

SUPPLEMENT SAFETY

RED FLAGS + GREEN FLAGS

Use this handy cheat sheet to make sure you're making the right supplement choice.

NO THIRD-PARTY CERTIFICATION

"Approved" is not good enough.
These organizations **can't** approve supplements:

- WADA
- FDA
- USADA

OUTRAGEOUS CLAIMS

- Endurance **enhancer**
- Testosterone **booster**
- **Super** focus
- **Replacement** or **alternative** to prescription medication

ONLY AVAILABLE ONLINE

Some companies avoid regulations by having only an online presence.

SECRET FORMULA

Avoid products that claim:

- "Top secret formula"
- "Proprietary blend"
- "Scientific breakthrough"

ENDORSED BY A COACH OR TRAINER

Is the product being endorsed by a **coach** or **trainer**, or is it backed by **medical professionals**?

LOOK OUT FOR THESE SEALS:



NSF Certified
for Sport



Informed
Sport

These seals certify that supplements have undergone thorough testing, ensuring accurate labeling and are free from banned substances.

CHECK THE LABEL CAREFULLY:



USP



ConsumerLab

These seals certify that supplements have undergone thorough testing, ensuring accurate labeling.



Note: these supplements may still contain **banned substances**, check the label carefully.

EASY TO UNDERSTAND INGREDIENT LIST

All the ingredients are **recognizable**, listed by their **common name**, and have well-documented **nutritional value**.

ALWAYS CHECK
WITH A MEDICAL
PROFESSIONAL
BEFORE STARTING
A SUPPLEMENT

VISIT THESE RESOURCES
FOR MORE:

- [Supplement Connect](#)
- [FDA 101: Dietary Supplements](#)
- [NSF Certified for Sport](#)
- [Informed Sport](#)

Always check the ingredient list on your athlete's supplements to ensure it contains no banned substances. Visit [USADA](#) for a list of substances banned by the World Anti-Doping Agency.