

## Supplement Check



Dietary supplements include such ingredients as vitamins, minerals, herbs, amino acids, and enzymes. Dietary supplements are marketed in forms such as tablets, capsules, soft gels, gel caps, powders, and liquids.

### De-coding- 'Dietary Supplements'



Some supplements can help ensure that you get enough of the vital substances the body needs to function; others may help reduce the risk of disease.



But supplements should not replace complete meals which are necessary for a healthful diet – so, be sure you eat a variety of foods as well.



Unlike drugs, supplements are not permitted to be marketed for the purpose of treating, diagnosing, preventing, or curing diseases. That means supplements should not make disease claims, such as “lowers high cholesterol” or “treats heart disease.” Claims like these cannot be legitimately made for dietary supplements.



- You should know that many vitamins, herbal products, and dietary supplements contain prohibited substances and are one of the leading causes of failed Anti-Doping tests.
- There is no way to guarantee that supplements are free of prohibited substances, neither to be certain what substances/ingredients are in a supplement.
- Because this industry is poorly regulated, supplements are at risk of containing deliberately added prohibited substances or being contaminated by banned substances.
- All substances may not be listed on ingredient labels. Even if you know a supplement has been through a quality control process, you can NOT be guaranteed that it does not contain any prohibited ingredient.



### **Tips for Skaters notwithstanding deciding to take supplements**

- Discuss your nutritional needs with a professional before taking any supplement
- In discussion with professional weigh the risk benefit ratio to including a supplement
- Consider very carefully if there is a need for a supplement before taking any
- Find out exactly what the supplement is meant to do and who manufactures it
- Ask the manufacturer for a written declaration that the product contains only what is stated on the label and check carefully where they source their ingredients and how / where the product is packed.
- Get the supplement analyzed in a laboratory.





Try and get what your body needs from food. Consult a specialist in order to get the best outcome which is tailored to your individual needs and the different stages in training/competition. Don't forget that eating a balanced diet of natural, whole foods is the best way to improve athletic performance without taking any risks.

## FAQ's



1. My teammate offered me a plant-based supplement for better recovery. What should I do?
  - a. I trust him, consume without fear
  - b. Look at (or look for) online reviews and consume
  - c. Check with my sport medicine doctor/team physician before consuming
  - d. Consume the same as I have already been tested this season.



Option C- In this scenario, it is important to check with your doctor/physician who is aware of the Prohibited List. Online reviews can never be legitimate and even if you are already tested, it does not mean that you cannot be tested again.

2. As an athlete, I must
  - a. Win at any costs, by hook or crook
  - b. Know for sure what goes inside my body
  - c. Not worry about what I consume, if it ensures medals
  - d. Try a new supplement if it provides an edge over others.



Option B- As an Athlete, it is very important to keep an eye on everything that goes into your body, the other options are risky and not worth keeping in mind your career and long-term health.

3. Every Skater should take care of their diet because
  - a. Skaters tend to gain weight during off-season
  - b. Certain foods and dietary supplements are good for performance & endurance
  - c. Certain types of food and drink are not suitable for Skater's highly tuned regimes
  - d. Consuming specific types of normal food or drinks in a variety of forms can also result in a positive test if they contain a banned substance.



Option D is accurate as consuming specific types of normal food or drink in the form of supplements, shakes, etc. can contain a banned substance. It is important Skater is aware of their diet.