SUPPLEMENT **





SHOULD I TAKE THIS SUPPLEMENT?

Before considering ANY supplement, make sure you read through this document very carefully and speak to your sport dietitian if you have any questions.



DOES IT WORK?

- Was it recommended by your sport dietitian or sport medicine doctor?
- Is there enough evidence to support its use in your sport or event?







WORTH THE RISK?

- Is the product 3rd party tested for WADA banned substances?
- Have you considered all whole food options that can provide the same benefit?

NO DON'T TAKE IT.





Yes.

HAVE A PLAN?

- Do you know the protocol that will best support your performance?
- Will the protocol change around and during competition?



NO **ASK FOR HELP.**

Speak to your sport dietitian or physician to discuss your specific protocol.

LOG IT.

Start your own supplement spreadsheet to capture all important information.

Following these steps demonstrates due diligence.



- Product name
- Batch or lot number
- Usage start and end date



Consider taking a photo of the product and batch number as well.

MINIMIZING SUPPLEMENT RISK

No supplement is 100% risk free. You can however, minimize your risk of accidental cross contamination from a WADA banned substance by only choosing supplements that have undergone third party testing*. Make sure the product you choose carries one of the following logos or is a product specifically batch tested for CSI by LGC.

* There are a few supplements considered low risk (i.e. iron and sport drink) and are okay to use untested when purchased from reputable companies - see below.

SPORT

Whenever possible choose products that are INFORMED SPORT tested as every batch of these products are tested for banned substances. Check out the INFORMED SPORT <u>website</u> OR <u>mobile app</u> for an fast way to search on the go.

2

The Canadian Sport Institute has had specific products tested through LGC - the company that does the INFORMED SPORT and INFORMED CHOICE testing. These products such as INFINIT Nutrition would be your second choice.

3



Not every batch of INFORMED CHOICE and NSF products are tested. Whenever possible try to find a tested batch. To do this, check the company website as they list the lots or batches that have been tested:

Certified products Informed Choice and Certified products NSFsport. If you cannot find a tested batch these should be your third option. Download the NSF mobile app for fast, on the go searches.