

SHOULD I TAKE A SUPPLEMENT?

SPORTS FOOD & PRODUCTS

ASSESSING THE RISKS



THESE ARE THE STEPS TO ASK YOURSELF:

#1



HAVE YOU HAD AN ASSESSMENT BY MEDICAL STAFF AND/OR SPORT DIETITIAN?

#2



WHAT EVIDENCE AND RISKS ARE THERE FOR THE SUPPLEMENT USE IN YOUR SPORT?

#3



HAVE YOU DISCUSSED SUPPLEMENTATION WITH YOUR COACH?

#4



HAVE YOU REVIEWED EACH INGREDIENT AGAINST THE WADA PROHIBITED LIST?

#5



IS THIS PRODUCT THIRD-PARTY TESTED FOR WADA BANNED SUBSTANCES?

For more information, please refer to <http://www.informed-choice.org> and http://www.nsf.org/listings/certified_products_results.asp

#6



DISCUSS PROTOCOLS FOR USE WITH YOUR MEDICAL STAFF AND SPORT DIETITIAN

#7



TAKE A PICTURE OF YOUR SUPPLEMENT AND RECORD THE LOT NUMBER AND THE START AND END TIME OF USE

#8



PRIOR TO MAJOR GLOBAL CHAMPIONSHIPS, SUCH AS THE OLYMPICS, EXPECT A REVIEW OF YOUR SUPPLEMENTS

Remember to go through this process with each supplement you are considering taking!