

Supplements

- The position statement of UK Sport, the British Olympic Association (BOA), the British Paralympic Association (BPA), National Sports Medicine Institute (NSMI), and the Home Country Sports Councils (HSCS) on supplements is available on www.ukSPORT.gov.uk and www.100percentme.co.uk.
- For queries regarding whether specific licensed pharmaceutical and over-the-counter medicinal products available in the UK are prohibited or not prohibited in particular sports, check the drug information database via:
 - Telephone 0800 528 0004
 - E-mail drug-free@uksport.gov.uk
 - Website www.didglobal.com
 - Fax 020 7211 5248
 - Mail Drug Enquiry, Drug-Free Sport,
UK Sport, 40 Bernard St, London WC1N 1ST

“A diet that provides adequate energy from the consumption of a wide range of commonly available foods can meet the carbohydrate, protein, fat, and micronutrient requirements of training and competition.”

International Olympic Committee (IOC) consensus statement on sports nutrition, 2003

- In 2004, the results of a research project funded by UK Sport revealed that 15% of the 634 supplement products tested in a study contained anabolic agents which were not declared on the label. 16% of these contaminated products contained anabolic agents at a level high enough to cause a positive drug test.
- A more recent study funded by Lucozade Sport and conducted by Horseracing Forensic Laboratory Sports Science (HFL Sports Science) found that more than 1 in 10 supplements were contaminated by banned steroids or stimulants.
- HFL Sports Science is one of the few World Anti-Doping Agency (WADA) accredited laboratories in the UK. HFL Ltd. tests nutritional supplements for the presence of certain drugs and provides an independent quality assurance service to supplement manufacturers to help them ensure their products are contaminant free. Their website (www.hfl.co.uk/sportsTesting/supplementFeedTest/directory.html) provides a directory of supplements that are sent to them for screening.

This information is taken from 'Fuel for Performance, Nutrition for Sport', a sports nutrition resource updated and revised by the following Welsh sports dietitians:
Rhian Owen, Chris Cashin, Elaine Hibbert-Jones and Gill Regan.
Every acknowledgement is given to all the sports dietitians who contributed to the original publication of this resource, which was first published in 1998.

- HFL Sports Science operates the INFORMED-SPORT programme, a 'kite mark' supplement testing programme, which has the support of UK Sport. Products bearing the INFORMED-SPORT logo have undergone rigorous testing. For a list of tested products, visit www.informed-sport.com. The INFORMED-SPORT standard:

“provides a defined specification to both manufacturers and consumers based on the very best scientific expertise and brings reassurance that products bearing the INFORMED-SPORT logo can be trusted”

(www.informed-sport.com)

- Choosing a supplement that has been successfully tested for quality control by a WADA-accredited laboratory such as HFL Ltd. may reduce the risk of that product being contaminated with a banned substance.

“it is essential that any athlete wishing to take any supplement should consult with a registered nutritionist or accredited sports dietitian, who is able to take into account their individual needs within the framework of their current training schedule and dietary intake. This assessment will identify any requirements for using a supplement. A thorough risk assessment should be undertaken before the decision to use supplements is made.”

UK Sport, 2006

“UK athletes are advised to be vigilant in their choice to use any supplement. No guarantee can be given that any particular supplement is free from Prohibited Substances.”

UK Sport, 2008

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