



SUPPLEMENTS

OVERVIEW

ASADA recommends that athletes do not take any supplements. ASADA can not approve athlete use of supplements because in Australia, and many other countries, supplement products are not subject to the same rigorous standards as pharmaceutical drugs. Supplements may contain impurities that are not specified on the label, and the impurities may contain prohibited substances.

THE INTENDED PURPOSE OF SUPPLEMENTS

Nutritional supplements include vitamins, herbal remedies, meal replacements, sports nutrition products and other related products.

THE RISK OF SUPPLEMENTS

In 2000–01, the International Olympic Committee commissioned a study of nutritional supplements from 215 suppliers in various countries. The study included supplements purchased in shops, on the internet and by telephone order.

Of the 634 products analysed, 94 (14.8 per cent) contained prohibited substances, but the prohibited substances were not declared on the label.

STATUS OF SUPPLEMENTS IN SPORT

Supplements are not strictly regulated in many countries, including Australia. For this reason ASADA and organisations such as the World Anti-Doping Agency and the National Measurement Institute cannot confirm the status of any supplement product.

Athletes who test positive to a prohibited substances in a supplement may face the same penalties as someone who is deliberately using the substance to cheat.

SUPPLEMENT COMPANY GUARANTEES

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. Ignorance is no excuse.

STRICT LIABILITY

Under the World Anti-Doping Code's strict liability clause, athletes are responsible for any substance found in their body no matter how it came to be there. 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 and period of ineligibility.

MORE ANTI-DOPING INFORMATION

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