



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

SAFE SUPPLEMENT USE

RED & GREEN FLAGS

WHEN CONSIDERING SUPPLEMENTS

Q. Have you first consulted one of these practitioners?



- SPORT MEDICINE PHYSICIAN
- REGISTERED DIETITIAN
- PHYSIOLOGIST

Q. Was the supplement recommended by one of the practitioners listed above?

If yes, consider the following before taking ANY supplement to help you make an informed decision.



IT IS SAFE, TESTED, AND EFFECTIVE?

- ✓ The supplement is safe to combine with your current supplement/medication regimen.
- ✓ There is enough evidence to support its use in your sport or event.
- ✓ It is 3rd party tested for WADA banned substances. Check the Canadian App for Supplement Tracking (CAST).
- ✓ You have considered all whole food options that can provide the same benefit.

YOU HAVE A PLAN.

- ✓ You know the protocol that will best support your performance.
- ✓ The protocol will change around and during competition.



IT IS NOT SAFE, TESTED, OR EFFECTIVE.

- ✗ If the supplement does not meet all the safe, tested, and effective criteria, then **STOP** taking the supplement and speak to your dietitian, sports medicine physician, or physiologist.

YOU DON'T HAVE A PLAN.

- ✗ **STOP**, ask for help. Speak to your sport dietitian or physician to discuss your specific protocol.



No supplement is 100% risk free.

You can minimize your risk of accidental cross contamination by only choosing supplements that are third party tested for WADA banned substances. Check on the CAST for options that meet these criteria.

Track all sports supplements (not medications) including brand, dose, and expiry dates. Sports drinks and sport foods do not need to be tracked.

✓ **LOG IT ON THE CAST.**



- Product name
- Batch or lot number
- Usage start and end dates
- You can upload a photo of the product too!



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

PACIFIC | CALGARY | SASKATCHEWAN | MANITOBA

ONTARIO | QUEBEC | ATLANTIC