



# SUCCESSFUL SPORTS PARENTING

## Supplements

Supplements do not appear in the database because USADA is not able to provide a definitive answer as to the status of each product.

### **Vitamin, Minerals, Herbs, Amino Acids and other Dietary Supplements**

The Dietary Supplement Health and Education Act (DSHEA) of 1994 specifically exempted vitamins, minerals, amino acids, herbs and botanicals, and their extracts and concentrates from evaluation for safety and efficacy by the Food and Drug Administration (FDA).

- The commonly held belief that the government approves these over-the-counter dietary supplements is incorrect.
- There is evidence that many products may not contain the ingredients listed on the label in the stated amount, may not contain the ingredients listed at all, or may be contaminated or adulterated with other prohibited substances not listed on the label.
- A State of California study documented the presence of other toxins such as arsenic and strychnine in herbal products.
- Anti-doping rules are based on the principal of strict liability (athletes are responsible for what is in their system). Since there are no regulations guaranteeing the actual content of these products, a positive test as the result of the use of any of these products could result in a doping violation.

**The use of vitamins, minerals, herbs, amino acids and other dietary supplements is completely at the athlete's own risk of committing a doping violation.**

ALL athletes are advised to be extremely cautious about the use of any vitamins, minerals, herbs, amino acids and other dietary supplements. No guarantee can be given that any particular supplement, including vitamins and minerals, ergogenic aids, and herbal remedies, is free from prohibited substances.

Athletes or sporting bodies who accept sponsorship from supplement manufacturers do so at their own risk.

Without an approved quality standard, USADA cannot guarantee the reliability of the manufacturing or labeling process, despite claims made by some manufacturers.

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