

Performance Nutrition Considering a supplement?

ASSESS THE NEED

WHY CONSIDER SUPPLEMENTS?

EASY EXTERNAL PRESSURE
PERCEIVED BENEFIT **TIME**
SHORTCUTS MARKETING



FACTORS AFFECTING PERFORMANCE...

- ✓ Nutrition
- ✓ Mental
- ✓ Training
- ✓ Physical
- ✓ Coaching
- ✓ Health
- ✓ Lifestyle



SUPPLEMENTS AND FOOD ALTERNATIVES

Before you consider a supplement, think about if it is really necessary and any **food alternatives**...

- ✗ Shakes
- ✓ SWAP TO
- ✓ Smoothies
- ✗ Sports drinks
- ✓ SWAP TO
- ✓ Water/Fruit juice
- ✗ Multivitamins
- ✓ SWAP TO
- ✓ Fruit and veg



ASSESS THE RISK

SUPPLEMENTS CARRY AN ADRV RISK



- ⚠ Inaccurate labelling
- ⚠ Contamination
- ⚠ Unregulated industry

RESEARCH THE PRODUCT THOROUGHLY



- ✓ Check the ingredients
- ✓ Is it batch tested and on a risk minimisation scheme e.g. on <https://sport.wetestyoutrust.com>
- ✓ Keep your evidence

ASSESS THE CONSEQUENCE

A POSITIVE ADRV (ANTI-DOPING RULE VIOLATION) COULD RESULT IN



- ✗ Ban of up to four years
- ✗ Missed opportunities
- ✗ Social isolation
- ✗ Reputational damage
- ✗ Loss of medals and titles

FURTHER SUPPORT

- ✓ 100% ME Clean Sport app / card
- ✓ www.ukad.org.uk
- ✓ <https://sport.wetestyoutrust.com>
- ✓ Accredited Sports Doctor
- ✓ Registered Sports Nutritionist



ASSESS THE NEED / RISK / CONSEQUENCE