



MARCH 2008

## SUPPLEMENTS

PURE  
PERFORMANCE

HOTLINE 1800 020 506 T 13 000 ASADA (13 000 27232) W [www.asada.gov.au](http://www.asada.gov.au)

### WHAT ARE SOME EXAMPLES OF SUPPLEMENTS?

- > Supplements include, but aren't limited to: vitamins; herbal remedies; protein powders and drinks; and electrolyte replacements.

### IS THERE ANY PROOF SUPPLEMENTS POSE A RISK TO ATHLETES?

- > In 2000-01, the International Olympic Committee commissioned a study of nutritional supplements from 215 suppliers in 13 countries.
- > Supplements were purchased in shops, on the internet and by telephone order.
- > Of the 634 products analysed, 94 (14.8%) contained substances prohibited in sport and not declared on the label.

### WHY CAN'T ASADA AND WADA GUARANTEE THE STATUS OF ANY SUPPLEMENT PRODUCT?

- > Supplements are not strictly regulated in many countries, including Australia.
- > For this reason ASADA and organisations such as the World Anti-Doping Agency, the Australian Institute of Sport, state institutes and the National Measurement Institute cannot confirm the status of any supplement products.
- > There is a significantly higher risk of a supplement containing a prohibited substance, than a pharmaceutical grade product.

### CAN I BE SANCTIONED FOR PRESENCE OF A PROHIBITED SUBSTANCE IF IT IS THE RESULT OF USING A SUPPLEMENT PRODUCT?

- > Under the World Anti-Doping Code's strict liability rule, athletes are responsible for any substance found in their body.
- > If an athlete tests positive to a prohibited substance, it is likely to result in an automatic disqualification from competition and may lead to a sanction.
- > Athletes must take their personal responsibility for what they ingest very seriously.
- > Blaming a positive test on the use of supplements has repeatedly in hearings not stood up as a defence.

### MY SUPPLEMENTS ARE GUARANTEED BY THE SUPPLEMENT COMPANY. DOES THIS MEAN THAT I CAN'T BE SANCTIONED FOR TESTING POSITIVE TO A PROHIBITED SUBSTANCE?

- > While some supplement manufacturers may guarantee the ingredients in their product, or that the use of the product will not result in a positive test, the athlete is still responsible if a prohibited substance or method is detected. Strict liability applies.

**A POLICY OF STRICT LIABILITY EXISTS IN SPORT, WHEREBY AN ATHLETE IS RESPONSIBLE FOR ANY SUBSTANCE FOUND IN HIS OR HER BODY.**

### WHERE CAN I GO FOR MORE INFORMATION ABOUT THE RISKS OF SUPPLEMENT PRODUCTS?

- > Contact the ASADA Anti-Doping Hotline 1800 020 506.
- > Visit the ASADA website [www.asada.gov.au](http://www.asada.gov.au).
- > Visit the WADA website [www.wada.ama.org](http://www.wada.ama.org).