group Classification System (with minor modifications for CSI Pacific)**  
<http://www.ausport.gov.au/ais/nutrition/supplements/classification>

Category	Supplement Example
<p><b>Group A - Sport Foods and Products</b></p> <p>Specialized products which can provide a source of nutrients when it is impractical to consume everyday foods.</p> <p><b>CSI Pacific Policy:</b> May be used in support of a nutrition program.</p> <p><b>Rationale for Policy:</b> Shown to benefit health and performance, when used according to a specific, evidence-based protocol for some athletes</p>	<p>Carbohydrate-electrolyte beverages Sport gels Sport confectionary such as gummies, beans or blocks Sport bars Electrolyte replacements</p>
<p><b>Group A – Other: Medical/Health Supplements</b></p> <p>Used to treat clinical issues and suspected nutrient deficiencies</p> <p><b>CSI Pacific Policy:</b> May be used in support of a nutrition program.</p> <p><b>Rationale for Policy:</b> Shown to benefit health, when used according to a specific protocol.</p>	<p>Calcium supplements Iron supplements Multivitamin and mineral supplement Probiotics Vitamin D Other single source vitamins and minerals where an insufficiency or a deficiency has been demonstrated</p>
<p><b>Group A – Other: Performance Supplements</b></p> <p>May contribute to optimizing individual performance under the direction of sports science.</p> <p><b>CSI Pacific Policy:</b> May be used in support of a nutrition program. Need to be third part tested.</p> <p><b>Rationale for Policy:</b> Shown to benefit performance when used according to a specific protocol.</p>	<p>Beetroot juice (nitrate) Beta alanine Caffeine Creatine Sodium Bicarbonate / Sodium Citrate Whey protein</p>
<p><b>Group B – Medical/Health Supplements</b></p> <p>May contribute to optimizing individual health parameters but requires further research</p>	<p>Glucosamine Fish Oils / Omega 3 fatty acids / DHA</p>



<p><b>CSI Pacific Policy:</b> May be used in support of a nutrition program within research or sports specific supplement protocols where monitoring occurs. Third party testing preferred.</p> <p><b>Rationale for Policy:</b> Generally deserving of further research or shown to benefit health only in specific situations.</p>	<p>Melatonin Tart Cherry Vitamins and minerals where insufficiency is suspected Vitamins C Zinc</p>
<p><b>Group B – Performance Supplements</b></p> <p><b>CSI Pacific Policy:</b> May be used in support of a nutrition program within research or sports specific supplement protocols where monitoring occurs. Need to be third part tested.</p> <p><b>Rationale for Policy:</b> Generally deserving of further research or shown to benefit performance only in specific sports/sport situations.</p>	<p>Anti-oxidants (Vitamins C and E) Branched chain amino acids (BCAA's) Glutamine HBM L-Carnitine Leucine Vitamins and minerals where insufficiency is suspected</p>
<p><b>Group C</b></p> <p><b>CSI Pacific Policy:</b> Prohibited for athlete use.</p> <p><b>Rationale for Policy:</b> Third party tested Supplements are not available and/or limited/emerging or no meaningful evidence of beneficial effects. In some cases, shown to impair sport performance.</p>	<p>All supplements not listed in Group A or Group B. Specific supplements or supplement ingredients will not be listed to avoid the perception that these products are special.</p> <p>Where a Supplement is not listed in Groups A or B it will automatically be classified as a Group C Supplement until it has been properly classified by the SAG as research becomes available. Nearly all new/emerging supplements and all herbal products* are initially Group C.</p> <p>*Herbal products are at high risk for banned substance contamination.</p>
<p><b>Group D</b></p> <p><b>CSI Pacific Policy:</b> <b>Prohibited.</b></p> <p><b>Rationale for Policy:</b> <b>Banned or at high risk of contamination.</b></p>	<p><b>All products and substances listed on the WADA prohibited list.</b></p> <p>Please refer to the WADA website <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a> to download the most up to date WADA prohibited list of banned substances;</p>

Last updated Feb 2019. For annual review in January by the SAG.

## Appendix C – Lower Risk Supplements for Athletes

There are many companies that market and sell Supplements to consumers for health and performance related benefits. Some of these Medical/Health Supplements such as iron and Vitamin D can be used to treat clinical issues including diagnosed nutrient deficiencies or insufficiencies. It is recommended that use of these products occur under the supervision of a CSI Pacific sports medicine physician and/or sports dietitian. Although most Medical/Health supplements will not have undergone third party testing for WADA banned substances a small number of companies do have their products certified through Informed Choice or NSF for Sport. As awareness regarding the risks associated with accidental cross contamination increases more companies are certifying their products and consumer choices will expand.

In the case of Performance Supplements (see Appendix B) it is critical to only use products that have undergone third party testing as these Supplements are at a much higher risk for cross contamination with WADA banned substances and some products may contain active ingredients that are not permitted in competition. These supplements may contribute to optimal performance but should only be used within an individualized protocol under the direction of a sports dietitian or sports physiologist. Please consult your CSI Pacific IST for additional information and see Appendix A for more information on Supplement safety.

## Appendix D – Sports Food Recommendations for Athletes

Below are some specific Sport Foods assessed to be lower risk products that have not undergone batch testing for WADA banned substances. This list only considers risk and does not take into account the specific nutritional qualities of a particular product. If you are uncertain about whether a product is right for your training and competitive goals, please contact your CSI Pacific Sports Nutrition, Medical or Physiology practitioner.

### **If you use Sport Foods and Beverages, we recommend you consider the following:**

Always aim to choose sport foods that are tested for WADA banned substances. The number of products available is growing every year. For specific products please see:

[http://www.nsf-sport.com/listings/certified\\_products.asp](http://www.nsf-sport.com/listings/certified_products.asp)

<http://informed-choice.org/certified-product-brands>

<https://www.informed-sport.com/certified-product-brands>

Batch tested products on these websites are considered lower risk. Be sure to match the batch number on the product you are planning to purchase with the batch number on the above website's product list.

CSI Pacific also endorses both INFINIT Nutrition Gold products and specific batch-tested Precision Nutrition products. Although not registered on the Informed Choice or NSF for Sport websites, these companies both produce LGC batch tested products specifically for CSI. You can purchase directly through CSI Pacific Victoria, Vancouver and Whistler campuses or you can order INFINIT online at: <https://www.infinitchanada.com/store/pc/viewCategories.asp?pageStyle=h&idcategory=35>

As per this policy, CSI Pacific recommends athletes bound by this policy keep record of batch numbers for the Sports Foods used, noting this is an added precaution for the athlete's benefit. Recording of batch numbers for Sports Foods is the sole responsibility of the athlete.

### **Guidelines for Untested Sport Foods**

If the product you would like to use is not NSF for Sport, LGC or Informed Choice tested, consider the following guidelines to select a low-risk product always keeping in mind that you are fully responsible for everything you consume and that WADA follows a policy of strict liability that resides with the athlete.

#### **Choose:**

- Larger, established companies producing low risk products such as bars or carbohydrate electrolyte beverages, without a publicly documented history of a positive analytical finding in any of their products
- Canadian companies as they must comply with Health Canada's very stringent quality control regulations. Purchasing products sourced and made in Canada may be lower risk than products made in other countries with differing manufacturing laws.

**If you have any questions, please seek expert advice from a CSI Pacific or Sport-designated Sport Dietitian or Physician.**

## Appendix E – Non Prescription Medications for Athletes

There are many companies that sell “over the counter” products for the treatment of individual health concerns. It is recommended that any medication consumed is *under the direction of a medical doctor*. Medications will not have not undergone batch testing and some products contain active ingredients that are not permitted in competition. It is important to read labels as the products and their ingredients change over time. You **must** check all ingredients on Global Dro (<http://www.globaldro.com/CA/search>) to be sure they are safe and either approved for out of competition or in competition or both. When possible, try to review your choices with a pharmacist and/or physician, who is aware you are part of a testing pool and ensure they are aware of the global DRO website.