SUPPLEMENT RISK ANALYSIS

SPORT INTEGRITY AUSTRALIA

No supplement is 100% safe for an athlete to use

*There are **doping** and **health risks.** Make an informed choice.*

LOWER RISK

HIGHER RISK

THERAPEUTIC GOODS ADMINISTRATION (TGA) REGISTERED MEDICINES (AUST-R)

- Highest level of regulation.
- Assessed by the TGA for safety, quality and efficacy.
- Trusted labels and ingredients.

Example: prescription medicines.

TIP

ALWAYS CHECK still for WADA prohibited substances.

BATCH-TESTED PRODUCTS

- Independently tested for WADA prohibited substances.
- Reduces risk of doping contamination, but not a 100% guarantee.

Example: protein supplements, creatine, with certification from independent third-party testers, like Informed Sport or HASTA.

TIP **Keep evidence** (e.g. screenshots) of supplements you take, including batch numbers.

TGA LISTED MEDICINES (AUST-L)

- Less regulated than Registered medicines.
- Not specifically tested for WADA prohibited substances.
- Greater risk of contamination and undeclared ingredients than batch-tested products.

Example: over-the-counter vitamins, minerals, herbal medicines that may be available from supermarkets, health food stores or pharmacies.

TIP

Products on international websites **are not regulated by the TGA**. Don't order medicines or supplements online unless you know exactly what's in them.

NON BATCH-TESTED, NON AUST-L PRODUCTS

- Highest doping risk and should be avoided by athletes.

Examples: pre-workouts, muscle-builders or fat-burners that do not have independent third-party certification.

TIP

Don't fall for bold claims in ads or on labels that **over-promise.**

MAKE SAFER CHOICES

Download the Sport Integrity app

- Check a Medication
- Check a Supplement
- Check Therapeutic Use Exemptions

LEARN MORE

Visit sportintegrity.gov.au to learn more about supplements in sport

SIA805-1126