

## THE RISK OF SUPPLEMENT USE

**SARADO Office's advice is that **NO** supplement is **safe** to use.**

Using supplements carries inherent risks as there is no guarantee that a supplement is free from prohibited substances. In fact, supplements are a major contributor to unintentional doping among athletes. It is crucial to understand that as an athlete, you bear the responsibility for any substances found in your system, regardless of how they got there. This responsibility should not be taken lightly.

### **1. Potential Risks:**

- Manufacturing standards for supplements are often less rigorous than those for medicines. Many countries have strict regulations for the manufacturing and labeling of supplements, which increases the likelihood of undisclosed prohibited substances being presented
- The way ingredients are listed on supplement labels may differ from the World Anti-Doping Agency (WADA) Prohibited List
- Beware of fake supplement products, especially when purchasing online. These products may not only contain prohibited substances but can also pose health risks
- Some supplements falsely claim endorsement by WADA or other anti-doping organizations, and others may misleadingly state they are “safe for athletes to use.”

### **2. Considerations:**

- Before resorting to supplements, evaluate whether a well-balanced diet and a “food-first” approach adequately meet your training, competition, and recovery needs
- Seek nutritional advice from professionals who understand the intricacies of anti-doping rules and recognize your status as an athlete, such as doctors or sports nutritionists.

### **3. Minimizing Risks:**

- Conduct thorough research on the supplement you intend to take, carefully examining labels, ingredients, and quantities
- Consult with a medical professional for guidance
- Choose only batch-tested supplements that have been screened by independent companies. These tests encompass evaluating manufacturing equipment, ingredients, and the final product. While this does not guarantee a negative doping test, it significantly increases the risk
- Retain the original packaging or take a photo of it. Essential information to keep includes the supplement name, brand name, and batch number. If you received medical advice to take supplements, maintain a record of it as well.

#### 4. Checking Supplements:

– Visit trusted platforms such as InformedSport, Certified for Sport®, HASTA, or Kölner Liste to ensure you purchase only batch-tested supplements that have undergone testing for banned substances.



Certified for Sport®



[InformedSport](#)

[NSF Certified for Sport](#)

[Cologne List](#)

[HASTA](#)

*For additional information:*

– Enroll in an e-learning course on WADA’s Anti-Doping Education and Learning (ADEL) <https://adel.wada-ama.org/learn>. Both the “ADEL for National-Level Athletes” and “ADEL for International-Level Athletes” feature a dedicated section on supplements. These courses are always free and available in multiple languages.

**Remember, supplements can never be considered 100% safe, and it is crucial to carefully weigh the potential benefits against the associated risks.**

**“Better be safer than be sorry”**