

Performance Nutrition Considering a supplement?

ASSESS THE NEED

WHY CONSIDER SUPPLEMENTS?

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

FACTORS AFFECTING PERFORMANCE...

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

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**