



ATHLETICS CANADA



ATHLÉTISME CANADA

ATHLETICS CANADA RECOMMENDATIONS ON SUPPLEMENT USE

Will supplements affect your performance? As a high-performance athlete or coach, are you 100% sure that:

- 1. Your supplements contain what is listed on the bottle** - nothing more and nothing less? Supplements are not regulated, as such the producers are not held to any standard regarding labeling or contents. Some suppliers have even created their own “SAFE” designation as a marketing tool. Using supplements raises the risk of a positive doping test; use only certified products, don’t risk your career! Recently, there has been an increased use and risk of using “bioactive” peptides and hormones. Although not all peptides are listed individually on the WADA banned list, peptide hormones are banned as a group and include “related compounds.” If you’re not sure, reach out and ask!
- 2. You’re using your supplements in the most effective way**, with the latest sport science advice and tailored to your needs and your event? There are only a handful of supplements which, when used and monitored correctly, have scientific evidence of efficacy.
- 3. Your current supplements are beneficial and not detrimental** to your training and performances? If you are using supplements incorrectly, or as a substitute for a solid nutrition plan, you may not be helping your training or performance.

Athletics Canada recommends:

- 1. Athletes use only supplements that are certified safe** by reputable organizations such as NSF and Informed-Choice to avoid an unintended doping infraction. To facilitate this, Athletics Canada has partnered with [Biosteel Sports Supplements](#). NSF tests every batch of their sport products to provide a low-risk, low-cost option, to athletes wishing to use supplements.
- 2. High performance athletes use supplements tailored to their specific needs** and training program. Supplements should be trialed in training and minor competitions before use during a major competition.
- 3. Each athlete’s supplement program is developed in consultation with a sport nutritionist** or exercise physiologist and with the approval of their coach.
- 4. Avoid the use of supplements if you are under the age of 18.**

How do I know if my supplements are safe?

Your supplement provider should be **approved by NSF or Informed-Choice**, and not have its own “SAFE” designation.

Key links:

Canadian Centre for Ethics in Sport – Athlete Zone Global DRO	NSF Certified for Sport Informed-Choice FAQ
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