

HERE ARE SOME POINTS TO CONSIDER:

1. Very few claims of enhanced performance through supplement use are backed up by valid research, while some supplements can actually have adverse effects. (Good marketing is not a guarantee of a good product.)
2. Appropriate training and diet are the key ingredients to maximising performance.
3. Remember that the primary motivation for most people wishing to sell supplements is to make a profit.
4. A significant number of positive tests recorded by the Agency result from supplement use.

WHAT YOU CAN DO:

- Contact a NZ Academy of Sport approved sports nutritionist or sports doctor for objective advice on the need for supplements in relation to your sport and personal situation.
- If you make the decision that you need to use a supplement it is best to use products from NZ or Australian companies who have developed a good reputation and design their products for "sports-people", rather than gym members or the general public who are not concerned about testing positive. Don't be afraid to contact the manufacturers for more information.
- Contact the Agency by e-mail or fax with a full list of ingredients. While we will not ultimately guarantee any supplement we will at least try to identify whether any of the ingredients listed are banned.
 - The Australian Institute of Sport provide very good information on supplements in the sports science section of their web site www.ais.org.au



ALL NUTRITIONAL SUPPLEMENTS ARE TAKEN AT THE ATHLETE'S OWN RISK.

Why?

- Nutritional supplements are not regulated in the same way as pharmaceuticals.
- Labelling may not be full or accurate. An enormous and ever-increasing number of products means it is impossible to investigate each one thoroughly.
- Substances that are not banned may be contaminated with substances which are banned.
- Products manufactured in the United States and other countries are subject to different labelling laws which are not as strict as New Zealand labelling laws.

For Further Information Contact:
New Zealand Sports Drug Agency
P O Box 18-339
AUCKLAND
0800 DRUG FREE (378 437)
Ph: 09 521 5706
Fax: 09 521 5726
www.nzstda.org
nzstda@nzstda.co.nz



Produced in Association with:
NZ Academy of Sport

