

REDUCE YOUR RISK



OF TESTING POSITIVE OR EXPERIENCING NEGATIVE HEALTH EFFECTS

STEP 1 - SEEK PROFESSIONAL GUIDANCE •



Consult a health professional or dietician to make sure there is a CLEAR NUTRITIONAL BENEFIT in using a supplement. If there is no clear nutritional benefit, then why take the risk?

Don't have a dietitian? We understand. Move on to the next step.

STEP 2 - THIRD-PARTY TESTING

Look for third party certification. No program is perfect, and certification is not a guarantee, but it is a step in the right direction. If your product you are considering is not certified by a third-party agency, ask yourself:

- 1. Is there an equivalent product that IS certified?
- 2. If there are no food alternatives, and no certified equivalents, then move on to the next step



*Keep in mind: Dietary supplements are regulated as a category of food. If there are truly no food alternatives for a supplement, that could be a warning sign that the product is not a legitimate dietary supplement.

STEP 3 - LOOK FOR SPECIFIC WARNINGS



Look for specific warnings on your product by visiting the Supplement 411 High Risk List and the FDA Tainted Supplements page.

Was a warning found that pertained to the product in question? This may be a risky product. Look for a safer alternative.

If no specific warnings were found, move on to the next step.

STEP 4 - REVIEW THE LABEL FOR RED FLAGS

Evaluate the product for yourself looking for red flags, such as prohibited substances listed on the label, or a warning that the product may be prohibited in sport. If you find a red flag, this may be a risky product. Look for a safer alternative. If no red flags are found, this product probably poses a low-risk of causing a positive test or experiencing adverse health effects, and you may decide to trust the label. However, it is important to remember that there are no guarantees with supplement products.



Use the back of the card to review your product for red flags.

REMEMBER: THE USE OF ANY DIETARY SUPPLEMENT IS AT YOUR OWN RISK.



REVIEW YOUR PRODUCT

Supplement

	Product:
IF Y	OUR PRODUCT MEETS EVERY CHARACTERISTIC BELOW, IS PROBABLY LOW-RISK.
Remember! Your product should:	
	Recommended by a health care provider or dietician (not a gym trainer).
	Lists only ingredients with a clear and well-documented nutritional value.
	Certified by a third-party testing agency.
IF YOUR PRODUCT MEETS EVEN ONE OF THE CHARACTERISTICS BELOW, IT MAY BE HIGH RISK.	
	The product is on USADAs High Risk List (Supplement411.org/hrl)
	The product is on the FDA Tainted Supplements page (http://bit.ly/FDA_Tainted_Products_CDER).
	Substances on the WADA Prohibited List are on the supplement label or in product advertising.
	Ingredients listed on supplement label fall into a general category of the WADA Prohibited List, such as anabolic agents, selective androgen receptor modulators, stimulants, aromatase inhibitors, growth hormones, peptide hormones, diuretics, beta-blockers, corticosteroids, or beta-2 agonists.
	The company has received FDA warning letters or has been subject to other enforcement actions. Search for the company or product name on FDA.gov or FTC.gov.
	Product claims to be "FDA Approved," "WADA Approved," or "USADA Approved." These organizations do not approve dietary supplements.
	The supplement is marketed for muscle-building, weight-loss, sexual enhancement, or "energy/pre-workout". Both FDA and USADA consider products in these categories more likely to be adulterated.
	The product advertises to deliver the same results as a prohibited substance or pharmaceutical (e.g stimulates growth hormone secretion; anti-inflammatory; boosts your testosterone levels; diuretic and shredding agent).
	The company website or blog sites claim the products are legal because the ingredients are not on the Controlled Substances Act, or they are advertised as "legal steroids" or "legal prohormones."
	The product is sold "For research purposes only." Some companies evade FDA scrutiny by telling consumers their products are not for human use, therefore, it's not their fault if a consumer does use it for him or herself.
	Product lists ingredients by chemical names rather than common names. For example, any of the following phrases or characters would be a red flag: andro , -ol , -diol, -dione , -stene or –stane, 17a or 17α , 17b or 17β or any other number with the alpha and beta symbols or other greek symbols, epi, epithio, gonado.
	Products that are supposed to be used under the tongue, or as a topical spray or cream, or any product that has extra steps before swallowing.
	Product claims to treat or prevent a disease (including but not limited to hormone imbalances, the common cold, flu, diabetes, and inflammation).
	Product claims to be an "alternative to prescription medication."
THE FOLLOWING ARE NOT ALWAYS RED FLAGS. IF YOU CAN TICK ANY OF THESE, YOU WILL HAVE TO CONSIDER THE INFORMATION ABOUT THE PRODUCT TO MAKE A DECISION ON RISK.	
	Products sold exclusively on the internet may raise a red flag. There are some legitimate dietary supplement companies that only have an online presence and they do not distribute through brick and mortar stores. However, some companies deliberately avoid regulatory agencies by opening and closing websites quickly, or selling products online to the US from other countries. They do not include an address or other identifying features on their website or bottles to avoid being located.
	Product lists ingredients that you don't recognize or that would seem out of place on a food label (e.g. if there are ingredients that would seem outrageous or ridiculous on a cereal box or soup can, this may be a red flag). There are some exceptions to this rule, but keep in mind that dietary supplements are regulated as a category of food.

YOU CAN USE GLOBALDRO.COM TO HELP YOU UNDERSTAND THE ANTI-DOPING STATUS OF INGREDIENTS LISTED ON A LABEL, BUT YOU SHOULD NEVER CONCLUDE THAT A SUPPLEMENT IS FREE FROM BANNED SUBSTANCES JUST BECAUSE IT DOESN'T LIST ANY ON THE LABEL.

Advertising contains phrases like "newest scientific breakthrough" "secret formula," "money back guarantee," "quick fix," "used for thousands of



years," or "what the experts don't want you to know."

OR