

Association/Organization	Position/Policy on Dietary/Nutritional Supplements
<p><b>Council for Responsible Nutrition [CRN]</b>  <a href="http://www.crnusa.org">http://www.crnusa.org</a></p>	<p>“Dietary supplements, including sports nutrition supplements, can be safe and beneficial additions to a healthy lifestyle, when used appropriately. Athletes, especially elite athletes, often represent the results of smart lifestyle choices as they spend years carefully honing their skills and caring for their body’s well-being. Science shows that supplements can play a role in helping athletes achieve peak performance, but CRN believes these products should always serve as a supplement to, not a substitute for, proper nutrition and a smart training regimen.”  <a href="http://www.crnusa.org/about_sns.html">http://www.crnusa.org/about_sns.html</a></p>
<p>American Academy of Family Physicians [AAFP]  <a href="http://www.aafp.org">http://www.aafp.org</a></p>	<p>“The AAFP promotes continued medical education and supports patient education products for its members in the area of sports medicine, health, fitness and nutrition.”  <a href="http://www.aafp.org/x7088.xml">http://www.aafp.org/x7088.xml</a></p>
<p>American Academy of Pediatrics [AAP]  <a href="http://www.aap.org">http://www.aap.org</a></p>	<p>“[Do not] recommend use of megavitamin supplements, which are almost always unnecessary and expensive and may be harmful. [Do not] recommend use of mineral supplements, including salt (as tablet or grain), unless there is a known deficiency. Avoid supplements that may include unproven and dangerous ingredients.”  <a href="http://www.aap.org/family/SportsShorts_06.pdf">http://www.aap.org/family/SportsShorts_06.pdf</a></p>
<p>American Academy of Physician Assistants [AAPA]  <a href="http://www.aapa.org">http://www.aapa.org</a></p>	<p><b>H-ES-100.00 GENERAL - H-ES-100.1</b>                      “The AAPA encourages and supports accurate and appropriate labeling of foods, dietary supplements, herbal preparations over-the-counter and prescription medications, cosmetics, and personal care products that clearly illustrate ingredients, potential health hazards, indications for usage adverse reactions and contraindications. <i>[Adopted 1982, reaffirmed 1990, reaffirmed 1995, amended 2000]</i>  <a href="http://www.aapa.org/manual/extrnl-soc-issue.html#HES100">http://www.aapa.org/manual/extrnl-soc-issue.html#HES100</a>                      or  <b>AAPA COMPLEMENTARY AND ALTERNATIVE MEDICINE POLICY</b>  <a href="http://www.aapa.org/policy/com-alternative-med.html">http://www.aapa.org/policy/com-alternative-med.html</a></p>
<p>American Alliance for Health, Physical Education, Recreation and Dance [AAHPERD]  <a href="http://www.aahperd.org">http://www.aahperd.org</a></p>	<p><b>Nutritional Supplements for Athletes</b>  <a href="http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&amp;productID=223&amp;section=5">http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&amp;productID=223&amp;section=5</a>                      Helpful resource</p>

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<p>American Council on Exercise [ACE]  <a href="http://www.acefitness.org/">http://www.acefitness.org/</a></p>	<p>“Americans seem to be married to the idea that in order to achieve our goals, we must consume special dietary products in amounts not normally found in a typical diet. But while the initial promises offered by makers of these supplements are often enchanting, the actual benefits to the consumer don't necessarily live up to the advertising. The best defense against becoming a victim of a nutritional scam is education. With this formidable weapon, you will be well on your way toward better health.”  <a href="http://www.acefitness.org/fitfacts/fitfacts_list.cfm#8">http://www.acefitness.org/fitfacts/fitfacts_list.cfm#8</a></p>
<p>American Dietetic Association [ADA]  <a href="http://www.eatright.org">http://www.eatright.org</a></p>	<p>“It is the position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine that physical activity, athletic performance, and recovery from exercise are enhanced by optimal nutrition. These organizations recommend appropriate selection of food and fluids, timing of intake, and supplement choices for optimal health and exercise performance.”  <a href="http://www.eatright.org/Public/GovernmentAffairs/92_adap1200.cfm">http://www.eatright.org/Public/GovernmentAffairs/92_adap1200.cfm</a>  <b>ADA Position Paper on Food Fortification and Dietary Supplements</b>  <a href="http://www.eatright.org/images/journal/0101/adap0101.pdf">http://www.eatright.org/images/journal/0101/adap0101.pdf</a></p>
<p>American Society of Health-System Pharmacists [ASHP]  <a href="http://www.ashp.org">http://www.ashp.org</a></p>	<p>“To support the principle that pharmacists should be informed about dietary supplements and complementary or alternative substances and capable of providing sound advice to patients about their use; further, To support the principle that pharmacists' recommendations about the use of dietary supplements and complementary or alternative substances should be based on sound scientific evidence of safety and efficacy; further, To support the principle that sound research on the safety and efficacy of dietary supplements and complementary or alternative substances is required for pharmacists to perform this function, and to advocate that the Food and Drug Administration take an active role in encouraging such research.”  <a href="http://www.ashp.org/AboutASHP/PolicyGovernance/policypositions.pdf">http://www.ashp.org/AboutASHP/PolicyGovernance/policypositions.pdf</a></p>

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<p>Australian Institute of Sport [AIS]  <a href="http://www.ais.org.au/nutrition/">http://www.ais.org.au/nutrition/</a></p>	<p>“We recognise that supplements can play a small but substantial role in allowing our athletes to achieve their peak performance. However, we also recognise that poor regulation of the supplement industry allows our athletes to be bombarded with marketing hype that completely exaggerates or invents unproven benefits arising from the use of supplements. Some of the emotive claims come as testimonials from other athletes. Unfortunately, we see that the driving force behind the supplement practices of many athletes is <b>not</b> sound science applied to specific needs of a sport. Instead we see that athletes are motivated simply by <b>fear</b> that their competitors might be taking supplements and they can't afford to miss out on any 'performance edge'.</p> <p>The results of the present frenzy of supplements in sport are:</p> <ul style="list-style-type: none"> <li>• a small but real risk of a positive 'doping' outcome</li> <li>• money being wasted on products that simply do not work</li> <li>• time, money and belief being distracted away from the factors that can really enhance health, recovery and performance</li> </ul> <p><b>Our goals are to:</b></p> <ul style="list-style-type: none"> <li>• allow our athletes to focus on sound use of supplements and special sports foods as part of their special nutrition plans</li> <li>• ensure that supplements and sports foods are used correctly and appropriately to deliver maximum benefits to the immune system, recovery and performance</li> <li>• give our athletes the confidence that they receive 'cutting edge' advice and achieve 'state of the art' nutrition practices</li> <li>• ensure that supplement use does not lead to an inadvertent doping offence.”</li> </ul> <p><a href="http://www.ais.org.au/nutrition/supp.htm">http://www.ais.org.au/nutrition/supp.htm</a></p>
<p>BCBS Healthy Competition  <a href="http://www.bcbs.com/bluecares/healthy_competition.html">http://www.bcbs.com/bluecares/healthy_competition.html</a></p>	<p>“The Blue Cross Blue Shield Association’s Healthy Competition Foundation supports a drug-free competition without the use of these products [androstenedione (andro), creatine, or ephedra]. The Foundation recommends that people of all ages consult with their doctors before taking a supplement containing andro, creatine, ephedra or related substances.”</p> <p><a href="http://www.healthycompetition.org/">http://www.healthycompetition.org/</a></p>

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<p>Canadian Centre for Ethics in Sport [CCES]  <a href="http://www.cces.ca/">http://www.cces.ca/</a></p>	<p>“CCES discourages the use of supplements, from both a scientific and an ethical point of view. Evidence-based research has not demonstrated clearly that dietary supplementation leads to enhanced athletic performance. Moreover, supplements may contain banned substances that provide athletes with an unfair advantage over their competitors and may cause athletes to test positive. Because of these issues, the CCES cannot encourage supplement use and does not support supplement product endorsement by sport organisations. <b>Athletes use dietary supplements at their own risk of testing positive and committing a doping infraction.</b>”  <a href="http://www.cces.ca/forms/index.cfm?dsp=template&amp;act=view3&amp;template_id=152&amp;lang=e">http://www.cces.ca/forms/index.cfm?dsp=template&amp;act=view3&amp;template_id=152&amp;lang=e</a></p>
<p>Coaching Association of Canada [CAC]  <a href="http://www.coach.ca">www.coach.ca</a></p>	<p>“Optimal physical performance requires commitment to a well-designed training and nutrition program, plus working as hard or harder and as smart or smarter than your competitors. Once these fundamentals are in place, supplements such as carbohydrate, along with optimal training, may help keep you at your peak performance level. Supplements, however, are NOT a shortcut to optimal performance. Supplements are, and will continue to be, a major topic of debate. The public is searching for methods to increase their energy and vibrancy, to improve their quality of life, to reduce the incidence of disease, to gain weight, to lose weight and so on. Recently, there has been increased interest in herbal products, many of which do not properly identify their ingredients. Further, since the supplement industry is not regulated and since many over-the-counter nutritional supplements do not properly identify their ingredients, it is the athlete's responsibility to ensure all products consumed do not contain any substance from the IOC's list of banned and restricted substances. <b>The athlete is ultimately responsible and accountable for all substances used.</b>”  <a href="http://www.coach.ca/e/nutrition/resources.htm">http://www.coach.ca/e/nutrition/resources.htm</a></p>

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<p>Gatorade Sport Science Institute [GSSI]  <a href="http://www.gssiweb.com/">http://www.gssiweb.com/</a></p>	<p>“How do you know if a product is safe? You don’t. However, vitamin and mineral supplements labeled USP (United States Pharmacopoeia) have passed tests for dissolution, disintegration, potency, and purity. In addition, nationally known food and drug manufacturers generally make supplements under the strict quality control procedures they already have in place. Finally, Supplement Watch (<a href="http://www.supplementwatch.com">www.supplementwatch.com</a>) and Consumer Lab (<a href="http://www.consumerlab.com">www.consumerlab.com</a>) provide independent test results and information to help people evaluate and select dietary supplements.”</p> <p><a href="http://www.gssiweb.com/reflib/refs/568/ssert48.cfm?pid=96">http://www.gssiweb.com/reflib/refs/568/ssert48.cfm?pid=96</a></p>
<p>International Olympic Committee [IOC]  <a href="http://www.olympic.org">www.olympic.org</a></p>	<p>“Regarding the increased use of nutritional supplements, we would like to caution the athletes of the world that recent findings show that such supplements may contain drugs that will cause the athletes to test positive for substances that are currently on the banned list. Moreover, we as a commission fully endorse that athletes must take complete responsibility for all drugs that are found in their bodies due to the use of nutritional supplements. Furthermore, we call on the International Federations and the National Olympic Committees, not to enter into sponsorship agreements with nutritional supplement manufacturers. Such agreements may put athletes in difficult ethical situations and may not be in the best interest of the health of the athletes. Finally, we encourage governments to work with all members of the Olympic Family to work toward the accurate labeling of nutritional supplements.”</p> <p>Search “dietary supplements”  <a href="http://www.olympic.org/uk/news/media_centre/press_release_uk.asp?release=14">http://www.olympic.org/uk/news/media_centre/press_release_uk.asp?release=14</a></p>

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<p>National College Athletic Association [NCAA]  <a href="http://www.ncaa.org">www.ncaa.org</a></p> <p>The National Center for Drug Free Sport  <a href="http://www.drugfreesport.com/home.asp">http://www.drugfreesport.com/home.asp</a></p>	<p><b>NCAA Division I Manual</b> – Section 16.5.2 Permissible  “(g) Nutritional Supplements. An institution may provide only nonmuscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. (<i>Adopted: 4/27/00 effective 8/1/00, Revised: 11/1/01 effective 8/1/02</i>)”  <a href="http://www.ncaa.org/library/membership/division_i_manual/2003-04/2003-04_d1_manual.pdf">http://www.ncaa.org/library/membership/division_i_manual/2003-04/2003-04_d1_manual.pdf</a>  and  <b>NCAA Drug-Testing Program</b>  “Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.”  <a href="http://www.ncaa.org/library/sports_sciences/drug_testing_program/2003-04/2003-04_drug_testing_program.pdf">http://www.ncaa.org/library/sports_sciences/drug_testing_program/2003-04/2003-04_drug_testing_program.pdf</a></p>
<p>National Federation of State High School Associations [NFSA]  <a href="http://www.nfhs.org">www.nfhs.org</a></p>	<p>“...all student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, school personnel, including coaches should not dispense any drug, medication or supplement except with extreme caution and in accordance with state regulations and school district policy. School district policies should be developed in consultation with health-care professionals, senior administrative staff of the school district and parents.  The new warning about nutritional supplements was issued by the NFHS through its Sports Medicine Advisory Committee, and was intended to serve as a reminder to student-athletes, parents and school officials. The warning reminded all interested parties that supplements in the form of pills, powder, drinks and food sources (medications, supplements and consumables) purporting to enhance strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, and the advice of one's own health-care provider.”  <a href="http://www.nfhs.org/press/supplement_position.html">http://www.nfhs.org/press/supplement_position.html</a></p>

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<p>National Education Association [NEA]  <a href="http://www.nea.org">http://www.nea.org</a></p>	<p><b>Legislative Amendment 12</b> - Adopted as Amended                      "NEA supports education programs to prevent the use and/or misuse of herbal and/or natural performance enhancing and weight control dietary supplements by students."  <a href="http://www.nea.org/annualmeeting/raaction/amendments.html">http://www.nea.org/annualmeeting/raaction/amendments.html</a></p>
<p>National Strength and Conditioning Association [NSCA]  <a href="http://www.nasca-lift.org">http://www.nasca-lift.org</a></p>	<p><b>Standard 9.1</b>                      "Strength &amp; Conditioning professionals must not prescribe, recommend or provide drugs, controlled substances or supplements that are illegal, prohibited, or harmful to athletes for any purpose including enhancing athletic performance, conditioning or physique. Only those substances that are lawful and have been scientifically proven to be beneficial - or at least not harmful - may be recommended or provided to athletes by Strength &amp; Conditioning professionals."  <a href="http://www.nasca-lift.org/Publications/SCStandards.pdf">http://www.nasca-lift.org/Publications/SCStandards.pdf</a></p>
<p>Singapore Nutrition &amp; Dietetics Association [SNDA]  <a href="http://www.snda.org.sg/_home/home.html">http://www.snda.org.sg/_home/home.html</a></p>	<p>"It is imperative that the dietitian maintains an up to date knowledge of existing and newly formulated dietary supplements/nutritional ergogenic aids regarding their claims, scientific support or lack there of, application, dosage, legality and safety. The goal is to allow an athlete to make an informed decision and see through the emotive claims to identify those supplements that may assist in enhancing performance or other areas relating to his/her nutritional status. From here a cost vs. benefit assessment is warranted. Athletes must be reminded that the core of a successful sports nutrition program is a suitably designed training program and well-structured meal plan—supplements are not essential! The dietitian should however remain unbiased in their opinion of new products until research has been undertaken to assess their ergogenic potential."  <a href="http://www.snda.org.sg/_pdf/sports_nutr1.pdf">http://www.snda.org.sg/_pdf/sports_nutr1.pdf</a></p>

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<p>USA Swimming  <a href="http://www.usa-swimming.org/index.shtml">http://www.usa-swimming.org/index.shtml</a></p>	<p>"...USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete...The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions."  <a href="http://www.usa-swimming.org/programs/template.pl?opt=news&amp;pubid=877">http://www.usa-swimming.org/programs/template.pl?opt=news&amp;pubid=877</a></p>
<p>UK Sport  <a href="http://www.uk sport.gov.uk/">http://www.uk sport.gov.uk/</a></p>	<p>"UK athletes are strongly advised to be extremely cautious about the use of any supplements. No guarantee can be given that any particular supplement, including vitamins and minerals, ergogenic aids, and herbal remedies, is free from prohibited substances as these products are not licensed and are not subject to the same strict manufacturing and labelling requirements as licensed medicines. Anti-doping rules are based on the principle of strict liability and, therefore, supplements are taken at an athlete's risk and personal responsibility."  <a href="http://www.uk sport.gov.uk/enlighten/vwpg.asp?ID=1776&amp;URL=http%3A%2F%2Fwww.uk sport.gov.uk%2Fgeneric_template.asp%3Fid%3D12214">http://www.uk sport.gov.uk/enlighten/vwpg.asp?ID=1776&amp;URL=http%3A%2F%2Fwww.uk sport.gov.uk%2Fgeneric_template.asp%3Fid%3D12214</a></p>
<p>United States Anti-Doping Agency [USADA]  <a href="http://www.usantidoping.org/">http://www.usantidoping.org/</a></p>	<p><b>Prohibited Substances</b>          "The use of dietary/nutritional supplements is completely at the athlete's own risk, even if the supplements are "approved" or "verified." If you take dietary/nutritional supplements you may test positive for a prohibited substance, which is not disclosed on the product label. This would result in a doping violation."  <a href="http://www.usantidoping.org/prohibited_sub/index.htm">http://www.usantidoping.org/prohibited_sub/index.htm</a></p>
<p>World Anti-Doping Agency [WADA]  <a href="http://www.wada-ama.org/en/t1.asp">http://www.wada-ama.org/en/t1.asp</a></p>	<p>"Under the strict liability rule, athletes are responsible for any substance that may be found in their bodies. It does not matter how the substance got there. If an athlete tests positive after taking a supplement, the sanction for using a banned substance will be the same as if he or she knowingly took the drug."  <a href="http://www.wada-ama.org/docs/web/communications/publications/athlete_passport_newsletter/may_03.pdf">http://www.wada-ama.org/docs/web/communications/publications/athlete_passport_newsletter/may_03.pdf</a>  <b>List of WADA banned substances:</b>  <a href="http://www.wada-ama.org/en/t3.asp?p=30639&amp;pp=29645">http://www.wada-ama.org/en/t3.asp?p=30639&amp;pp=29645</a></p>