

Position Statement on Nutritional Supplements from the Sport Nutrition Advisory Committee of the Coaching Association Canada

August 2006

OTTAWA – Optimal physical performance requires commitment to a well-designed training and nutrition program, plus working as hard or harder and as smart or smarter than your competitors. Once these fundamentals are in place, supplements such as carbohydrate, along with optimal training, may help keep you at your peak performance level. Supplements, however, are NOT a shortcut to optimal performance.

Supplements are, and will continue to be, a major topic of debate. Athletes may be searching for methods to improve their energy, exercise recovery, and/or endurance, to control their weight, to boost immunity and so on. Recently, there has been increased interest in herbal products, many of which do not properly identify their ingredients. Further, since the supplement industry is not regulated and since many over-the-counter nutritional supplements do not properly identify their ingredients, it is the athlete's responsibility to ensure all products consumed do not contain any substance from the World Anti-Doping Agency's (WADA) list of banned and restricted substances.

The athlete is ultimately responsible and accountable for all substances used. Because athletes are often looking for ways to gain performance advantages, the Sport Nutrition Advisory Committee recommends the following questions be considered prior to use of any supplements:

- Are you informed about all the ingredients in the product? (If you are unsure of what you are consuming, you should not take that particular product.)
- Do you know if the product is safe (from a short- and long-term health perspective)? A product that is promoted as "natural" is not guaranteed to be safe.
- Does the product contain any banned or restricted substances from the WADA list? (If you are unsure of what you are consuming, you should not take that particular product.)
- Have you sought professional advice from medical, physiological and/or nutritional experts?
- Is your training plan optimal (in terms of nutrition, recovery, and mental and physical preparation)?

For further information, please contact:

The dietitian at your Canadian Sport Centre:

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902-425-5822

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514-872-1999

Canadian Sport Centre Ontario
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204-474- 6604

Canadian Sport Centre Saskatchewan
www.sasksport.sk.ca/csc-sk
1-866-727-5272

Canadian Sport Centre Calgary
www.canadiansportcentre.com
403-220-4405

PacificSport Canadian Sport Centre Vancouver
www.pacificsport.com
604-737-3003

PacificSport Canadian Sport Centre Victoria
www.pacificsport.com
250-744-3583

Canadian Centre for Ethics in Sport
www.cces.ca
1-800-672-7775

World Anti-Doping Agency
www.wada-ama.org

The Sport Nutrition Advisory Committee offers counsel to the Coaching Association of Canada on matters related to sport nutrition. The Coaching Association of Canada is a not-for-profit amateur sport organization with the mandate to improve the effectiveness of coaching across all sports and at all levels of the sport system.