
RISKS OF SUPPLEMENT USE

A supplement is a product that contains a 'dietary ingredient' intended to add further nutritional value to (supplement) the diet

CAUTION



- ❖ No guarantee can be given that any supplement, **including vitamins and minerals and herbal remedies** are free from banned substances
- ❖ Majority of supplements on the market have not been tested according to proper and objective standards, and their claims of superiority, efficacy and safety are not proven and cannot be guaranteed.
- ❖ Many herbal components can have potent harmful side-effects, can lead to harmful interactions with other herbals or medications, and/or lead to a failed drug test.



RISKS OF SUPPLEMENT USE

- ❖ Health risks may include allergic reactions, toxic effects from self-medicating, over-dosing or poisoning due to contaminants found in the products, high blood pressure, heart palpitations and failure, liver and kidney damage and failure.
- ❖ Risk of testing positive for a banned substance that can ruin a sporting career and discredit an athlete's reputation . Consumption of a small amount of certain supplements can lead to a positive test for presence of a prohibited substance.
- ❖ Just because the product label, website, or sales representative says that the product is 'tested', 'proven' and 'safe', doesn't mean that it is the case. There is lack of legislation governing local and global supplement manufacturing.

PROVEN FACTS



- ❖ Active sportspeople do not have to take supplements to perform at their best.
- ❖ Optimising one's training, overall dietary intake, rest, recovery and sleep patterns are proven to have a far bigger impact on physique, performance and health than any sport supplement tested to date can.
- ❖ Nutrients from supplements are not better than those you get from food, especially to build muscle, reduce body fat, enhance recovery, immune function and so on.
- ❖ A well-balanced diet can boost performance and eliminates the many risks that one faces when using supplements.
- ❖ Supplements are expensive