

## Supplements Tip Sheet

### **What should you do when an athlete approaches you about potential use of dietary supplements?**

Don't dismiss an athlete's interest in and questions about dietary supplements. Their expression of interest is an excellent opportunity to build rapport with the athlete and provide credible scientific knowledge.

### **Complete a dietary assessment.**

Ask questions such as "What are your goals?" or "How do you think this supplement will benefit you?"

Ask the athletes to complete a three-day food diary, including a heavy training day or competition day, rest day, and a weekend day. This will help you better understand their dietary habits throughout a typical week.

### **Use a combination of science-based recommendations and your own clinical judgment to determine efficacy, safety, and appropriate use of the supplement(s).**

Evaluate the available research on dietary supplements.

Ask yourself whether the theory makes sense. Is the marketing claim in line with the research/analysis of the supplement?

Determine whether there's evidence that supports the supplement. Research studies should mimic real-life situations and events, for example, analyzing an athletic population instead of a sedentary population.

Determine whether the supplement is legal.

Check sporting institutions' prohibited substances list (World Anti-Doping Agency: [www.usada.org/wp-content/uploads/wada-2018-prohibited-list-en.pdf](http://www.usada.org/wp-content/uploads/wada-2018-prohibited-list-en.pdf), [www.usada.org/substances/prohibited-list](http://www.usada.org/substances/prohibited-list); and National Collegiate Athletic Association: [www.ncaa.org/2017-18-ncaa-banned-drugs-list](http://www.ncaa.org/2017-18-ncaa-banned-drugs-list)).

Use the following additional resources to assess efficacy and safety of supplements:

- Drug Free Sport: [www.drugfreesport.com](http://www.drugfreesport.com)
- Prescribers' Digital Reference: [www.pdr.net](http://www.pdr.net)
- Australian Sports Commission's ABCD Classification System: [www.ausport.gov.au/ais/nutrition/supplements/classification](http://www.ausport.gov.au/ais/nutrition/supplements/classification)
- US Anti-Doping Agency Sports Supplement 411: [www.usada.org/substances/supplement-411](http://www.usada.org/substances/supplement-411)