



Australian Government

Australian Sports
Anti-Doping Authority

June 2007

FACT SHEET

Supplements

PURE
PERFORMANCE

PO Box 345 Curtin ACT 2605 T +61 (0) 2 6206 0200
F +61 (0) 2 6206 0201 E asada@asada.gov.au
HOTLINE 1800 020 506 www.asada.gov.au

Supplements may contain ingredients / impurities that are not listed on the label.

ASADA cannot determine the status of any supplement product.

Athletes who take supplements do so at their own risk.

ANTI-DOPING HOTLINE

1800 020 506

WEB www.asada.gov.au

STAMPOUT DOPING

1800 645 700

1. The Facts

- > In 2000 - 01, the IOC commissioned a study of nutritional supplements in 13 countries from 215 suppliers.
- > Supplements were purchased in shops, on the internet and by telephone order.
- > Out of the 634 products analysed, 94 (14.8%) contained substances not declared on the label that were prohibited in sport.

2. The Risks

- > The use of supplements by athletes is a risk.
- > Supplements are not strictly regulated in many countries including Australia.
- > For this reason ASADA and other organisations such as the Australian Institute of Sport, state institutes and the National Measurement Institute (formerly AGAL) cannot confirm the status of any supplement products.
- > There is a significantly higher risk of a supplement containing a prohibited substance than a pharmaceutical grade product.
- > While some supplement manufacturers may guarantee the ingredients in their product, or that the use of the product will not result in a positive test, the athlete is still responsible if a prohibited substance or method is detected, even with the guarantee.

3. Strict Liability

- > Under the World Anti-Doping Code's strict liability rule, athletes are responsible for any substance found in their body.
- > If an athlete tests positive to a prohibited substance, it is likely to result in an automatic disqualification from competition and may lead to a sanction.
- > Athletes must take seriously their personal responsibility for what they ingest
- > Blaming supplements is unlikely to be an adequate defence in a doping hearing

*A policy of strict liability exists in sport, whereby
an athlete is responsible for any substance found in his/her body.
IGNORANCE IS NO EXCUSE*

4. For more information:

- > Contact the ASADA Anti-Doping Hotline 1800 020 506
- > Visit the ASADA website www.asada.gov.au; or
- > Visit the WADA website www.wada.ama.org.