

Minimising the Risk of Supplements

- There is no supplement that is %100 safe to use.
- Most protein supplements have high risk of contamination with doping substances such as stimulants.
- Only a few supplements are scientifically supported such as: Nitrates, Beta Alanine, Creatine, Sodium bicarbonate, Caffeine.

Follow the below strategy to minimise the risk of dietary supplements:

Was this supplement recommended by your sports dietitian/team physician?

NO.

Do NOT consume.
Check with a sports dietitian/physician.

Yes

Are you sure that the supplement will positively affect your performance/recovery?

NO.

Do NOT consume.
Check with a sports dietitian.

Yes

Can you identify one of these logos on the supplement?

NO.

Do NOT consume.
check with a sports dietitian.



Yes

Does your supplement have a batch number?
Can you locate the same batch number and expiry date on the logo website?

NO.

Do NOT consume.
Check with a sports dietitian.

Yes

If you have performed all checks, consume the protein supplement in accordance with the guidance provided by your sports dietitian.