

USE OF MEDICATIONS & RISKS OF SUPPLEMENTS

“Nutritional supplements present a doping risk as they may be contaminated with prohibited substances.”

Food-First Approach

Nutrient dense foods can help fuel the body the right without any of the added risks associated with supplements. When prepared appropriately to meet the physical demands of training, a Food First approach will help any athlete achieve training consistency, reduce the risk of injury and illness and help contribute to their performance benefits with or without the need for supplement use.

Contamination risks of supplements due to...

- Low manufacturing standards compared to medication
- Mislabeling of Supplements
- False claims “safe for athletes” “Verified by ADO or WADA”

Checking Medications

Both prescribed and over-the-counter medications should be checked against the Prohibited List. Athletes should also inform their doctors and other medical professionals of their obligations as high-performance athletes and emphasize the fact that they are subject to the rules of the World Anti-Doping Code. If the Medication is on the list you will need a Therapeutic Use Exemption (TUE), learn more by watching TUE: An Athlete’s Guide [ITA Webinar](#).

Remember...

NO supplement is 100% risk-free but athletes and Athlete Support Personnel can take certain steps to minimize these risks.

For more information, please refer to the WADA Q&A on nutritional supplements.

