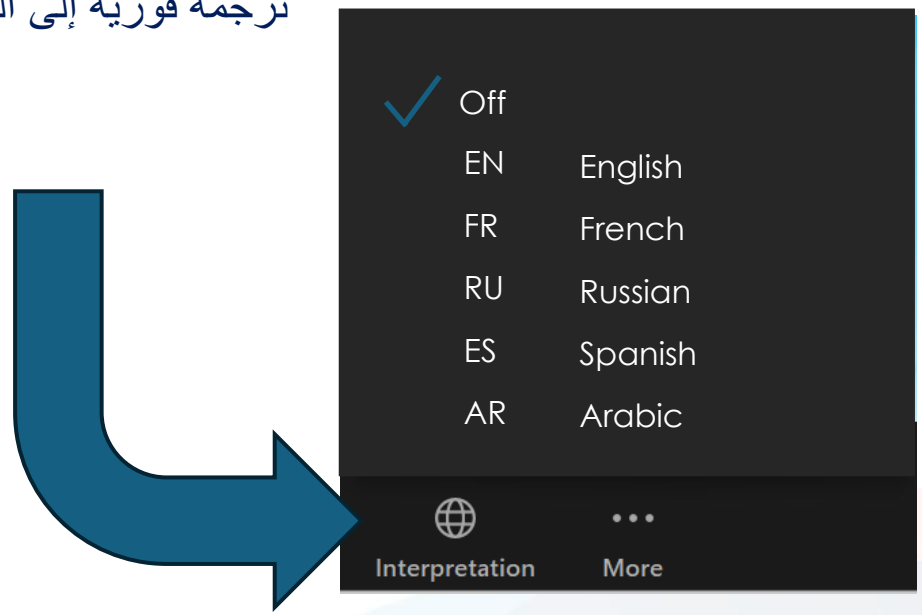
WELCOME!

ASK THE EXPERT: SUPPLEMENTS

LANGUAGE OPTIONS

Simultaneous interpretation

- Traducción simultánea en español
- Traduction simultanée en français
- Синхронный перевод на русский
- ترجمة فورية إلى العربية



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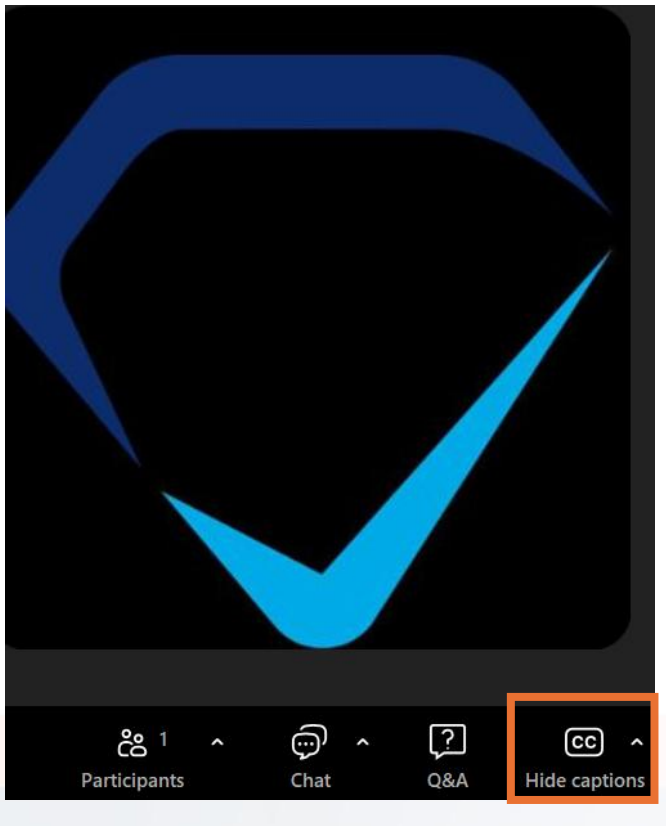

PANELLIST

Jeni Pearce, MNZM, NZRD

Performance Nutritionist

ASK THE EXPERT: SUPPLEMENTS

ATHLETES MUST KNOW ABOUT THE PROHIBITED LIST

UPDATED AT LEAST ANNUALLY

Includes substances and methods that are prohibited in sport and when:

✓ Prohibited at all times.

✓ Prohibited only during In-Competition.

✓ Prohibited only in particular sports.

Substances can be found in some medications, **supplements** and recreational drugs.

THE PROHIBITED LIST

SCAN NOW!

STRICT LIABILITY PRINCIPLE

The athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

UNDERSTAND THE RISKS OF SUPPLEMENTS

- **CONTAIN PROHIBITED SUBSTANCES AS THEIR MAIN INGREDIENTS**
- **CONTAMINATION** → Inadvertent ingestion of prohibited substances
- **MISLABELLING** → Inadvertent ingestion of prohibited substances
- **A RISK TO HEALTH** – testing of supplements has shown some to contain heavy metals and pesticides.

REMEMBER, no supplement is 100% risk free and may lead to an Anti-Doping Rule Violation!


ADVANCED THERMOGENIC FORMULA
ALPHA
CUTS
WEIGHT LOSS
CLEAN ENERGY
METABOLIC AMPLIFIER
WATERMELON LEMONADE
30
SERVINGS

POLL QUESTION:

WHAT IS THE PROHIBITED INGREDIENT ON THE SUPPLEMENT LABEL?

- ❑ Acetyl L Carnitine
- ❑ Higenamine HCI
- ❑ Paradoxine

Supplement Facts

Serving Size : 1 Scoop (4.2g) Servings per container: 30

	Amount Per Serving	%DV
Vitamin B12 (as Cyanocobalamin)	200mcg	3,333%
Chromium (as Chromium Picolinate)	100mcg	83%
Vitamin B6 (as Pyridoxine HCI)	2mg	118%
Vitamin B3(as Niacin)	15mg	94%
Acetyl L Carnitine	1000mg	**
Caffeine Anhydrous	300mg	**
KSM-66® (KSM-66Ashwagandha Root Extract)	150mg	**
5 HTP (Griffonia Simplicifolia) (seed) (extract)	100mg	**
Cocoabuterol® (Theobroma Cacao L. Extract) (seed)	100mg	**
Synephrine HCI	50mg	**
Higenamine HCI	50mg	**
Paradoxine® (Grains of Paradise (12.5% 6-paradol))	25mg	**
ProGBB™ (Gamma-butyrobetaine Ethyl Ester Chloride)	25mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng Root Extract)	25mg	**
Huperzine A (Huperzia Serrata leaf std. extract)	50mcg	**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**Daily Value not established

Other Ingredients: Citric Acid, Malic Acid, Silicon Dioxide, Natural and Artificial Flavors, Sucralose. Contains Milk

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Synephrine HCl	50mg	**
Higenamine HCl	[illegible]	**
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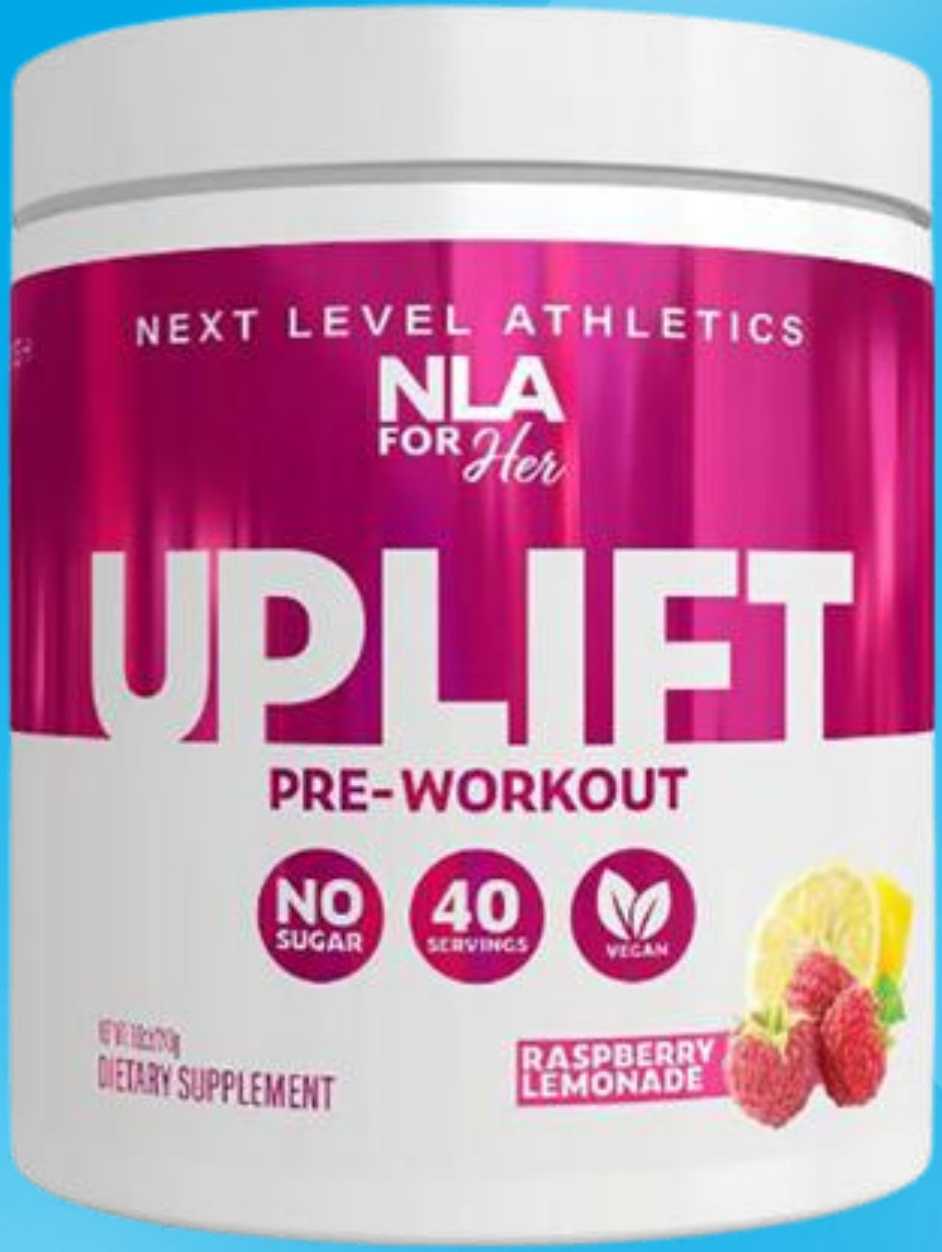
- Higenamine
- S3 Beta-2 Agonists
- Prohibited at all times

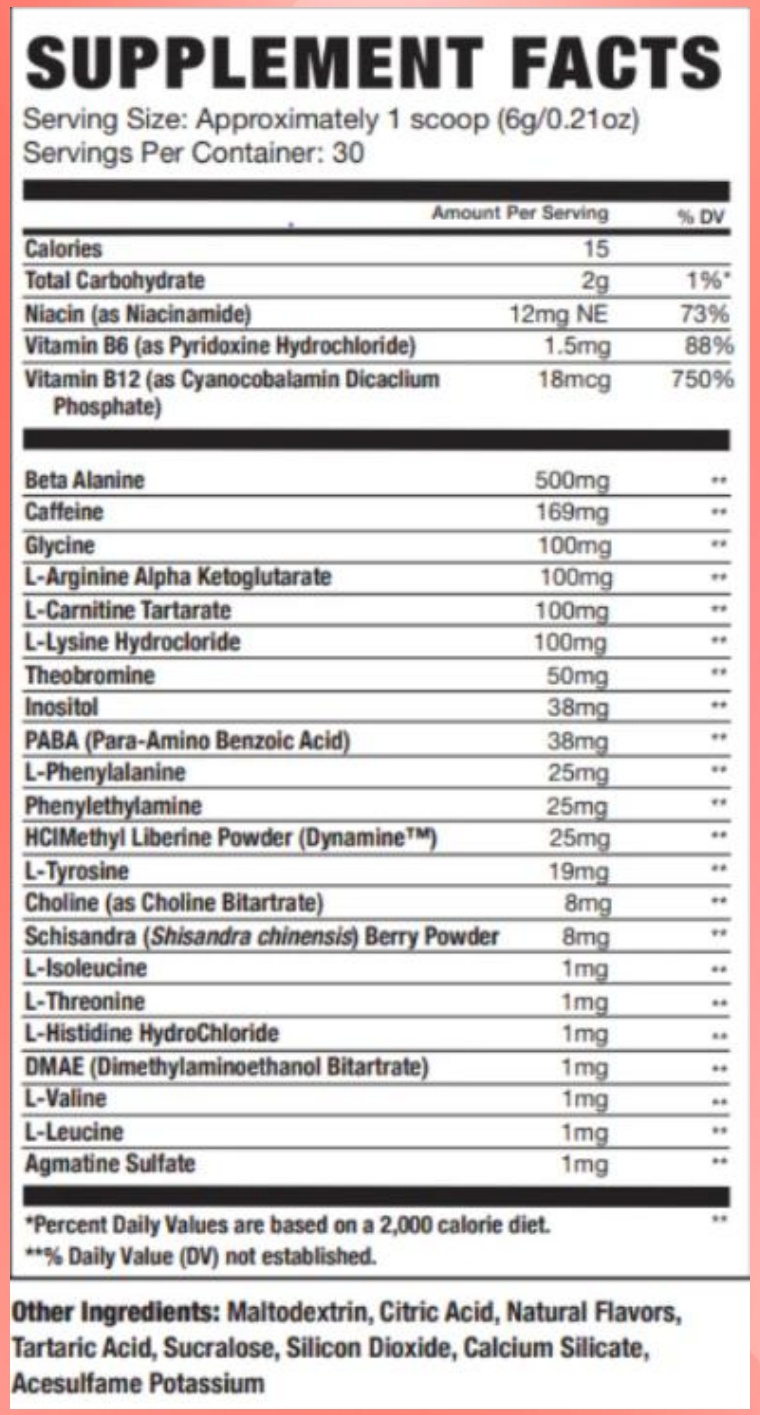
ITA
KEEPING SPORT REAL



POLL QUESTION:

WHAT IS THE PROHIBITED INGREDIENT ON THE SUPPLEMENT LABEL?

- ❑ Beta Alanine
- ❑ Phenylethylamine
- ❑ L-Tyrosine



SUPPLEMENT FACTS

Serving Size: Approximately 1 scoop (6g/0.21oz)
Servings Per Container: 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	2g	1%*
Niacin (as Niacinamide)	12mg NE	73%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.5mg	88%
Vitamin B12 (as Cyanocobalamin Dicaclium Phosphate)	18mcg	750%
Beta Alanine	500mg	**
Caffeine	169mg	**
Glycine	100mg	**
L-Arginine Alpha Ketoglutarate	100mg	**
L-Carnitine Tartarate	100mg	**
L-Lysine Hydrocloride	100mg	**
Theobromine	50mg	**
Inositol	38mg	**
PABA (Para-Amino Benzoic Acid)	38mg	**
L-Phenylalanine	25mg	**
Phenylethylamine	25mg	**
HClMethyl Liberine Powder (Dynamine™)	25mg	**
L-Tyrosine	19mg	**
Choline (as Choline Bitartrate)	8mg	**
Schisandra (*Shisandra chinensis*) Berry Powder	8mg	**
L-Isoleucine	1mg	**
L-Threonine	1mg	**
L-Histidine HydroChloride	1mg	**
DMAE (Dimethylaminoethanol Bitartrate)	1mg	**
L-Valine	1mg	**
L-Leucine	1mg	**
Agmatine Sulfate	1mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**% Daily Value (DV) not established.

Other Ingredients: Maltodextrin, Citric Acid, Natural Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium

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Beta Alanine	500mg	**
Caffeine	169mg	**
Glycine	100mg	**
L-Arginine Alpha Ketoglutarate	100mg	**
L-Carnitine Tartarate	100mg	**
L-Lysine Hydrocloride	100mg	**
Theobromine	50mg	**
Inositol	38mg	**
PABA (Para-Amino Benzoic Acid)	38mg	**
[illegible]	25mg	**
Phenylethylamine	[illegible]	
[illegible] Powder (Dynamine™)	25mg	**
L-Tyrosine	19mg	**
Choline (as Choline Bitartrate)	8mg	**
Schisandra (*Shisandra chinensis*) Berry Powder	8mg	**
L-Isoleucine	1mg	**
L-Threonine	1mg	**
L-Histidine HydroChloride	1mg	**
DMAE (Dimethylaminoethanol Bitartrate)	1mg	**
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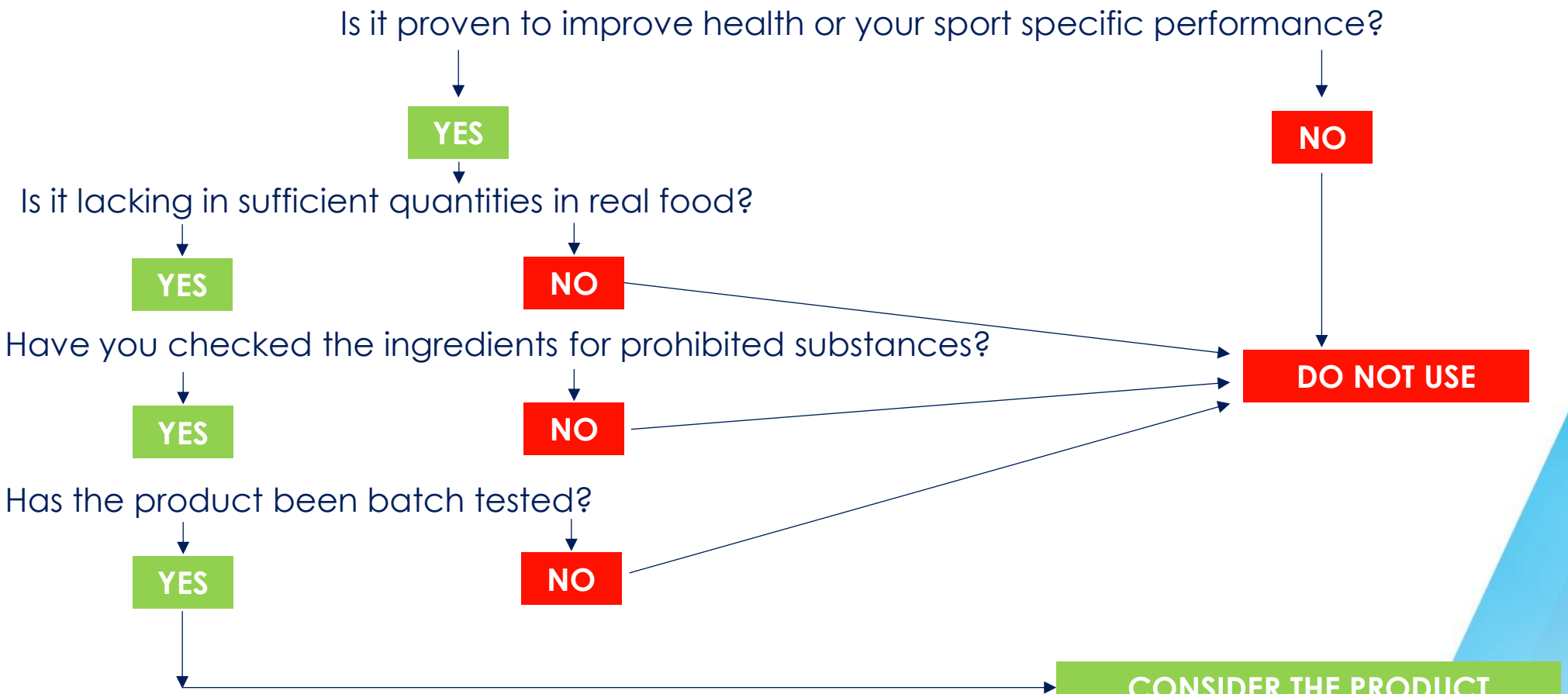
Other Ingredients: Maltodextrin, Citric Acid, Natural Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium

- Phenylethylamine
- S6 Stimulant
- Prohibited in-competition

SUPPLEMENT DECISION-MAKING FLOWCHART



Sports and Exercise Nutrition Register (SENr) Supplement use in Sport Position Statement (2017)

Athletes **should only consider using supplements that have been batch tested** by an independent supplement certification company for substances prohibited in sport.

INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES

sport.wetestyoutrust.com

nsfsport.com

koelnerliste.com

bscg.org

Remember, no supplement is 100% risk-free and may lead to an Anti-Doping Rule Violation

YOUR QUESTIONS

AUDIENCE QUESTIONS:

1. How do you do a nutritional assessment for an athlete?
2. How are nutritional needs different between males and females?
3. In some countries, it can be difficult for an athlete to achieve a diet that meets all their needs – what should they do?

AUDIENCE QUESTIONS:

4. What are your recommendations around supplement use and young athletes?
5. What is your messaging to athletes and coaches about pre-workouts?
6. Should supplements marketed to athletes be avoided?
7. Are traditional or herbal supplements safe?
8. Who can athletes contact to test their supplements for substances prohibited in sport?

AUDIENCE QUESTIONS:

9. How can athletes and their support staff obtain information to assess the risk level of nutritional supplements?
10. From your experience, how can a NADO or others effectively educate athletes on identifying high-risk supplements, especially those marketed at athletes?
11. Let's be honest, athletes use supplements, so why don't organisations recommend supplement companies?
12. What recommendations should athletes and their medical team follow when transporting supplements?

AUDIENCE QUESTIONS:

13. What role do antioxidants have on performance and recovery?
14. What is the role of magnesium in preventing cramps, and can you overdose?
15. What does creatine do, and can this be obtained from a food source?
16. What vitamin helps absorb calcium, and what are its food sources?
17. What do studies say about Beta-Alanine and Pea Protein?

CASE STUDY 1

AN ATHLETE IS AWAY AT CAMP AND HAS FORGOTTEN THEIR PROTEIN POWDER. THEIR ROOMMATE OFFERS TO SHARE THEIR SUPPLIES.

- ❑ WHAT DO YOU DO?
- ❑ WHAT QUESTIONS SHOULD YOU ASK?

CASE STUDY 2

YOUR COACH TAKES YOU TO A JUICE BAR/CAFÉ AND BUYS YOU A FRUIT PROTEIN SMOOTHIE USING THE STORE'S PERSONALIZED PROTEIN POWDER.

❑ WHAT DO YOU DO?

CASE STUDY 3

YOUR MANAGER HAS PURCHASED SOME CEREAL BARS THAT CLAIM TO BE HIGH PROTEIN FOR RECOVERY.

- ❑ SHOULD YOU EAT THEM?

RESOURCES

WADA

- ✓ WADA - The World Anti-Doping Code
- ✓ WADA - the Prohibited List
- ✓ WADA - ADEL Anti-Doping Education and Learning

OTHER RESOURCES

- ✓ AIS Supplements - Australian Institute of Sport
- ✓ IOC consensus statement: dietary supplements and the high-performance athlete - British Journal of Sports Medicine
- ✓ Sports and exercise nutrition register supplement use in sport position statement
- ✓ Informed sport-certified supplements
- ✓ National institutes of health's dietary supplement label database

ITA

- ✓ Supplement - Making informed decisions
- ✓ Athlete Hub

NADOS SUPPLEMENTS RESOURCES

- ✓ Canada Supplements - Canadian Centre for Ethics in Sport
- ✓ USA Supplement Connect - USADA
- ✓ New Zealand Sport Integrity Commission Te Kahu Raunui
- ✓ United Kingdom Supplements - UKAD
- ✓ South Africa Supplements and their risks - Drug Free Sport

Q&A

REGISTER AND SHARE THE MAY MONTHLY WEBINAR

ASK THE EXPERT: NUTRITION

THURSDAY 22 MAY

14:00-15:00 CEST

ZOOM REGISTRATION LINK

MORE QUESTIONS?

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