

PRACTITIONER GUIDE TO MEDICATION, MEDICAL & SPORT SUPPLEMENT REGULATION AND PRESCRIPTION

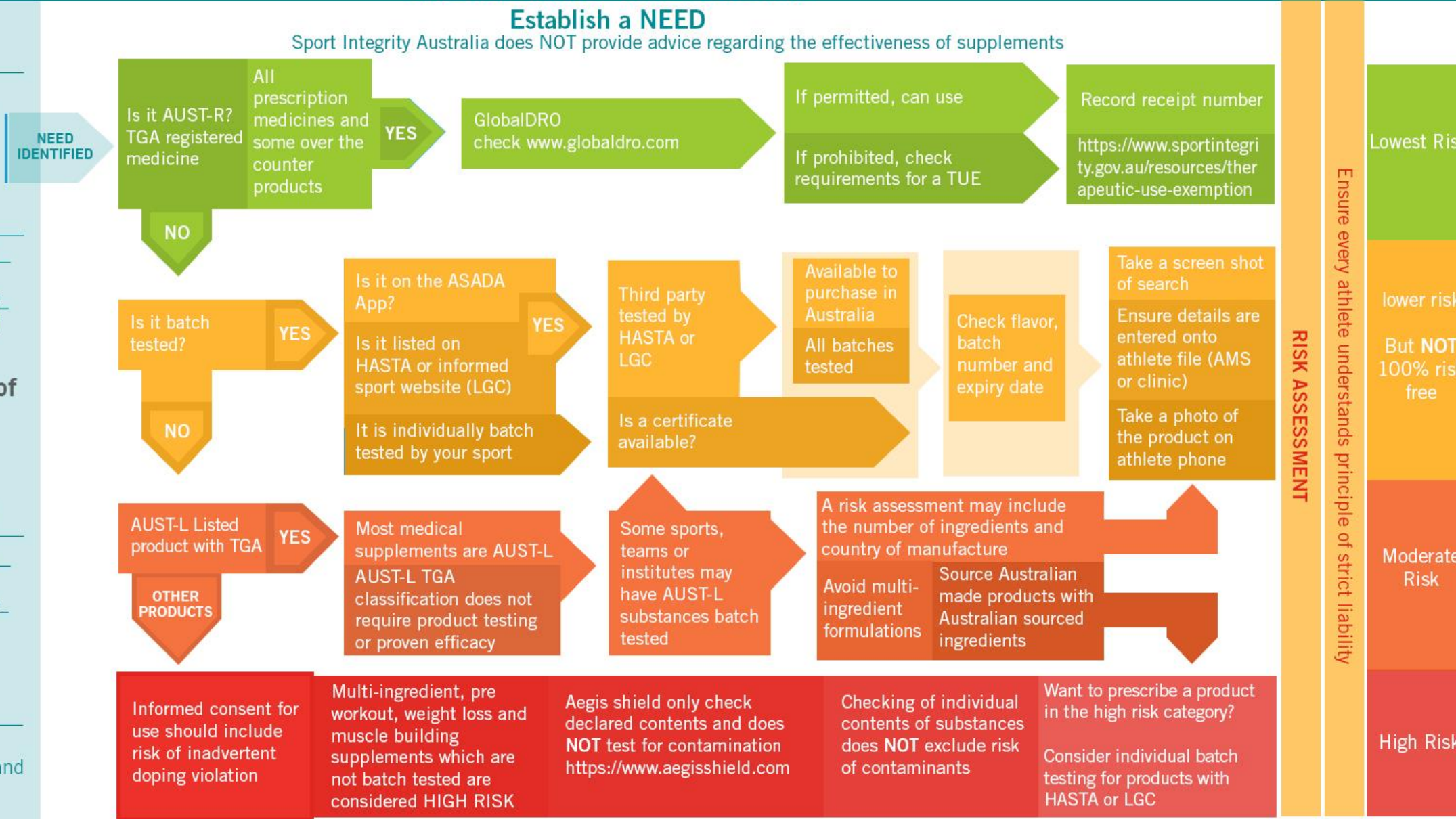
BASED ON TGA AND FSANZ REGULATION

AIS evidence map
https://ais.gov.au/nutrition/supplements/evidence_map

AIS best practice principles
https://www.sportaus.gov.au/_data/assets/pdf_file/0004/687559/SSSM_Best_Practice_Principles_October_2018.pdf

Australasian College of Sport & Exercise Physician position statement on supplements in sport
https://www.sportaus.gov.au/_data/assets/pdf_file/0004/687559/SSSM_Best_Practice_Principles_October_2018.pdf

Sport & NIN policy
can assist practitioners with assessment of clinical need and guide prescription



Supplementary "sports foods" are regulated by FSANZ (Food standards Australia & New Zealand e.g. electrolyte drinks, sports gels, foods bars) and have minimal regulation.

Some foods may be fortified with protein. The risk posed by foods fortified with individual ingredients typically included in sports supplements remains unknown but there is clearly a risk greater than the unfortified food alone. A common sense discussion around relative risks of sports foods and protein fortified foods should include a Sports Dietitian and / or a Sport & Exercise Physician