

Safe Supplement Use

What is the risk?

Supplements are not food and they are not medicine. This means they are **not regulated** by food standards (food regulation) or the therapeutic goods administration (medicine regulation). Therefore, they can contain substances that are harmful to your body or banned in sport because nobody checks for these substances.

How do we reduce our risk of consuming banned substances?

Supplement manufacturers can elect to have batches of their product 'batch tested' by an independent lab. Two common labs that do this are **HASTA** and **Informed Sport**. They look for banned substances in sport (as per the WADA code) and can report on 'Non Detection'. This does not prove 100% safety but it is the best method we've got and substantially reduces your risk of consuming a banned substance.

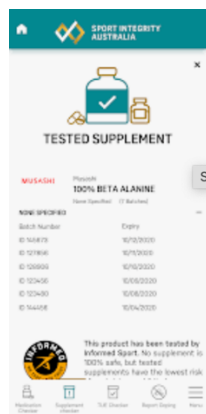


How do we find 'batch tested' supplements in the marketplace?

You can purchase batch tested supplements directly from www.batchtested.com.au



Otherwise, you can use the **Sports Integrity Australia app** to check which batches of various supplements you find on the shelf, or online, have been tested. You then need to match the batch number of your supplement with a tested batch number listed in the app.



Remember:

- You need to keep **records** of the batch numbers of the products you have used (date started and finished). E.g - Take a screenshot of your search if you use the sports integrity app.
- Just because a supplement is batch tested, does not mean that it works, that it contains the amount of product it claims to, or that it does not contain other (non-WADA banned) harmful substances, such as heavy metals. It is simply referring to whether WADA banned substances were detected or not.