

# SUPPLEMENT



SPORT  
INSTITUTE  
NETWORK  
RESEAU DES  
INSTITUTS  
DU SPORT

## 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.



# 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.*

1



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 [website](#) OR [mobile app](#) 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.