

## TIPS FOR APPROPRIATE SUPPLEMENT USE

Working with a sports dietitian will help you to understand appropriate supplement use, particularly in the context of your sport and your personal goals. Here is some general advice on supplement use.

You must first ensure that your diet and training program are optimal for your sport and goals. This is the most important issue. Supplements will have no value to your body if the basic, proven tenets of diet and training are not being followed. Supplements are just that, a 'supplement'. They are never a substitute for an appropriate diet and training program designed specifically for you.

There is another risk in using supplements. Any athlete using sports foods or sports supplements, or both, are at risk of being found to be doping. Many supplements contain banned substances in one form or another.

Use this checklist of authorised websites to ensure the efficacy, safety, legality and purity of any supplement you consider using.

**1. Check the Australian Institute of Sport *sports supplement program* website**  
([www.ausport.gov.au/ais/nutrition/supplements/classification](http://www.ausport.gov.au/ais/nutrition/supplements/classification))

This website will help you establish whether the supplement you are considering taking has any supporting evidence showing a performance benefit in sport. Remember this information changes from time to time.

**2. Check the ASADA – *Check Your Substances* website** ([www.globaldro.com/AU/search](http://www.globaldro.com/AU/search))

This website will enable you to check whether the supplement you are considering taking is banned in your sport. Remember this information changes from time to time.

**3. Check the Informed Sport website**  
([www.informed-sport.com](http://www.informed-sport.com))

This website will allow you to check if the supplement you are considering taking is a tested supplement (free of banned substances). It is still your responsibility however to record the batch number of any supplement you use.

Remember, supplements are not advised for either children or adolescents. And the best professional advice on supplements, their use and effectiveness will always come from an Accredited Sports Dietitian.