

## INFORMED CHOICE

With any product under the supplement banner (sports foods, health supplements or ergogenic aids such as caffeine), there is potential risk that use may result in an anti-doping violation either due to intentional contamination or cross-contamination during the manufacturing processes.

LGC is a company that provides third-party testing to screen supplements for substances banned by the World Anti-Doping Agency (WADA). LGC provides various testing and screening options. Supplement companies can have their facilities, manufacturing processes and specific products analysed by LGC and, if no WADA prohibited substances are found, obtain *Informed Choice* or *Informed Sport* certification and the right for the supplement to carry the *Informed Choice* or *Informed Sport* logo; or, Institutes, such as CSI Pacific can have a sample from a specific supplement batch screened through the same processes to receive an independent certification. (ex: Infinit Gold products). Finished products are additionally audited on a regular basis. The primary difference between an *Informed Choice* vs. an *Informed Sport* certified product is that every batch of *Informed Sport* products are screened for banned substances v.s. only randomly selected batches of *Informed Choice* products being screened. Although the risk that a screened supplement will cause a doping violation is extremely low, it is important to remember that no product can be 100% guaranteed free of all WADA banned substances. Programs such as *Informed Choice* and *Informed Sport* monitor and screen only for substances on the WADA prohibited list at highest risk for accidental or deliberate inclusion in supplements\*. Non-certified supplements, even those made in facilities listed as GMP (Good Manufacturing Processes) do not screen for any WADA-prohibited substances and can therefore offer no guarantees. For “lowest-risk” supplements look for companies that carry the *Informed Choice* or *Informed Sport* logos on the label and cross check the lot number (found on the supplement package) via the [Informed Choice](http://informed-choice.org/) and [Informed Sport](https://www.informed-sport.com/) websites.



\*It is cost prohibitive for all banned substances to be included in the screening procedures. For information regarding what is tested for in the screening process, please refer to *Informed Choice* and LGC's respective websites.

<http://informed-choice.org/>

<https://www.informed-sport.com/>

<http://www.lgcgroup.com/services/sport-and-specialised-analytical-services/athletes-and-nutrition/banned-substances-testing-in-supplements/>

As per CSI Pacific's Supplement Policy, strict liability applies to all athletes in the event they are found to produce an anti-doping violation.

Through the CSI Pacific Supplement Policy we endeavour to educate athletes on the risks associated with supplement use. If an athlete decides to use a supplement, it is strongly recommended that selected products are third party tested and thus a lower risk for producing an anti-doping violation or adverse

health outcome when used in an evidenced-based manner alongside a planned and well-balanced diet.  
To review the CSI Pacific's supplement policy please click the following link:

- [View CSI Pacific Supplement policy \(PDF\)](#)

Other useful links:

- World Anti-Doping Authority (WADA): <https://www.wada-ama.org/>
- Canadian Centre for Ethics in Sport (CCES): <http://cces.ca/anti-doping>
- AIS Supplement Framework: <http://www.ausport.gov.au/ais/nutrition/supplements>
- Informed Sport: <http://www.informed-sport.com/> (European/Australian version of Informed Choice  
- increasingly available in North America)