



VADA Statement on Dietary Supplements

Athletes should be very cautious about the use of any dietary supplements. As various studies have shown, dietary supplements may contain small amounts of banned substances, even when those substances are not listed on the label. Athletes are strictly liable for any substance found in their bodily specimen, regardless of how the substance got there. Athletes have been found guilty of a doping violation after consuming a dietary supplement that contained a trace amount of a banned substance even though the label did not mention any prohibited substances and the Athletes had no intention of doping.

Although VADA may, in its discretion, review a list of supplements provided by a participating Athlete for “red flag” substances, VADA does not and cannot endorse or approve the use of any supplements, regardless of the fact that an Athlete may have disclosed use of the supplement to VADA. In other words, a doping violation will have occurred even if the relevant prohibited substance can be traced to a supplement product that was disclosed to VADA by the Athlete.

Athletes can help protect themselves by avoiding any supplement products altogether, especially those that have not been tested and certified drug-free by a qualified outside organization.