



30 January 2018

To
World Skate Executive Board
World Skate Anti-Doping Contacts
All National Federations

From review of Doping Control Forms for 2017 I know that at least 80% of World Skate athletes who are tested are taking one or more supplements.

World Skate, WADA and the National Anti-doping organisations (NADOs) have issued many warnings about the health risks and risks of an anti-doping rule violation (ADRV) because of supplement use.

Supplements are not regulated and the list of contents can be misleading with prohibited substances under a different name or omitted from the ingredient list completely. The manufacturing process is also not strictly controlled making contamination from previous products going through the machine a real possibility.

1 in 5 supplements marketed for use by athletes contain a banned substance and NADOs report that approaching 50% of ADRV are from supplement use.

World Skate advice remains that, with a good sports nutrition programme and fine-tuned training schedule, supplements are not necessary and they are not recommended. No Anti-Doping organisation will ever guarantee the safety of supplements and the athlete has strict liability for substances found in his sample.

Given that athletes are using supplements in spite of the risk here are some websites that will help you to work out which supplements are safer than others. This is not a 100% guarantee that supplements checked do not contain a prohibited substance.

www.informed-sport.com - check product and batch number

USADA supplement411 – you need to login in, anyone can, it's easy

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Australian Institute of Sport (AIS) supplements fact sheets A-Z

Information from iNADO about a new app is below. This looks to be a very useful tool

Below is some information from iNADO about an “app” that will assist in avoiding a shock, unintentional positive test due to supplement use.

NSF Sport App Helps to find Independently Tested, Safe Supplements

NSF International, a global public health and safety organization and latest iNADO Partner, released its newly designed Certified for Sport® app and website to help protect athletes and consumers from potentially harmful ingredients and athletic banned substances in dietary supplements. The app features enhanced search capabilities, side-by-side product comparisons and a UPC barcode scanner to find Certified for Sport® supplements tested on a lot-by-lot basis for over 270 athletic banned substances.

The newly designed Certified for Sport® app provides the functionality to browse the certified products library by name, supplement type and goal. In addition, users can mark their favorite products and receive up-to-date listings and updates through push notifications. In addition to lot-by-lot testing for over 270 athletic banned substances, products bearing the NSF Certified for Sport® mark must be produced in a manufacturing facility that is inspected twice a year to comply with the U.S. FDA's Good Manufacturing Practice (GMP) requirements. Label claims are verified and products are tested to verify formulation. The product is also tested for harmful levels of contaminants or fraudulent ingredients.

For more information on NSF International's Certified for Sport® program, please visit <http://www.nsf sport.com/> or download the app on the App Store for iPhone or on Google Play for Android.

The athlete always has strict liability for substances found in his sample and no anti-doping organisation can ever give a 100% guarantee that a supplement is safe. The safest practice is still to avoid supplement use.

