

# SUPPLEMENTS RED FLAGS

**RED  
FLAG  
WARNING**

## 1. Risky Ingredients:

Some supplements are riskier for an athlete to test positive. If you choose to take supplements, here are some specific types to avoid:

1 Ingredients have unrecognizable names.

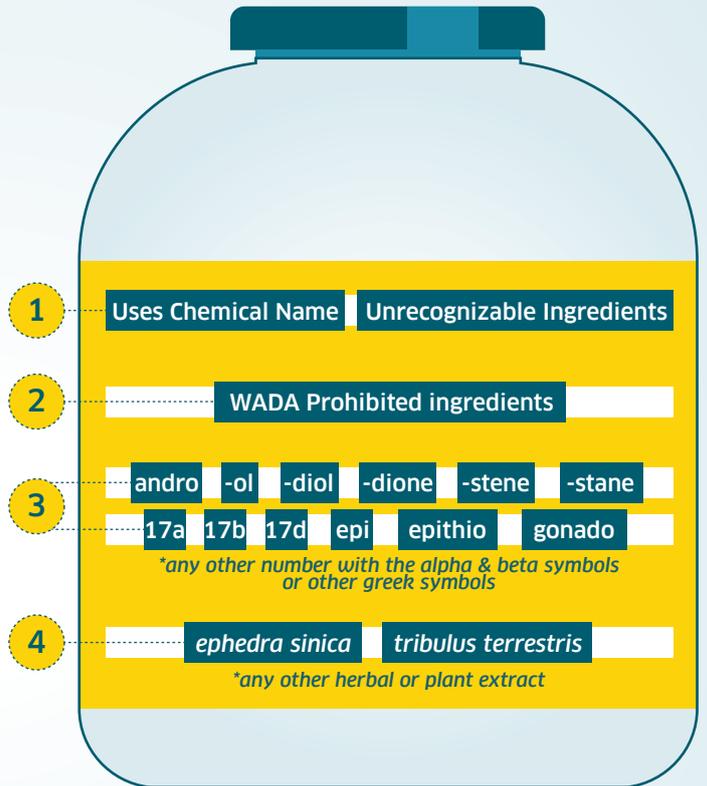
2 Supplement which include substances on the WADA Prohibited List.

3 Any claim that indicates the presence of steroids.

4 Long Latin ingredients indicating herbal or plant extracts.

5 Products like skin patches, injections, and drops.

6 Protein foods sold in cafes and gyms, like protein balls and smoothies with whey.



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## 2. Red Flag Marketing:

How a certain sports supplement is marketed or advertised can suggest if the product holds some risks to your health or can increase your risk of a positive doping result.

## WHEY POWDER RED FLAGS

1

The supplement is not tested by a third-party company.



2

The supplement claims to be "FDA approved" while the FDA is not in charge of approving supplements.

3

Supplement claims to treat or prevent diseases such as hormone issues, viral infections, flu, diabetes, and inflammation.

4

The label compared the supplement effect to a hormone or a prohibited substance.

5

Supplements marketed as any of these: Pre-workout, Muscle building, Weight loss, Energy booster.

6

Products sold by a gym or a coach instead of a health care provider or sports dietitian.



5



6

