

RISK OF SUPPLEMENT USE

Extreme caution is recommended regarding dietary/nutritional supplement use.

The use of dietary supplements by Athletes is a serious concern because in many countries the manufacturing and labelling of supplements do not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations.

A significant number of positive tests have been attributed to the misuse of supplements. Attributing an **Adverse Analytical Finding** to a poorly labelled dietary supplement is not an adequate defence in a doping hearing.

The risks of taking supplements should be weighed against the potential benefit that may be obtained, and Athletes must appreciate the negative consequences of an ADRV as a result of taking a contaminated supplement. Use of supplement products that have been subjected to one of the available quality assurance schemes can help to reduce, but not eliminate, the risk of an inadvertent doping infringement.

**A balanced diet should always come first.
If you really need to take supplements because of any insufficiencies,
make sure to check everything thoroughly!**