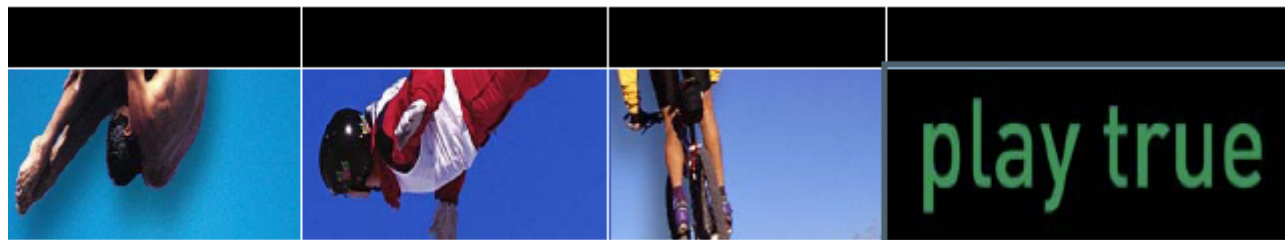

Nutritional Supplements

IRAN NADO Education Committee



*IRAN NADO standard slides for teaching
(2008 version)*

Background

Why is the use of supplements such a concern?

- ✓ *In many countries they are not appropriately regulated*
- ✓ *Some Athletes feel they need to take them and are uncertain what is safe*
- ✓ *It represents a significant doping risk*

Background

What if the government legislation is strict and enforced?

- ✓ *Never 100% assurance for athletes*
- ✓ *Contamination can occur accidental or deliberate*



Approach

What if an athlete really needs to use a supplement?

- ✓ *They should consult a competent sports physician or sports nutritionist*

What advice can ADOs provide Athletes?

- ✓ *Currently, ADO should exercise caution*
- ✓ *If a product “seems” to be okay you will need to inform the athlete that it still may contain a prohibited substance*

Consequences

What happens if an Athlete tests positive?

- ✓ *Under strict liability rule, Athletes are responsible for any substance that may be found in their body*
- ✓ *An adverse finding will result in disqualification & possible sanction or suspension.*

The reality of supplements...

- ✓ *Manufactures not required to display the entire ingredient list on bottles*
- ✓ *Over 20% of the supplements that are not labelled correctly contain a prohibited substance*
- ✓ *Most manufactures claim their products are backed by valid scientific research – reality, the majority are not*
- ✓ *Very few advise consumers about the adverse effects*
- ✓ *The supplement industry is a “money-making” industry (Billions of dollars per year)*
- ✓ *Athletes feel they are provided with little direction*

The reality of supplements...

- ✓ *Supplements which advertise “muscle building” or “fat burning” are most likely to contain a prohibited substance*
- ✓ *Term “herbal” or “natural” does not necessarily mean the product is “safe”*
- ✓ *Black market or unlabelled products are of a particular concern*
- ✓ *Products purchased through the internet should be avoided*

What are we doing about the problem?

- ✓ *WADA, in cooperation with CCES, COC and Sport Canada, organized a symposium to address the issue*
- ✓ *Symposium's goal was to address the consequences of use and misuse of supplement*

Who was involved?

- ✓ *Representatives from sport, ADOs, medical and scientific fields, industry, governments, elite athletes and coaches*



Supplement Symposium

Perspective/Discussion:

- ✓ **Governments** (*Roles they can play*)
- ✓ **Anti-Doping** (*Assistance to Athletes*)
- ✓ **Sport** (*Evaluate whether the use is fair*)
- ✓ **Science** (*How can we effectively use research*)
- ✓ **Industry** (*Steps to self regulate*)

Symposium Out comes

- ✓ *Athletes must be well informed of the risk by all stakeholders*
- ✓ *Educate coaches, physicians & support personnel*
- ✓ *Need for a common definition and classification on supplements. (recommended an IOC working group address the issue)*
- ✓ *Global database established on nutritional supplements*

Symposium Out comes

- ✓ *Research on safety, efficacy and doping risk of nutritional supplements*
- ✓ *Pressure on governments to enact and enforce appropriate regulations on the industry*
- ✓ *Follow up symposium to asses what has been done to date, monitor progress and further develop recommendations for more concrete actions*

Next Steps

- ✓ *Supplement symposium being planned end of April 2005*
- ✓ *Organized by WADA in cooperation with the IOC and stakeholders*



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