





WELCOME!

**ASK THE EXPERT:
SUPPLEMENTS PART II**

LANGUAGE OPTIONS



SIMULTANEOUS INTERPRETATION

FRENCH

SPANISH

RUSSIAN

ARABIC

AUTOMATED TRANSLATED CAPTIONS

PANELLIST



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MNZM, NZRD Performance Nutritionist

ASK THE EXPERT: SUPPLEMENTS PART II

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.

Download
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 or not.

UNDERSTAND THE RISKS OF SUPPLEMENTS

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

Inadvertent
ingestion of
prohibited
substances

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



POLL QUESTION:

What is the prohibited ingredient on the supplement label?

- ✓ Acetyl L Carnitine
- ✓ Higenamine HCl
- ✓ 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 HCl)	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 HCl	50mg	**
Higenamine HCl	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.

Supplement Facts

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

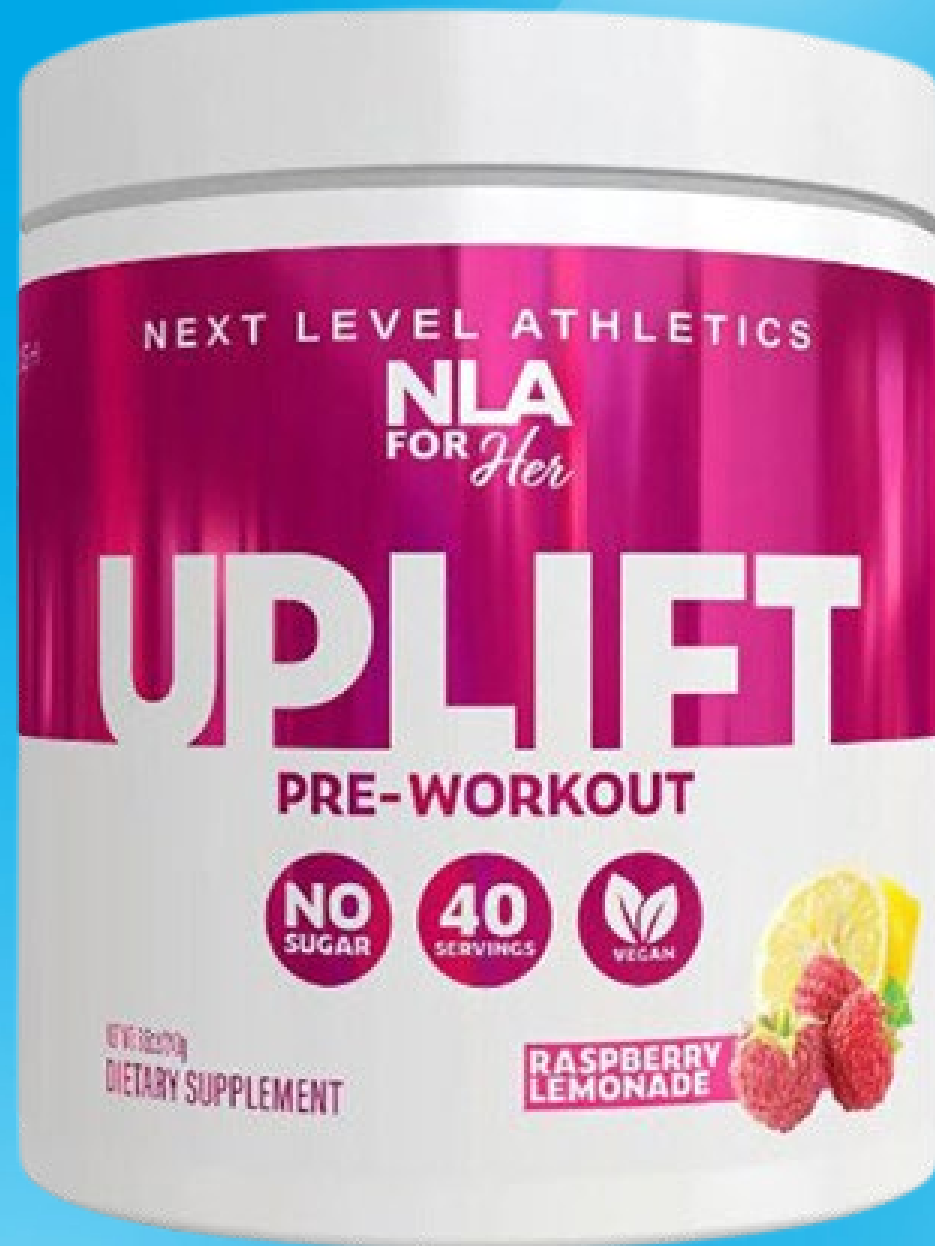
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Other Ingredients: Citric Acid, Malic Acid, Silicon Dioxide, Natural and Artificial Flavors, Sucralose. Contains Milk

- Higenamine
- S3 Beta-2 Agonists
- Prohibited at all times



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 Hydrochloride	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 (<i>Shisandra chinensis</i>) 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

SUPPLEMENT FACTS

Serving Size: Approximately 1 scoop (6g/0.21oz)

Servings Per Container: 30

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Beta Alanine	500mg	**
Caffeine	169mg	**
Glycine	100mg	**
L-Arginine Alpha Ketoglutarate	100mg	**
L-Carnitine Tartarate	100mg	**
L-Lysine Hydrochloride	100mg	**
Theobromine	50mg	**
Inositol	38mg	**
PABA (Para-Amino Benzoic Acid)	38mg	**
Phenylethylamine	25mg	**
Phenylethylamine Powder (Dynamine™)	25mg	**
L-Tyrosine	19mg	**
Choline (as Choline Bitartrate)	8mg	**
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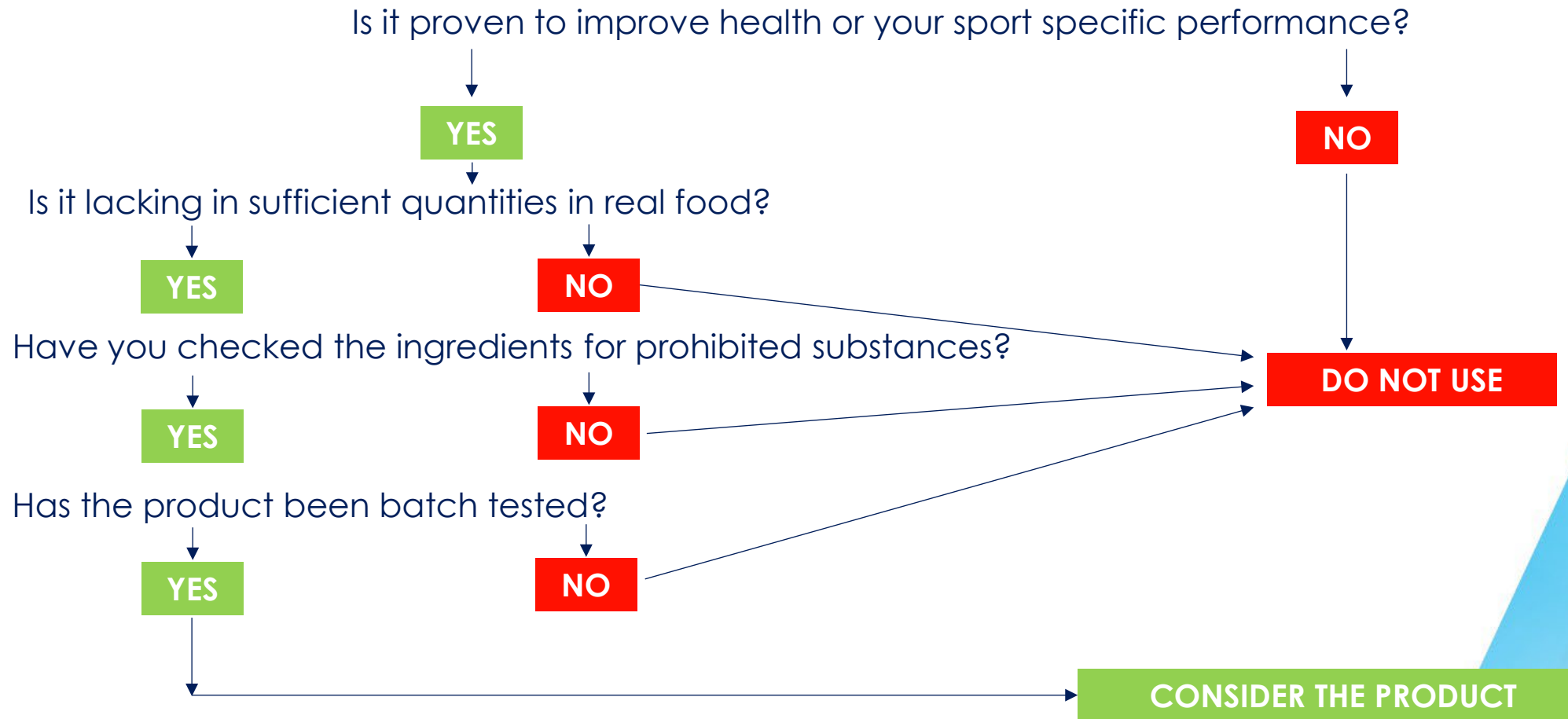
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Other Ingredients: Maltodextrin, Citric Acid, Natural Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium

- Phenylethylamine
- S6 Stimulant
- Prohibited in-competition

SUPPLEMENT DECISION-MAKING FLOWCHART



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



When is supplementation justified following a nutritional assessment, and when should a balanced diet and adequate hydration be sufficient?



Which types of supplements present the highest risk of inadvertent doping?



What ingredient names, label terms or marketing claims should raise concerns about potentially prohibited substances?



Can any supplement brand or product be considered completely safe for athletes, and what precautions should athletes take before using one?

AUDIENCE QUESTIONS



How should athletes and their support teams evaluate a supplement that appears scientifically promising but is not yet widely used?



How should athletes distinguish between evidence-based supplement advice and nutrition or supplement information promoted by influencers, teammates or on social media?



Peptides are receiving considerable attention on social media. What are they, and what should athletes understand about their potential benefits, risks and anti-doping implications, including in skincare products?



Are there situations where taking several supplements at the same time can create additional health, performance or anti-doping risks, even when each product appears acceptable on its own?

AUDIENCE QUESTIONS



What principles should guide nutrition and supplementation decisions for young athletes?



What practical, affordable meals would you suggest for a young athlete balancing training and studies?



How do you tell the difference between a food in a packet and a supplement?



How should athletes in weight-category sports approach weight management while protecting their health and performance, and what role, if any, should supplements play?

AUDIENCE QUESTIONS



What role can supplements such as creatine, caffeine and protein play in supporting strength and power athletes when used alongside appropriate training and nutrition?



How often should athletes review their nutrition and supplement use, and what health, performance or laboratory indicators should prompt a reassessment?



What should athletes consider when using supplements while travelling or competing abroad, particularly when the products or ingredients available may differ between countries?

ENG

QUICK GUIDE: SUPPLEMENTS

No supplement is 100% risk-free and use may lead to an Anti-Doping Rule Violation

WHAT ARE THE

RISKS

OF SUPPLEMENT USE?

MISLABELLING

Supplement labels may not include all ingredients found in a product or may incorrectly state ingredient strengths. Some ingredients may also be known by different names, and not all of the names might be listed on the Prohibited List. Labels including "proprietary blend", "extreme focus blend" or "testosterone boosting" may indicate greater risk.

WHAT

ARE SUPPLEMENTS?

A food, food component, nutrient, or non-food compound used for specific health or performance benefit including; vitamins, minerals, electrolytes, protein products, ergogenic aids, amino acids, fat burners, pre and post workout products as well as traditional, botanical and herbal remedies.

THEY CAN CONTAIN PROHIBITED SUBSTANCES AS THEIR MAIN INGREDIENTS

These can be on the ingredients list under the same name that can be searched on the Prohibited List, or an alternative name. For example, Higenamine can be found on the Prohibited List, but this substance can also be called Nandina domestica fruit extract which cannot be found on the Prohibited List.

CONTAMINATION

Supplements are not produced under the same strict quality standards as medications. This can lead to contamination with prohibited substances as a result of poor manufacturing processes, and unsafe storage and handling practices.

CLAIMS

Some supplements falsely claim to be endorsed or approved by WADA or other anti-doping organisations. Neither WADA nor anti-doping organisations endorse or approve supplements. Additionally, some products may advertise themselves as "safe for athlete use" and make unrealistic claims about their benefits.

WHAT DO SUPPLEMENT RISKS

MEAN

FOR ATHLETES?

Athletes are responsible for everything they use and is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault, therefore supplement use can result in an Anti-Doping Rule Violation. Additionally, there are potential health risks related to supplement use. This means all athletes should carefully weigh the benefits against the risk and make an informed decision about use.



Take this resource with you — scan to download!



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](#)
- ✓ ["Food First but Not Always Food Only": Recommendations for Using Dietary Supplements in Sport](#)
- ✓ [Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?](#)
- ✓ [Is melatonin a helpful sleep aid — and what should I know about melatonin side effects?](#)
- ✓ [Article collection: International Society of Sports Nutrition Position Stands](#)

ITA

- ✓ [Supplement - Making informed decisions](#)
- ✓ [Athlete Hub](#)
- ✓ [Supplements quick guide](#)

NADOS SUPPLEMENTS RESOURCES

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

Q&A

MORE QUESTIONS?

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