



## ***POSITION STATEMENT***

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### **Sports Nutrition Supplements**

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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.

CRN is in support of the following:

- Athletes should use supplements in conjunction with a well-designed training and nutrition program and that supplements should not be used as a shortcut to peak performance. In promoting the responsible use of sports nutrition supplements, CRN believes that an athlete's commitment to, effort towards, and knowledge of their sport should come before their use of supplements to achieve optimal performance.
- Athletes should not violate the rules of their sport by knowingly ingesting products that contain banned substances or precursors of banned substances. Athletes should also be wary of any products that make claims to improve athletic performance outside of nutritional and conditioning support.
- In cases where an athlete claims to have been unknowingly exposed to a banned substance through a dietary supplement, CRN supports thorough investigation of both the athlete and of any products that may have reasonably been the source of the illegal substance. Supplements that contain undeclared ingredients are considered misbranded and/or adulterated and are subject to FDA regulatory action.
- Current laws and regulations –when enforced– are sufficient to demonstrate the safety and quality of supplement products.
- Manufacturers and marketers of sports nutrition supplements have a responsibility to provide the most up-to-date information to the consumer (i.e., athlete) so he/she can make an informed decision about those supplements that may assist in enhancing performance.
- Athletes should take responsibility for their own actions.

CRN supports the use of supplements as part of a healthy training program and CRN member companies are committed to ensuring the production of high quality, safe and beneficial products supported by sound science.