

# SPORTS FOODS & SUPPLEMENTS GUIDELINES



Sports foods and supplements are categories of nutritional products that are marketed to athletes that claim to enhance athletic performance (ACSM 2016). They are generally categorised according to their main mode of action, which may be to increase strength and power, improve energy and endurance or enhance recovery after exercise. Sports foods and supplements may contain banned substances. This could result in a positive test for an athlete.

## HOW MAY SUPPLEMENTS CAUSE PROBLEMS FOR ATHLETES?

- ✗ NOT REGULATED LIKE MEDICINES
- ✗ LABELS PROVIDE NO GUARANTEE OF THE PRODUCT CONTENTS
- ✗ CROSS CONTAMINATION IN THE PRODUCTION PROCESS



**SPORT IRELAND**  
ANTI-DOPING


## WHAT IS CONSIDERED A HIGH RISK SUPPLEMENT?



Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

## WHAT SHOULD I DO IF I WANT TO TAKE A SUPPLEMENT?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as [www.informed-sport.com](http://www.informed-sport.com)

 HERBAL PRODUCTS ARE NOT ALWAYS SAFE FOR ATHLETES. HERBAL SUPPLEMENTS MAY CONTAIN INGREDIENTS THAT COULD RESULT IN A DOPING VIOLATION



ALL ATHLETES ARE SOLELY RESPONSIBLE FOR WHAT THEY CONSUME

**REMEMBER!** Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

## FALSE ADVERTISING

From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes. Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.

## CONSEQUENCES



The current ban from sport for an anti-doping rule violation is 4 years. If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.



References:  
American College of Sports Medicine Joint Position Statement. Nutrition and Athletic performance. Academy of Nutrition and Dietetics; Dietitians of Canada; American College of Sports Medicine. Med Sci Sports Exerc.2016; 48(3): 543-568.