

Medications v. Supplements

Learn the difference between medications and supplements to better understand why supplements are risky for athletes.



FDA Review

The U.S. Food and Drug Administration (FDA) maintains a comprehensive evaluation process for medications, assessing everything including the packaging, the design of clinical trials, and the manufacturing conditions.

Reliable Ingredient Labels

Medications must list every ingredient on the Drug Facts label, and these ingredients are confirmed through quality control analysis by the FDA.

Proven Safe Before Sale

To help protect consumers, medications are subject to strict premarket regulation, which means they go through a rigorous safety and efficacy evaluation process before reaching consumers.

Eliminate Your Risk: Global DRO

Global Drug Reference Online (Global DRO) allows you to search the prohibited status of specific medication brands and ingredients.

Get started at:
www.GlobalDRO.com



No FDA Review

Supplements don't undergo any evaluation process or testing by the FDA before they are made available to consumers. In fact, most supplement companies are never inspected by the FDA to ensure manufacturing best practices.

Unreliable Ingredient Labels

Manufacturers may misidentify prohibited substances on Supplement Facts labels, or they may fail to list prohibited substances altogether.

Prove Unsafe to Stop Sale

Because they are regulated post-market, supplements are sold to consumers until it becomes evident that they are harmful following consumer adverse event reporting. Even then, supplements with illegal or dangerous ingredients may remain on shelves for years.

Minimize Your Risk: Supplement 411

Supplement 411 offers various tools to help athletes realize, recognize, and reduce supplement risk, including a High Risk List of examples of products containing prohibited substances:

www.Supplement411.org/HRL

