

## **United States Anti-Doping Agency**

2550 Tenderfoot Hill Street, Ste. 200

Colorado Springs, CO 80906-7346

Phone: (719) 785-2000

Fax: (719) 785-2001

[usada@usantidoping.org](mailto:usada@usantidoping.org)

[www.usantidoping.org](http://www.usantidoping.org)



### **Athlete Advisory – “Approved” or “Verified” Supplements**

THE USE OF NUTRITIONAL OR DIETARY SUPPLEMENTS IS COMPLETELY AT THE ATHLETE’S OWN RISK. EVEN IF THE SUPPLEMENTS ARE “APPROVED” OR “VERIFIED”.

If you take nutritional or dietary supplements you may test positive for a prohibited substance which is not disclosed on the product label. If you test positive you will be sanctioned in accordance with applicable rules.

USADA understands that some trade associations and even reputable companies are attempting to test supplements and even are “verifying” or “certifying” that certain nutritional or dietary supplements are safe for athletes and others to use. Athletes need to be aware that these verification or certification programs do not guarantee that those dietary or nutritional supplements are free from minute amounts of prohibited substances which could result in an adverse laboratory finding and a doping violation.

Bottom Line: USADA warns against taking any dietary or nutritional supplements. Athletes who take dietary or nutritional supplements, even if “approved” or “verified,” do so at their own risk.

January 15, 2003