INTRODUCTION & PURPOSE

Many athletes believe they need dietary supplements to perform at their best, but this trust in supplements is undeserved. While it’s true that some supplements can be helpful in some circumstances, people regularly overestimate their benefits and safety.

Many use them without understanding the supplement industry or talking to a dietitian, and instead rely on advertisements and labeling. However, people can’t trust what many supplements claim to contain or deliver because of ineffective regulation of the supplement industry.

It’s easy to assume that if a product is on a store shelf, then it must be safe. But dietary supplements are regulated in a post-market manner, meaning the Food and Drug Administration (FDA) does not evaluate the contents or effects of supplements before they are sold. A harmful or illegal dietary supplement can stay on store shelves for a long time, sometimes even years, before the FDA can remove them.

Because of this, it’s important to be an informed consumer and understand the risks before deciding to use any dietary supplement.

This booklet is designed to help you decide if the potential benefits of dietary supplements outweigh those risks, and if so, how you can better choose a low-risk product.
Q: What is a dietary supplement?

A: The dietary ingredients found in supplements can also be found in foods. In fact, by law, dietary supplements can only contain ingredients that are already in the food supply. But dietary supplements are highly processed and there is always a chance of contamination during the manufacturing process. **Who would you rather have manufacture your calcium? A factory or mother nature?**

### WHERE CAN I FIND CALCIUM?

**PRODUCED IN A FACTORY**

- Sold in bulk powder as a dietary ingredient

**NATURALLY, IN FOOD**

- Seeds
- Yogurt
- Sardines
- Almonds
- Beans & Lentils
- Spinach & Kale
- Milk

**DIETARY SUPPLEMENT:** A dietary supplement is defined by law as a product taken by mouth (a patch or a cream is not legally considered a supplement) that contains a “dietary ingredient” and is intended to supplement the diet, (Dietary Supplement Health and Education Act [DSHEA] of 1994). The intended use can only be to supplement the diet. A supplement cannot advertise to treat or cure a disease or ailment of any type.

**DIETARY INGREDIENTS:** The dietary ingredients contained in supplements may include vitamins, minerals, herbs or other botanicals, amino acids, and substances, such as enzymes, organ tissues, glands, and metabolites. Dietary supplements may also contain extracts or concentrates of dietary ingredients, and may be found in many forms, including tablets, capsules, softgels, gelcaps, liquids, or powders. They can also be found in other forms (such as a bar), but if they are, the label must not represent the product as a conventional food or as a replacement for a full meal or diet. A dietary supplement can also be a liquid, but if it is, the information on the label must make it clear that it’s not a standard beverage or drink for the sole purpose of rehydration.

Regardless of the form, the DSHEA places dietary supplements in a special category under the general umbrella of “foods,” not drugs, and requires that every supplement be labeled a dietary supplement.

Excerpted and modified from the FDA Webpage: https://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm480069.htm#what_is
Q: Do athletes need dietary supplements?

A: All athletes need good nutrition, but it is up to each individual to determine whether that nutrition is best obtained through foods or supplements. Under certain circumstances, some dietary supplements may be helpful to athletes.

It is important to first evaluate the nutritional needs of the athlete, then identify whether increasing the intake of certain vitamins, minerals, or other ingredients is necessary. You can use the steps below to determine if an athlete needs a dietary supplement:

1. **Talk with a professional to ensure the training program is optimal**
   (and includes proper recovery time)

2. **Make sure the athlete is getting enough sleep**
   (no supplement can make up for lack of sleep)

3. **Evaluate the athlete’s diet**
   (develop a nutrition plan that includes training & recovery)

4. **Meet with a doctor to identify (through blood or other proper clinical tests) any vitamin or mineral deficiencies or other health problems that might limit the variety of foods (e.g., food allergies or gluten or lactose intolerance).**

**Case Study**

In 2013, a Long Island doctor noticed that his patients were showing symptoms normally associated with anabolic steroid use, such as liver damage, blood clots, muscle pain, masculine features appearing in women, and even testicular shrinkage, infertility, and gynecomastia (breast tissue development) in men. These patients had all gone to the same chiropractor, who prescribed Healthy Life Chemistry vitamins by Purity First to each of them.

**Remember, Every “Safe” Supplement Can Pose a Risk.**

Although the label of these products appeared normal and didn’t list unusual ingredients for a vitamin, regulators discovered anabolic steroids in the products after investigating health complaints. The ensuing warning letter from the FDA was initially ignored by Purity First, and the contaminated products remained on sale until they were finally recalled and destroyed after further federal pressure.

Although Purity First supplements are no longer on the market, stories like this are all too common, and the FDA’s list of recalled supplements grows every month. It’s important for consumers to remember that the label does not always paint an accurate picture of what is, or isn’t, in a supplement.

Even simple, safe-looking products from seemingly reputable companies can be contaminated with dangerous ingredients that can cause serious health problems and violate anti-doping rules.
Q: Should an athlete buy a supplement that advertises what they want to achieve?

A: Because the benefits of dietary supplements are often exaggerated, the decision to use a product should be based on nutritional needs and not any competitive advantage a product claims it will give.

Despite the claims a dietary supplement might make in its advertising, there are no regulatory or enforcement agencies that check to make sure the advertisements are accurate. Federal law does not even require supplement companies to prove to the FDA that their products are safe or effective before they are sold. Because of this, athletes should ignore advertising and focus instead on the research about the individual dietary ingredients, such as basic vitamins and minerals.

Advertisements for dietary supplements often make extremely exaggerated claims. Sometimes dietary supplements with the same ingredients even claim to improve wildly different aspects of performance. For example, whey protein is advertised to be the key ingredient in both weight-gain and weight-loss products, implying that the same ingredient somehow has opposite effects. The benefits listed on supplement packaging and advertising sound nice, but it’s important to remember that what a product can do for an athlete doesn’t always match up with the label.

Athletes should carefully evaluate their diet and training regimen to figure out what ingredients aren’t being obtained through food, and then choose a safer product that delivers that ingredient. Visit Supplement411.org for information on choosing a safe supplement.
Q: Is there evidence behind the benefit of using dietary ingredients?

A: To determine which, if any, dietary supplements can benefit athletes, it is necessary to first evaluate the athlete’s metabolic needs and diet.

Since everyone is different, it is not possible to simply say “all athletes need fish oil/vitamin D/branched chain amino acids (BCAAs)” or that creatine improves the sport performance of every athlete. For example, creatine can help some athletes in a few specific instances (see Table 1) if they are not eating enough of the right foods, but there is no one-size-fits-all solution.

Table 1 shows some of the potential benefits, limitations, and risks of some commonly asked about dietary ingredients.

To evaluate whether a specific ingredient would benefit an athlete, it is helpful to consult with a certified sports dietitian or other qualified healthcare provider. If you do not have access to someone with the credentials to help, you can also consult the TrueSport Nutrition Guide information about dietary ingredients’ effects on health and performance.

If an athlete has an identified nutrient deficiency, the question becomes how to best increase the intake of that ingredient. The U.S. Anti-Doping Agency (USADA) recommends that athletes first try to modify what they eat. However, if it is determined that food alone will not do the trick, then an athlete should undertake a thorough evaluation (and minimize) the risks.

<table>
<thead>
<tr>
<th>Table 1: POTENTIAL BENEFITS AND RISKS OF COMMON DIETARY INGREDIENTS</th>
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<tbody>
<tr>
<td><strong>Potential Benefits</strong></td>
</tr>
<tr>
<td>Vitamins &amp; Minerals</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Creatine</td>
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<tr>
<td>Caffeine</td>
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<tr>
<td>Nitric Oxide Boosters (beet juice, arginine, citrulline) and other vasodilators</td>
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<tr>
<td>Protein Powder</td>
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<td>Iron</td>
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(Source: American Academy of Pediatrics and LaBotz et al 2016)
Q: What are the risks associated with dietary supplements?

A: The use of unhealthy, low-quality, or unlisted ingredients is a big problem in the supplement industry.

Even though there are many high-quality and safe dietary supplements on the market, there is always the possibility that the supplement an athlete chooses could contain dangerous or illegal ingredients. There are often no warning signs that a product is unsafe and many athletes have suffered health problems or positive drug tests from using products that are incorrectly labeled or contaminated with dangerous ingredients, such as anabolic steroids, pharmaceuticals, or research drugs.

Sometimes, risky or dangerous ingredients are even listed right on the label, or identified by a confusing name. Supplements can also contain low-quality ingredients, or old or unstable ingredients that degrade very quickly.

Other supplements might not even contain the ingredients on the label. The FDA and other organizations list many examples of tested products containing zero amounts of a listed ingredient. In some situations, this could lead to malnutrition if the athlete stops eating food with the ingredient because they relied solely on the supplement.
Q: Are supplements necessary to excel in sport?

A: No. Many athletes successfully train and compete with a food-only approach, refusing to use dietary supplements because of the risks they pose.

LAURYN WILLIAMS: “As athletes, we love to eat, that’s why I believe in food first. Actually, food only is really what I believe. I don’t need supplements to be a great athlete. I need to be responsible for what goes into my body, in the sense of knowing how much protein I need, knowing how many carbohydrates I need, and planning as an athlete. Taking the discipline to go out and do your workouts is one thing, but taking the time and the discipline to plan your food so that you can have the best performance possible is taking your performance to the next level. I managed to make it to four Olympic Games without any supplements, and I know you can, too.”

STEVE MESLER: “Food is your number one ally. Our bodies have been eating and digesting food for thousands of years, and it’s always the go-to source to get the calories that we need as athletes. If you choose to use a supplement, do your due diligence by researching the supplements that you’re using. Make sure that they meet the quality standards of what you put into your body. Towards the end of my career, I chose to use supplements, but that came after years of learning what worked for me and what kinds of foods would give me the caloric intake that I needed. During and right after training, I couldn’t eat the kinds of protein that I needed, so that’s when I decided that I needed to supplement. Because, if you’re training for hours, and you have a two-, three-, four-hour practice, you need to be able to get some calories in you.

But, here’s the thing that I’ve learned about supplements: They’re not all made the same. I had a teammate going into the 2002 Olympic Games who tested positive for steroids, and it turned out that it was just a contaminated supplement. I had to learn about which kinds of supplements to choose. I learned about third-party testing labs and supplements that were certified to have what they said they had in them. Third-party labs can do this for you. USADA also has a great tool called Supplement411.org, which is a tool created for athletes to navigate the supplement industry and better understand the risks. Be a TrueSport athlete. And, if you do choose to use supplements, do your research.”

LAURYN WILLIAMS
Olympic Gold Medalist & World Champion in Track and Field, Olympic Medalist in Bobsled
Lauryn Williams is a Track and Field and Bobsled athlete who is the first woman to medal in both the Summer and Winter Olympics, and just the fifth athlete overall to accomplish this feat. Since her retirement from sports, Williams became the Founder of Worth Winning, a financial planning firm. She is also a TrueSport Ambassador who continues to make a huge impact on young athletes.

STEVE MESLER
Olympic and World Champion Gold Medalist in Bobsled
Steve Mesler is a 3-time Olympian in 4-man bobsled. In 2010, Steve and his team won the gold medal at the Olympic Winter Games in Vancouver. He is the Co-Founder of Classroom Champions, an international organization based in Canada that drives change in classrooms by donating needed technology and providing at-risk students across the U.S. with Olympic, Paralympic, and collegiate student-athlete mentors.
Q: If a dietary supplement is the most realistic way for an athlete to obtain necessary dietary ingredients, how do you pick the safest one?

A: There is no risk-free way to choose a supplement, as the only way to have zero risk is to not use supplements. But, an athlete can reduce the risk significantly by following USADA’s Risk-Reduction Decision Chart.

If using a dietary supplement is needed, the best way to reduce the risk of using a low-quality or contaminated product is to choose one that is certified by a reputable third-party testing agency.

For more information on this topic, visit USADA.org and search “third-party testing.”

Q: What types of products should I avoid?

A: It is best to avoid dietary supplements that exhibit any red flags. The red flags are listed in the Supplement Red Flags section of this booklet. Keep in mind that this is no guarantee. We are aware of several dietary supplements that, on initial inspection, would not have exhibited any “red flags,” but after testing the product, we found out that they were contaminated with experimental drugs!

Because a supplement’s label and contents are not checked by the FDA or anyone else before a product is sold, it is completely up to the manufacturer to accurately list the ingredients and the amounts. While there are many companies that make high-quality supplements, and spend a lot of time ensuring the labeling on their products is accurate, there are also companies that are sloppy during manufacturing or deliberately spike their products with illegal ingredients that are not on the label.

There have been many cases where seemingly safe or low-risk products ended up containing prohibited performance-enhancing drugs, even though there was nothing on the label that made the product appear unsafe.
What are your thoughts on the use of supplements for athletes?

When it comes to supplements, I initially and critically evaluate an athlete’s training program, their goals, and their diet. I will not even allow the utterance of the word “supplement” until all those aspects are optimized.

What vitamins and minerals do you recommend?

Most athletes do fine without taking any multivitamins.

I don’t usually recommend any kind of multivitamin, even to elite Olympians. My approach is always food first.

On the other hand, if an athlete has a clinically diagnosed deficiency, then we will treat it.

For example, there are always a handful of athletes diagnosed with sport anemias, and we treat those with an oral iron supplement.

Our approach to supplements is very clinical. We don’t ever dose an athlete with something unless there is a very good rationale for doing so, which means a blood test to confirm their current nutrients status. There are some athletes with hemochromatosis, a genetic condition, when iron levels are too high. We would never suggest iron for those athletes.

I will sometimes recommend vitamin D to an athlete who has a low blood test value. Depending on the time of the year and if they’re training inside or outside, I may recommend a low dose to get them through the winter months when sunlight exposure is limited. But, I warn them that more is not better.

Recently, I had a bobsled athlete that I was treating for low vitamin D. The next time I saw her she complained of tingling in her fingertips. I sent her for a blood test and she had toxic levels of vitamin D. She admitted that she had tripled her dose because her coach told her she should take more. Her symptoms resolved once we got her back on the correct dose.

Things like this can happen to anyone.

In another case, the father of one of our athletic trainers ended up in the ER because of vitamin D toxicity. He didn’t realize it at the time, but all the supplements he was taking for his eyes and skin were adding up to a mega dose of vitamin D, which then exacerbated his symptoms of diabetes. Not only did he not realize vitamin D could be toxic, but he didn’t realize how much he was taking.

This is common when people take more than one supplement. Things end up “stacking.”

Too much vitamin D can also block the absorption of other fat-soluble vitamins.
What about creatine and protein powder?

So many athletes ask me if they should take creatine. For some reason, people just think this is a magic ingredient. I always ask myself, “Are the demands of the sport going to be supported by what this active ingredient does?”

I did have a vegan athlete who was a sprinter and she wasn’t eating the food sources for creatine (meat). She responded well to creatine. But, if I’m working with vegan or vegetarian athletes, I will often start with making sure they are getting enough quality protein in their diet first. Maybe add in a simple whey protein, and then work creatine in part way through the training program, a couple months before an event.

Another situation where protein powders can be helpful is for older athletes who have an increased need for quick recovery and may have a more difficult time maintaining lean muscle mass. In some cases where an athlete must train smarter instead of harder, and they are having a hard time sustaining lean mass, a simple whey protein can help.

On the other hand, there are great functional foods that can offer slight improvements in oxygen uptake and muscle efficiency. Beet juice is my favorite!

What is a nitric oxide booster? Would you recommend it to athletes?

Nitric oxide boosters advertise to increase blood flow to your muscles, therefore increasing your ability to perform and recover faster.

I completely avoid any supplement that advertises to be a nitric oxide (NO) booster. The nature of those supplements is just too high of a risk for me to even navigate. The ingredients claim to deliver the same results as substances prohibited in sport, so I just don’t trust them.

On the other hand, there are great functional foods that can offer slight improvements in oxygen uptake and muscle efficiency. Beet juice is my favorite!

Caffeine and energy drinks are everywhere these days. What should an athlete do if they’re fighting sluggishness and fatigue?

Caffeine can be a great help for those athletes who can handle it. Some athletes are distracted or jittery on caffeine. It’s not for everyone.

I do not recommend that athletes obtain caffeine through supplements or energy drinks though, because it is impossible to be certain about dosing.

Energy drinks are particularly bad because they can also contain hidden sources of caffeine or other stimulants like yohimbine. The cumulative effect of multiple stimulants can harm performance, and health as well.

We know that supplement labels can be inaccurate, so if an athlete doesn’t like coffee (which can also be hard to dose), we will recommend a No Doz or other over the counter product with a known amount of caffeine.

What is carnitine? Can it help an athlete?

I have had athletes ask me about carnitine, but I don’t recommend it. Some athletes want to take carnitine because they think it will make the body burn more fat.

The research that I have reviewed hasn’t convinced me that it would benefit the athletes I treat. I stick to things that have a proven benefit.

Can you tell us more about beta-alanine?

When dosed properly, beta-alanine increases carnosine in the muscle, which then acts as a lactate buffer.

For athletes whose efforts last 40 seconds to about 4 minutes, it can help delay anabolic metabolism, which is when your muscle has too much lactic acid built up to function optimally.
Beta-alanine is no magic pill – it just delays this threshold slightly. But, it can be beneficial in training.

Beta-alanine is found in meats, but at very low levels, so you’d have to eat a lot of it. For it to work, it requires a loading phase of 3-4 weeks at high dose and then you back off. If you get a high-quality product, it’s very expensive.

I had a high jumper once who just wanted to take anything and everything, and thought “more is better.” I asked him, “How is this going to help you? You are not even doing a lactate-accumulating sport!” For the high jumper, I recommended that he not waste his time on beta-alanine.

Do you think athletes can benefit from taking probiotics?

I’m a big fan of probiotics. There are many good food sources like yogurt and other fermented foods. I will sometimes recommend a probiotic supplement for athletes traveling internationally because finding trusted food sources overseas can be difficult.

There is still a lot of research to be done. We are not in a place where we can pull out a menu of recommendations for probiotics, and we still have a lot of learn about all the different strains.

Research is suggesting that improved gut health has very wide health effects on the whole body, both mentally and physically.

What is tart cherry? What can it do for athletes?

I’ve been asked a lot recently about vitamin C mega-dosing and the use of functional foods like tart cherry to reduce the stress on the body from heavy training.

Research has not borne out a clear benefit yet.

We’ll see what the research eventually says about the objective performance benefit, but for now, we go with the subjective benefit that athletes feel when using tart cherry for recovery and its anti-inflammatory effects.

One thing athletes need to realize is that if they do want high doses of vitamin C, it’s better to get it through foods. The water-soluble vitamins are highly unstable. If they take it in a capsule or tablet, much of it could already be degraded.

Alicia Kendig, MS, RD, CSSD

Certified Specialist in Sports Dietetics, United States Olympic Committee

Alicia Kendig is an U.S. Olympic Committee sport dietitian. Since 2011, she has provided performance nutrition consulting to the summer strength and power sports athletes, as well as the winter sport athletes. Throughout her career, Kendig has worked with many National Governing Bodies and USADA to educate athletes on performance nutrition and dietary supplements. She continues to help athletes achieve performance goals through well-planned nutrition strategies. Kendig holds a Bachelor’s Degree in Nutrition and a Master’s Degree in Public Health Nutrition from Case Western Reserve University in Cleveland, Ohio.
MORE OF WHAT YOU NEED...

Foods offer more nutrients than you may realize. As you’ll see, foods outperform supplements in almost every case.

<table>
<thead>
<tr>
<th>FOOD: Atlantic salmon half a fillet (approx. 150g)</th>
<th>SUPPLEMENT: Omega-3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NUTRITIONAL FACTS:</strong></td>
<td>Did you know that the fatty acids in many fish oil supplements are oxidized, reducing their nutritive value significantly.</td>
</tr>
<tr>
<td><strong>Proteins 39.3g (79% Daily Value)</strong></td>
<td></td>
</tr>
<tr>
<td>Tryptophan 441mg</td>
<td>Valine 2028mg</td>
</tr>
<tr>
<td>Tryptophan 1725mg</td>
<td>Arginine 2353mg</td>
</tr>
<tr>
<td>Isoleucine 1812mg</td>
<td>Histidine 1159mg</td>
</tr>
<tr>
<td>Leucine 3197mg</td>
<td>Alanine 2380mg</td>
</tr>
<tr>
<td>Lysine 3614mg</td>
<td>Aspartic acid 4028mg</td>
</tr>
<tr>
<td>Methionine 1164mg</td>
<td>Glutamic acid 5871mg</td>
</tr>
<tr>
<td>Cystine 422mg</td>
<td>Glycine 1889mg</td>
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<tr>
<td>Phenylalanine 1536mg</td>
<td>Proline 1390mg</td>
</tr>
<tr>
<td>Tyrosine 1328mg</td>
<td>Serine 1606mg</td>
</tr>
<tr>
<td><strong>Vitamins</strong></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 89.0IU 2%</td>
<td>Niacin 14.3mg 72%</td>
</tr>
<tr>
<td>Vitamin C 6.6mg 11%</td>
<td>Vitamin B 61.2mg 58%</td>
</tr>
<tr>
<td>Vitamin E (Alpha Tocopherol)</td>
<td>Folate 60.5mcg 15%</td>
</tr>
<tr>
<td>Thiamin 0.6mg 40%</td>
<td>Vitamin B 125.0mcg 83%</td>
</tr>
<tr>
<td>Riboflavin 0.2mg 14%</td>
<td>Choline 2.6mg 6%</td>
</tr>
<tr>
<td><strong>Minerals</strong></td>
<td></td>
</tr>
<tr>
<td>Calcium 26.7mg 3%</td>
<td>Sodium 109mg 5%</td>
</tr>
<tr>
<td>Iron 0.6mg 3%</td>
<td>Zinc 0.8mg 5%</td>
</tr>
<tr>
<td>Magnesium 53.4mg 13%</td>
<td>Copper 0.1mg 4%</td>
</tr>
<tr>
<td>Phosphorus 449mg 45%</td>
<td>Selenium 73.7mcg 105%</td>
</tr>
<tr>
<td>Potassium 683mg 20%</td>
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</tr>
<tr>
<td><strong>Total Fat 22.0g (34% Daily Value)</strong></td>
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</tr>
<tr>
<td>Saturated Fat 4.5g 22%</td>
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<tr>
<td>Monounsaturated Fat 7.9g</td>
<td></td>
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<tr>
<td>Polyunsaturated Fat 7.9g</td>
<td></td>
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<tr>
<td>Total Omega-3 fatty acids 4023mg</td>
<td></td>
</tr>
<tr>
<td>Total Omega-6 fatty acids 1185mg</td>
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</tbody>
</table>
### ORANGE

**Florida orange (approx. 150g)**

**VITAMIN C SUPPLEMENT**

**Florida orange (approx. 150g)**

**Did you know there are no proven benefits to taking mega-doses of vitamin C? Research has proven it does not shorten the life of a cold. You can get all the vitamin C you need from a piece of fruit or a juice.**

#### NUTRITIONAL FACTS:

**Vitamins**
- Vitamin A 3171 IU 6%
- Vitamin C 63.4 mg 106%
- Vitamin E (Alpha Tocopherol) 0.3 mg 1%
- Vitamin K 0.04 mcg 0%
- Thiamin 0.1 mg 9%
- Riboflavin 0.1 mg 3%
- Niacin 0.6 mg 3%
- Vitamin B6 0.1 mg 4%
- Folate 24.0 mcg 6%
- Vitamin B12 0.0 mcg 0%
- Pantothenic Acid 0.4 mg 4%

**Carbohydrate 16.3 g (5% Daily Value)**
- Dietary Fiber 1.4 g 14%
- Sugars 12.9 g

**Fats**
- Total Omega-3 fatty acids 15.5 mg
- Total Omega-6 fatty acids 43.7 mg

### YOGURT

**Yogurt plain 8 oz container**

**Did you know calcium found in food is more easily absorbed than the calcium in a pill and is less likely to cause kidney stones or other side effects?**

#### NUTRITIONAL FACTS:

**Proteins 12.9 g (26% Daily Value)**
- Tryptophan 73.5 mg
- Threonine 529 mg
- Isoleucine 701 mg
- Leucine 1296 mg
- Lysine 1154 mg
- Methionine 380 mg
- Cystine 118 mg
- Phenylalanine 701 mg
- Tyrosine 649 mg

**Vitamins**
- Vitamin A 125 IU 2%
- Vitamin C 2.0 mg 3%
- Vitamin E (Alpha Tocopherol) 0.01 mg 0%
- Vitamin K 0.05 mcg 1%
- Thiamin 0.1 mg 7%
- Riboflavin 0.5 mg 31%
- Niacin 0.3 mg 1%

**Carbohydrate 17.2 g (6% Daily Value)**
- Dietary Fiber 0.0 g 0%
- Sugars 17.2 g

**Saturated Fat 2.5 g 12%**
- Monounsaturated Fat 1.0 g
- Polyunsaturated Fat 0.1 g

**Total Fat 3.8 g (6% Daily Value)**
- Total Omega-3 fatty acids 31.9 mg
- Total Omega-6 fatty acids 76.1 mg
Did you know your body makes creatine from glycine, arginine, and methionine? Eggs provide a massive amount of these amino acids.

Beware, supplements may include contaminants that are banned in sport, or other unhealthy ingredients.
Did you know that energy drinks can contain lots of sugar and stimulants (such as the banned stimulants highlighted in yellow) that are not approved for use in supplements and can cause all kinds of unexpected side effects? In contrast, most people are familiar with how their bodies react to caffeine, and they can make an informed decision about how much coffee to drink.
Did you know that all hormones are synthesized in the body from cholesterol? Eating healthy fats will tip the balance toward a healthy cholesterol level, and will allow your body to balance your hormones naturally. In contrast, some “hormone boosting” supplements either contain ingredients that have not been shown to work or contain drugs that mimic the effects of hormones.

SUPPLEMENT RED FLAGS

Researching your supplements and recognizing red flags is one way to reduce your risk if you decide to use supplements. Before using any supplement, check to see if the product or manufacturer is on USADA’s High Risk List (Supplement411.org/hrl) or the FDA Tainted Supplements list (http://bit.ly/FDA_Tainted_Products_CDER). While these lists are not all inclusive, they do identify many supplements and manufacturers that are known to be risky for athletes and consumers.

You should also consider these red flags while evaluating and researching any supplement you might use.

HIGH RISK COMPANIES

The manufacturer or 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.

Products sold exclusively on the internet may raise a red flag. While there are some legitimate dietary supplement companies that only have an online presence, some companies deliberately avoid regulatory agencies by opening and closing websites quickly, or selling products online to the U.S. from other countries.

SUPPLEMENT RED FLAGS

Product lists unrecognizable ingredients that seem out of place or it lists ingredients by chemical names rather than common names.

The supplement label or advertising includes substances on the WADA Prohibited List, or in a general category of the WADA Prohibited List, such as anabolic agents or stimulants.

Any of the following phrases or characters on a body-building product label should be considered a red flag because they might indicate the presence of steroids: andro, -ol, -diol, -dione, -stene or -stane, epi, epithio, gonado, or any ingredient that is listed as a chemical formula.

Any ingredient that has no clear, well-documented nutritional value. If you’ve never heard of an ingredient, then you should stop and do research first.
Product claims to be “FDA Approved,” “WADA Approved,” or “USADA Approved.” These organizations do not approve dietary supplements.

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.”

Product claims to be an “alternative to prescription medication.”

The supplement is advertised to be a thermogenic or stimulant-based weight-loss or energy product, a sexual enhancement product, or as a hormonal or anabolic product. Companies often add stimulants, Viagra-like drugs, or steroids to their products so they “work,” but they might not list those ingredients on the label.

Product claims to treat or prevent a disease, such as hormone imbalances, the common cold, flu, diabetes, and inflammation.

The product is advertised to deliver the same results as a performance-enhancing drug, such as increased or decreased hormone levels, or increased muscle mass.

The product is sold “For research purposes only.” Some companies evade FDA scrutiny by telling consumers their products are not for human use so they can claim it’s not their fault if a consumer gets sick from it.

Product is not certified by a third-party testing agency.

The company website or blog sites claim the products are legal because the ingredients are not on the Controlled Substances Act. For example, the company may market their products as “legal steroids” or “legal prohormones.”

Product is recommended by a gym trainer instead of a health care provider or dietician.
While you may have picked up this guide hoping to get a simple yes or no as to whether you should use supplements, there is not an easy answer.

This resource has introduced the potential benefits and risks of using supplements to help guide you through your athletic career. But, at the end of the day, it is up to each individual to figure out if the benefits of using supplements outweigh the risks.

Regardless of whether you are a recreational athlete or an elite-level athlete, we encourage you to:

- Be aware of everything you use and consume. You are responsible for everything that goes in and on your body, whether through the eyes, ears, nose, mouth, or skin.
- Start checking your medications, from cold medicines to asthma inhalers, on GlobalDRO.com to see if they are permitted or prohibited in sport.
- Learn more about the risks associated with using supplements and use Supplement411.org to find ways to reduce your risk.

If you think incorporating a supplement into your routine could be helpful, do your due diligence to research that supplement and manufacturer. And, keep in mind that there are no guarantees. The use of any dietary supplement is at your own risk.

www.acsm.org American College of Sports Medicine

www.eatright.org Academy of Nutrition and Dietetics

www.Supplement411.org USADA’s Supplement 411

www.fda.gov/food U.S. Food and Drug Administration

www.fda.gov/safety/recalls FDA Recalls, Market Withdrawals, & Safety Alerts

www.usda.gov/cnpp Center for Nutrition Policy and Promotion


www.nutrition.gov National Agricultural Library, U.S. Department of Agriculture

www.health.gov/nhic National Health Information Center - U.S. Department of Health and Human Services

www.win.niddk.nih.gov Weight-control Information Network

www.scandpg.org Sports, Cardiovascular, and Wellness Nutrition, a dietetic practice group of the Academy of Nutrition and Dietetics

www.sportsrd.org Collegiate and Professional Sports Dietitian Association

www.opss.org Operation Supplement Safety, a Supplement Safety initiative of the Department of Defense
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Dr. Amy Eichner received her Ph.D in Neuroscience from Australian National University in 2001 and continued in neuromedical research at various institutions, including Harvard University and Massachusetts General Hospital. In 2008, she joined the Therapeutic Goods Administration in Australia to head up an ISO17025 laboratory in biocompatibility testing of medical devices. She has worked with the U.S. Anti-Doping Agency in the Drug Reference Department since 2009 on the Drug Reference Hotline, Global Drug Reference Online database, Therapeutic Use Exemptions, and Supplement 411. She is now the Special Advisor on Drugs and Supplements for USADA.

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We’d love to continue the conversation and hear your triumphs and trials as a sport parent.

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