

EVIDENCE FOR SUPPLEMENTS

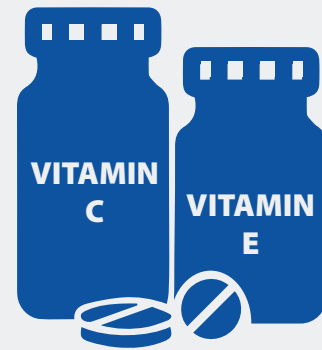
GROUP A SUPPLEMENTS

GOOD EVIDENCE TO SUPPORT ITS USE
IN SPECIFIC SPORT AND SCENARIOS



GROUP B SUPPLEMENTS

IN RESEARCH BUT MAY BENEFIT
PERFORMANCE IN SPECIFIC SPORTS
OR BE USED IN RESEARCH PROTOCOLS



GROUP C SUPPLEMENTS

PROHIBITED!
AS PER SUPPLEMENT POLICY;
INSUFFICIENT EVIDENCE TO
SUPPORT USE



GROUP D SUPPLEMENTS

PROHIBITED!
AND KNOWN TO CONTAIN WADA
BANNED SUBSTANCES OR SUBSTANCES
HARMFUL TO HEALTH

