



# SUSF SUPPLEMENT POLICY

## 1. INTENT

Sydney Uni Sport & Fitness (**SUSF**) is committed to ensuring its Athletes and SUSF Personnel are educated and informed about the appropriate, safe and legal use of supplements. In order to maintain an even playing field within Australian Sport, it is imperative that the ethical use of supplements is achieved through a supplement program based on transparency and integrity.

The SUSF Supplement Policy (**Policy**) has been prepared in alignment to the Australian Institute of Sport (**AIS**) Supplement Framework and the Australian Sports Anti-Doping Authority (**ASADA**). This Policy aims to provide a clear framework which outlines the strict obligations of Athletes and SUSF Club Personnel in regards to supplement use throughout the entirety of their association with SUSF.

This Policy will be used in conjunction with the SUSF Sporting Code of Conduct and SUSF Code of Conduct.

## 2. PURPOSE

This Policy has been created for the purposes of facilitating sporting development at SUSF and ensuring, amongst other things, that:

- 2.1 There is no threat to human health or safety;
- 2.2 The integrity of the Athlete, SUSF and sport is protected;
- 2.3 SUSF Athletes make informed decisions on the use of supplements as part of their nutrition plans;
- 2.4 The correct and appropriate use of supplements is supported to deliver maximum benefits to health and performance; and
- 2.5 To abide by the obligations imposed by the ASADA and the World Anti-Doping Agency (**WADA**).

## 3. SCOPE

The Supplement Policy Applies to:

- 3.1 All SUSF Elite Athlete Program (**EAP**) and Talented Athlete Programme (**TAP**) scholarship holders and any other person training with an SUSF Club or program or representing a team associated with SUSF (**Athlete**);
- 3.2 All SUSF Club Personnel associated with an SUSF club or program or representing a team associated with SUSF;
- 3.3 SUSF staff members;
- 3.4 Accredited dietitians associated with SUSF;
- 3.5 SUSF team and Club doctors; and
- 3.6 Independent contractors and volunteers engaged by SUSF.

In the event of an Athlete representing a sport, the governing body of which has a separate policy, the provisions of that governing body's policy will prevail to the extent of any inconsistency. The breach must still however be reported to the SUSF Supplement Advisory Panel (as appointed by the SUSF Board of Directors pursuant to clause 5 below).

This Policy is in addition to any individual employment, scholarship, volunteer or other agreement that a person may have with a Club or SUSF which may detail further terms and conditions as well as obligations.

The policy will extend throughout the entirety of an Athlete's and SUSF Club Personnel's association with SUSF.



3.7 Supplement use is not endorsed by SUSF and consequently an SUSF Club, unless an SUSF Club seeks to implement a supplement programme, in which case the Club must abide by the following procedure:

- 3.7.1 The Club President must make the final decision.
- 3.7.2 The Club President is obligated to inform the SUSF Supplement Advisory Panel of this decision.
- 3.7.3 The Panel will inform the SUSF Chief Executive Officer of this decision.
- 3.7.4 It is an obligation of the Club to inform its members and affiliated persons of the decision to adopt a supplements policy.
- 3.7.5 This decision must be reviewed and updated annually.
- 3.7.6 Athletes and coaches must also abide by any relevant obligations under this Policy.

3.8 A Club which fails to adhere to 3.7 will face disciplinary action.

#### **4. SUSF POSITION ON SUPPLEMENTS**

Sports nutrition should be founded on a well-balanced nutrition plan. SUSF:

- 4.1 Emphasises that Athletes are not expected or required to use Supplements;
- 4.2 Recognises that a SUSF Club may adopt a policy which does not allow the use of Supplements by any Athlete in any circumstances;
- 4.3 Encourages a food first approach to adequate nutrition;
- 4.4 Believes that supplementation should be considered on a case by case basis and only when either:
  - 4.4.1 The diet is inadequate and an athlete is at risk of developing a deficiency; or
  - 4.4.2 It is deemed that a supplement may be beneficial *in addition* to an adequate diet.

This Policy provides guidelines for the appropriate use of dietary and nutritional supplements and uses the AIS Sports Supplement framework as its foundation. This framework is an evolution of the AIS Sports Supplement Program that was originally developed in 2000 to assist athletes use supplements and sports foods safely and appropriately.

While it is the intention of SUSF to support athletes in the safe use of supplements, ultimately it is

each Athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance or markers found to be present in their body and are strictly liable in terms of complying with the ASADA and the WADA.

Quality control in the manufacture and labelling of supplements, even in Australia, is extremely variable. Supplements are increasingly made of numerous ingredients, some of which may be contaminants that could result in an athlete incurring an inadvertent anti-doping violation. Extreme caution is recommended regarding supplement use. Accordingly:

- 4.5 SUSF cannot currently either be certain of, or guarantee the purity of any supplement preparation, so therefore does not currently endorse the use of any particular brand of supplement;
- 4.6 Athletes are advised not to take a supplement if:
  - 4.6.1 It contains multiple ingredients, particularly when "proprietary blends" are noted; or
  - 4.6.2 It claims to increase muscle mass, reduce body fat or provide energy for workouts/events; or
  - 4.6.3 It is sourced through the internet particularly from "body building" focussed companies.
- 4.7 If in doubt, an Athlete must adopt a "no supplement" policy.

#### **5. SUSF SUPPLEMENT ADVISORY PANEL**

The SUSF Supplement Policy is governed by the SUSF Supplement Advisory Panel (**Panel**) appointed by the SUSF Board of Directors which reviews and recommends supplements to SUSF. Supplements are



approved based on guidelines set out by ASADA, AIS and the independent discretionary opinion of the Panel.

5.1 The Panel shall be made up of:

- 5.1.1 an accredited dietitian;
- 5.1.2 a Sports and Exercise Medical Practitioner;
- 5.1.3 SUSF Strength and Conditioning Representative;
- 5.1.4 SUSF Board member;
- 5.1.5 SUSF High Performance Manager; and
- 5.1.6 the SUSF Chief Executive Officer.

It is a requirement that all supplements are approved by the Panel before being offered to athletes by SUSF Club Personnel.

5.2 In addition to the review of supplements, the Panel shall:

- 5.2.1 Ensure supplement programs remain ethical and compliant with the SUSF Policy;
- 5.2.2 Only recommend supplements or supplementation methods that are compliant with ASADA legislation and policy;
- 5.2.3 Amend this Policy according to changes in ASADA legislation;
- 5.2.4 Report annually to the SUSF Board of Directors on the use of supplements within SUSF, the obligations of Athletes and SUSF Club Personnel and the obligations of SUSF as the overarching organisation;
- 5.2.5 Meet a minimum of twice each academic year to summarise and assess the supplement practises of SUSF Athletes and SUSF Club Personnel;
- 5.2.6 Engage with SUSF Clubs and collaborate trends and issues arising within their respective sports;
- 5.2.7 Maintain its own research into supplementation in Australian sport to assist in the review of supplement practises and policy within SUSF;
- 5.2.8 Successfully complete the online ASADA Level 2 Anti-Doping Test;
- 5.2.9 Be prepared to assist in the education of SUSF Athletes and SUSF Club Personnel; and
- 5.2.10 In accordance with to section 10, maintain confidentiality in matters deemed to be so under this Policy;

5.3 The Panel is also obligated to appoint a Supplements Officer (such as the SUSF dietitian, Sports and Exercise Medical Practitioner or SUSF High Performance Manager) to be responsible for attending to reports of conduct or suspected conduct that may be in breach of this Policy.

- 5.3.1 It is the obligation of the Supplements Officer to ensure that the identity of the person making a report to them is kept confidential in accordance with Section 10 (*Confidentiality*).

5.4 It is the Panel that has the final decision in regards to what supplements can be used, who can use them and who can prescribe them.

## **6. OBLIGATIONS**

6.1 EAP and TAP Scholars

All EAP and TAP scholars will:

- 6.1.1 Undertake a supplement education seminar outlining the correct use of supplements as part of an overall nutrition program and the rapidly increasing involvement they have in elite sport. This seminar will assist athletes in understanding the framework and purpose of this policy;
- 6.1.2 Complete an online ASADA Level 1 Anti-Doping Course; and
- 6.1.3 Follow Athlete obligations.

6.2 Athletes

All Athletes will:

- 6.2.1 Comply with this Policy and only obtain and use any Supplement in accordance with the conditions set out by the Panel;



- 6.2.2 Independently read the ingredients of multi-ingredient Supplements and follow the instructions stated by the product manufacturer or SUSF Club Personnel.
- 6.2.3 Not enter into any sponsorship or other agreement in relation to Supplements without prior approval from SUSF;
- 6.2.4 Not enter or seek to enter into any such agreement that will cause them to not comply with this Policy;
- 6.2.5 Not participate in or permit any medical treatment, procedure, test or investigation in relation to them, that does not comply with this Policy;
- 6.2.6 Promptly report to the Panel any person's conduct (including their own conduct or an approach to engage in conduct) that they know or reasonably suspect may be a breach of this Policy. The reporting person's identity will be kept confidential in accordance with section 10 (*Confidentiality*);
- 6.2.7 Promptly notify the Panel if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy;
- 6.2.8 Disclose to the Panel, if requested, all details in their knowledge relating to publicly available information that indicates their apparent or suspected non-compliance with this Policy;
- 6.2.9 Athletes will be required to declare all supplement use to the Panel through medical screening, assessment and questionnaire processes when;
  - 6.2.9.1 Screened by their SUSF team or Club medical practitioner; or
  - 6.2.9.2 Screened by their SUSF team, Club or SUSF dietician.
- 6.2.10 Consent to the provision and recording of information about them in accordance with this Policy and acknowledge the application of section 10 (*Confidentiality*);
- 6.2.11 Use their influence to support and reinforce the education messages regarding supplements that are promoted by SUSF, including in this Policy;
- 6.2.12 Make themselves available for, and actively engage in, education programs in relation to this Policy; and
- 6.2.13 Stay informed of any changes to this Policy (where SUSF notifies them of any changes to this Policy).

### 6.3 SUSF Club Personnel

All SUSF Club Personnel will:

- 6.3.1 Comply with this Policy and only obtain and/or recommend any Supplement in accordance with the conditions set out by the Panel;
- 6.3.2 Successfully complete the online ASADA Level 1 Anti-Doping Course;
  - 6.3.2.1 Strength and Conditioning Staff are also obliged to successfully complete the online ASADA Level 2 Anti-Doping Test.
- 6.3.3 Promote a food first approach to nutrition before recommending a supplements program;
- 6.3.4 Maintain a supplements register detailing SUSF endorsed supplement use by Athletes under their charge which can, at any time, be requested by the Panel;
- 6.3.5 Not enter into any sponsorship or other agreement in relation to Supplements without prior approval from SUSF;



- 6.3.6 Not enter or seek to enter into any such agreement that will cause them to not comply with this Policy;
- 6.3.7 Promptly report to the Panel any person's conduct (including their own conduct or an approach to engage in conduct) that they know or reasonably suspect may be a breach of this Policy. The reporting person's identity will be kept confidential in accordance with section 10 (*Confidentiality*);
- 6.3.8 Use their influence to support and reinforce the education messages regarding supplements that are promoted by SUSF, including in this Policy;
- 6.3.9 Make themselves available for, and actively engage in, education programs in relation to this Policy; and
- 6.3.10 Stay informed of any changes to this Policy (where SUSF notifies them of any changes to this Policy).

## **7. INDUCTION AND EDUCATION**

- 7.1 As per the above clauses 6.1.1, 6.1.2, 6.2.11, 6.2.12, 6.3.8 and 6.3.9, Athletes and SUSF Club Personnel are obliged to attend any relevant education programs in relation to this policy that SUSF set out.
- 7.2 Any education program or induction to this Policy will be undertaken in accordance to the AIS framework and ASADA guidelines.

## **8. SUPPLEMENT PROTOCOL – CIRCUMSTANCES IN WHICH SUPPLEMENTS CAN BE USED**

Any supplements are to be used in accordance with the Supplement Framework located in Schedule

1. This framework does not provide an exhaustive list of sports foods and supplement ingredients, it is a guide which can be used alongside separate individualised programs.

Supplements must not be used if they are included in Group D of Schedule 1 or if they otherwise contravene the ASADA legislation or the WADA Code. Untested or experimental substances, or substances which are not approved for human use, must not be used as part of a supplementation program.

SUSF adheres to a strict 'no needle policy'. There is no role for injections as part of a supplementation program, other than in the following circumstances:

- 8.1 In all circumstances only a qualified medical practitioner is permitted to perform any injections for the treatment of illness or injury.
- 8.2 There must be documented evidence of a nutritional deficiency that cannot be treated with oral supplementation. Only intravenous iron supplementation will be permitted.
- 8.3 Supplementation is to be delivered under the care of the appropriately qualified medical practitioner (preferably a haematologist) who is cognisant of WADA section M2:
  - 8.3.1 "Intravenous infusions and/or injections of more than 50ml per 6 hour period are prohibited except for those legitimately received in the course of hospital

admissions or clinical investigations."

For Athletes, the treating medical practitioner must liaise with the SUSF Panel Medical Practitioner regarding any such IV supplementation program.

8.4 SUSF does not condone the use of supplements by Athletes under the age of 18.

8.5 SUSF only supports the use of supplements in the circumstances outlined in the two options below. In either case clause 3.7 must first be complied with:

Option 1: Individualised programs



8.6 As part of an Athlete's individualised nutrition program:

- 8.7.1 Athlete requests for supplement use must be directed in writing to their relevant SUSF Coach or strength and conditioning SUSF staff member.
- 8.7.2 All supplement recommendations are to be communicated by the Panel following a request from a SUSF Club Coach or Strength and Conditioning representative;
- 8.7.3 Athletes and SUSF Club Personnel are to be educated by a member of the Panel regarding the appropriate use, potential benefits and any possible side effects of any product recommended;
- 8.7.4 This nutritional program will be in accordance with the Supplement Framework located in Schedule 1.

8.7 As part of a medical plan to address a diagnosed nutrient deficiency:

- 8.7.1 Prescription is based on results obtained via appropriate testing as directed by SUSF Sports Doctors or recognised medical officers.

8.8 All other clauses of this Policy are complied with.

Option 2: SUSF and SUSF Clubs may make recommendations of supplement products to Athletes provided:

8.9 A supplement provision plan is provided in a form acceptable to the Panel in respect of the relevant SUSF Club season, which includes details of the supplement products SUSF or the SUSF Club intends to provide or permit to be sourced from a third party provider, the protocols for providing these supplements and who may be providing them.

- 8.9.1 After the supplement provision plan is approved in writing by the Panel, SUSF or the SUSF Club must submit to the Panel any proposal, at any time, to provide a supplement product to an Athlete or permit the sourcing of a supplement, in a way that is not covered by the current supplement provision plan (and after this proposal is approved in writing by the Panel, it forms part of the current supplement provision plan);

8.10 Athletes have attended an ASADA education seminar specific to the Club;

8.11 Complies with any governing body for which a Club is accountable; and

8.12 All other clauses of this Policy are complied with.

## 9. SPONSORSHIP

SUSF acknowledges the potential benefit of supplement sponsorship for SUSF Clubs and their Athletes. To enable the compliance with ASADA legislation and ensure the safety of Athletes, sponsorship is only to be entered according to the following requirements:

9.1 Approval from the Panel, who will make a decision based on the compliance of this Policy and other factors, including;

- 9.1.1 ASADA legislation;
- 9.1.2 Its potential benefit to Athletes;
- 9.1.3 Impact of the product on the SUSF brand and public image;
- 9.1.4 The product being made in Australia; and
- 9.1.5 Final approval from the SUSF Chief Executive Officer.

## 10. CONFIDENTIALITY

10.1 Information about a person within SUSF that is provided under this Policy must be kept as confidential as possible. Disclosure of this information may be required in certain circumstances, for example if such disclosure is expressly authorised and required in accordance with this Policy or other SUSF policies, if it is required by law or if the person otherwise consents.

10.2 For the purposes of clauses 5.3.1, 6.2.6, 6.3.7, 11.1.1 and 11.1.2 persons who report information to a member of the Panel about another person's breach of this Policy will have their identity in relation to that report kept as confidential as possible. Disclosure of their identity may be required in certain circumstances including:





- 10.2.1 If their identity is required to be disclosed as part of an investigative or disciplinary procedure in accordance with SUSF policies (such as the SUSF Code of Conduct as amended and replaced from time to time);
  - 10.2.2 their identity is required to be disclosed by law; or
  - 10.2.3 that person otherwise consents.
- 10.3 SUSF may disclose statistical information recorded under this Policy to persons outside SUSF, if it does not include personal information that identifies an individual Athlete.

## **11. REPORTING AND INVESTIGATION**

- 11.1 All Athletes and SUSF Club personnel have an obligation to:
- 11.1.1 ensure that any person within SUSF promptly reports to the Panel if they know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be in breach of this Policy;
  - 11.1.2 ensure that any person within SUSF promptly notifies the Panel if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy.
- 11.2 The Panel has an obligation to conduct an annual review of the following matters:
- 11.2.1 Whether there has been a breach of this Policy;
  - 11.2.2 The action taken to deal with reports of breach and suspected breach of this Policy;
  - 11.2.3 Addressing which supplements have been recommended and used by Athletes within SUSF and comparing this information to previous years;
  - 11.2.4 Whether Athletes and SUSF Club Personnel have completed their required accreditation;
  - 11.2.5 Whether persons within SUSF to whom this Policy applies have received education about the Policy and the manner in which this information was received; and
  - 11.2.6 Any additional questions raised by members of the Panel.

## **12. SANCTIONS**

- 12.1 A breach of this Policy will be identified by the Panel following investigation arising from a report and/or suspicion that a breach has occurred. The Panel will report the findings from the investigation to the Chief Executive Officer and the SUSF Board of Directors.
- 12.2 Following the identification of a breach, the Chief Executive Officer has the power to enforce appropriate sanctions, including, but not limited to:
- 12.2.1 EAP Athlete
    - 12.2.1.1 Termination of scholarship.
  - 12.2.2 SUSF Coach
    - 12.2.2.1 Suspension or termination of coaching agreement.
  - 12.2.3 SUSF Staff member
    - 12.2.3.1 Suspension or termination of employment agreement; and/or
    - 12.2.3.2 Disciplinary action.

## **13. AMENDMENTS**

SUSF recognises that there may be a delay in ASADA amending legislation, rules and regulations and this Policy being amended. Accordingly, in the event that any section of this Policy is inconsistent with ASADA legislation, rules and regulations, the latter shall prevail and the former shall, to the extent of the inconsistency, be invalid.



The Panel shall however, endeavour to ensure that where possible the Policy remains consistent with legislation and AIS guidelines.

This Policy may be amended from time to time.

## 14. DEFINITIONS

- 14.1 AIS Supplement Framework
  - 14.1.1 The system of classification of supplements by the AIS, which is publically available on the AIS website and has been adapted in Schedule 1 of this Policy.
- 14.2 Supplement
  - 14.2.1 All sports foods, dietary supplements and nutritional ergogenic aids.
- 14.3 Prohibited substance
  - 14.3.1 A substance defined to be prohibited under the World Anti-Doping Code 2015 and as amended from time to time.
- 14.4 Athlete
  - 14.4.1 A person or participant representing SUSF in any way, including but not limited to a Club of SUSF in a training and/or competitive involvement.
  - 14.4.2 This includes an Elite Athlete Program scholar who does not play for a Club engaged by SUSF.
- 14.5 Club
  - 14.5.1 A constituent Club within the meaning of Clause 16 of the SUSF Constitution.
- 14.6 SUSF Club Personnel
  - 14.6.1 Any person engaged by SUSF to work directly with any Athlete's squad or team during competition, training, EAP and TAP (including, without limitation, the Team Medical Staff, dietitians, sports scientists, strength and conditioning staff, trainers, coaches and team managers).

Sydney Uni Sport & Fitness will comply with the Work Health and Safety Act 2011 (NSW), the Work Health and Safety Regulation 2011 (NSW) and other relevant legislation. To the extent that this Policy deals with work health and safety, Sydney Uni Sport & Fitness acknowledges that this Policy was prepared with reference to Codes of Practice prepared by Safe Work Australia.

This Policy is effective as at the date of commencement listed in this Policy. To the extent that this Policy describes benefits and entitlements, these are discretionary in nature and are not intended to be contractual or binding on Sydney Uni Sport & Fitness. If this Policy specifies entitlements granted under federal or state legislation, then these entitlements arise from this legislation and not Sydney Uni Sport & Fitness' policies and procedures and, may change from time to time following relevant legislative amendments.

For employees, contractors, and volunteers who are engaged in accordance with a contract of employment, this Policy does not form part of that contract. However, failure to comply with this Policy may lead to disciplinary action up to and including the termination of employment or engagement and/or other legal action.

For employees, contractors, subcontractors, employees of contractors or subcontractors, employees of labour hire companies who have been assigned to work for Sydney Uni Sport & Fitness, and volunteers who are not engaged in accordance with a contract of employment, or do not have any direct legal relationship with Sydney Uni Sport & Fitness, this Policy does not form part of the terms of the assignment/engagement nor does it confer contractual obligations on Sydney Uni Sport & Fitness. However, failure to comply with this Policy may lead to action up to and including, without limitation:

1. the termination of any assignment/engagement;
2. other legal action;
3. directions to third parties to cease an assignment; or
4. prohibition on access or attendance at premises owned, leased or controlled by Sydney Uni Sport & Fitness.

This Policy may be amended from time to time.





## **SCHEDULE 1: SUPPLEMENT FRAMEWORK**

### **ABCD Classification System**

The ABCD Classification system ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance. Decisions regarding the placement of a product are made by an expert group convened by the AIS Sports Supplement Framework. These decisions are regularly re-evaluated.

The Classification system focuses on sports foods and individual ingredients rather than supplement products and brands. The list in each group is identified as 'examples' to note the list may not be complete. In addition, the Framework identifies concerns regarding two separate types of supplement products that may be involved in all categories:

- **Supplements sold via network marketing:** Network marketing involves the promotion/ distribution of supplements and sports foods via activities that ignore the need for an appropriate scientific evidence base. The policy of the Framework is that these products should not be provided or supported by sports supplement programs
- **Multi-ingredient products:** These products contain a large list of individual ingredients. In some cases the doses of these ingredients are not stated on the label, with the excuse that it is a 'proprietary blend' over which the manufacturer has special ownership

Concerns about these products include the lack of an effective dose of some of active ingredients, potential for harmful interactions between ingredients and the increased risk of inadvertent contamination due to the sourcing of ingredients from various locations. Unless an expert panel has deemed such a product is likely to be safe and effective, it should not be included in sports supplement programs. Furthermore, they are identified as high priority for third-party audit programs.



## Group A

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Supported for use in specific situations in sport using evidence-based protocols.</p> <p><b>Use within supplement programs:</b> Provided or permitted for use by some athletes according to best practice protocols.</p>	<p><b>Sports foods</b> — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods.</p>	Sports drink
		Sports gel
		Sports confectionery
		Liquid meal
		Whey protein
		Sports bar
	<p><b>Medical supplements</b> — used to treat clinical issues, including diagnosed nutrient deficiencies. Requires individual dispensing and supervision by appropriate sports medicine/science practitioner</p>	Iron supplement
		Calcium supplement
		Multivitamin/mineral
		Vitamin D
		Probiotics (gut/immune)
	<p><b>Performance supplements</b> — used to directly contribute to optimal performance. Should be used in individualised protocols under the direction of an appropriate sports medicine/science practitioner. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualised and event-specific use.</p>	Caffeine
		B-alanine
		Bicarbonate
		Beetroot juice
Creatine		



## Group B

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Deserving of further research and could be considered for provision to athletes under a research protocol or case-managed monitoring situation.</p> <p><b>Use within supplement programs:</b> Provided to athletes within research or clinical monitoring situations.</p>	<p><b>Food polyphenols</b> — food chemicals which have purported bioactivity, including antioxidant and anti-inflammatory activity. May be consumed in food form or as isolated chemical.</p>	Quercetin
		Tart cherry juice
		Exotic berries (acai, goji etc.)
		Curcumin
	<p><b>Other</b></p>	Anti-oxidants C and E
		Carnitine
		HMB
		Glutamine
		Fish oils
		Glucosamine



## Group C

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Have little meaningful proof of beneficial effects.</p> <p><b>Use within supplement programs:</b> Not provided to athletes within supplement programs.</p> <p>May be permitted for individualised use by an athlete where there is specific approval from (or reporting to) a sports supplement panel.</p>	<p>Category A and B products used outside approved protocols.</p> <p>The rest — if you can't find an ingredient or product in Groups A, B or D, it probably deserves to be here.</p> <p>Note that the Framework will no longer name Group C supplements or supplement ingredients in this top line layer of information. This will avoid the perception that these supplements are special.</p>	<p>See list for Category A and B products.</p> <p>Fact sheets and research summaries on some supplements of interest that belong in Group C may be found via on the 'A-Z of Supplements' page in the AIS Sports Nutrition section of the ASC website.</p>



**Group D**

Overview of category use within AIS system	Sub-categories	Examples
<p><b>Evidence level:</b> Banned or at high risk of contamination with substances that could lead to a positive drug test.</p> <p><b>Use within supplement programs:</b> Should not be used by athletes.</p>	<p><b>Stimulants</b> <u>World Anti-Doping Agency (WADA) list</u></p>	<p>Ephedrine</p> <p>Strychnine</p> <p>Sibutramine</p> <p>Methylhexanamine (DMAA)</p> <p>Other herbal stimulants</p>
	<p><b>Prohormones and hormone boosters</b> <u>WADA list</u></p>	<p>DHEA</p> <p>Androstenedione</p> <p>19-norandrostenedione/ol</p> <p>Other prohormones</p> <p>Tribulus terrestris and other testosterone boosters</p> <p>Maca root powder</p>
	<p><b>GH releasers and ‘peptides’</b> <u>WADA list</u></p> <p>Technically, while these are sometimes sold as supplements (or have been described as such) they are usually unapproved pharmaceutical products.</p>	
	<p><b>Other</b> <u>WADA list</u></p>	<p>Glycerol used for re/hyperhydration strategies — banned as a plasma expander</p> <p>Colostrum - not recommended by WADA due to the inclusion of growth factors in its composition</p>



## 15. ABOUT THIS POLICY

Subject	Office Hours
Authorised by	Chief Executive Officer
Contact	Human Resources
Version	1.0
Commencement	01 January 2020

Next review	01 July 2021
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