

SUPPLEMENT SAFETY

TIPS ON NAVIGATING THE SUPPLEMENT WORLD!

Be Mindful of Labels!



VS



Supplement Facts

Products with a **SUPPLEMENT FACTS** label are not considered a food and/or drug. Therefore, the FDA (government agency that oversees food/drug safety) does not regulate these products. You cannot be sure what is actually in these products or if they have contamination.

Be very mindful of these products! !!

Nutrition Facts ✨

Products with a **NUTRITION FACTS** label are considered a food and/or drug. Therefore, the FDA (government agency that oversees food/drug safety) regulates these products. Most athletic performance governing bodies' rules do not restrict on these products. If you have any specific questions, please refer to your Athletic performance governing policies (NCAA, USOPC...etc.)

IS IT SAFE?

When looking at the label and ingredient list, be mindful of a few items. It is advised to avoid products with proprietary or herbal blends.

- Proprietary Blends: are protected company blends and may omit ingredients and/or omit amounts of ingredients.
- Herbal blends: depending on the sourcing, herbal blends tend of have a higher risk of contamination and adverse reactions to other herbs, foods, and medications.

No supplement is considered 100% safe.

It is recommended that products under consideration for use undergo 3rd party testing. (Please see reverse side for details). If you have any individual questions or concerns, please reach out to a Sports Dietitian BEFORE buying or taking any supplements.



Where is Your Supplement?

SUPPLEMENT SAFETY

3RD PARTY CERTIFICATIONS

Look for these labels!

NSF for Sport | Top Choice for Training HAUS

- Tests for WADA (World Anti Doping Agency) banned substances and environmental contaminants
- Verifies product contents match the label
- Production facilities are audited for Good Manufacturing Practices (GMP)
- Professional Sport & NCAA drug-testing compliant



Informed Sport | Every batch is tested

- Tests for WADA banned substances and environmental contaminants
- Verifies product contents match the label
- Production facilities are audited for Good Manufacturing Practices (GMP)
- NCAA drug-testing compliant



USP

- Verifies contents match the label
- Tests for environmental contaminants
- Verifies the product will breakdown & be released in the body within a specified period of time
- Assures GMP
- Commonly seen for non-performance specific supplements (like vitamins and mineral pills/capsules)



All supplements are taken at your own risk!

Work with one of our sports dietitians to establish your foundational nutrition practices and see if a supplement is right for you and your athletic goals!