



Responsible Use of Sports Supplements

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Developing Guidelines for Young Athletes

- A healthy, balanced diet is important for all people, and especially for athletes
- A wide variety of supplements are available
- Most are safe, and provide benefit to athletes of all ages, levels of effort and performance
- A few are inappropriate for young athletes
- Young athletes need well informed advice and guidance about supplements

Framework for Guidance

- Green Light
 - normal nutritional support
 - vitamins/minerals
 - beverages to replenish fluids/electrolytes
 - protein powders/energy bars

Framework

- Yellow Light
 - No reported safety concerns, but long term effects not sufficiently defined or studied in youth (under 18)
 - muscle function/recovery – creatine, pyruvate
 - stimulants – caffeine, other xanthines
 - some governing bodies set limits on use

Framework

- Red Light
 - Products inappropriate for or contraindicated in youth (under 18)
 - Substances banned by governing bodies
 - Steroid hormone precursors – androstenedione, 19-nor-androstenedione, DHEA
 - Ephedrine alkaloids (ephedra)

Stakeholders and Responsibilities

Industry must:

- recognize that some ingredients are not to be recommended for young athletes
- commit to appropriate product labeling (“Not for use by persons younger than 18”)
- support educational activities to help young athletes use supplements responsibly

Stakeholders and Responsibilities

Health Care Professionals

- include doctors, nurses, pharmacists, nutritionists, dieticians, and also trainers
- Must recognize/accept safe and beneficial role of supplements in nutritional support
- Must provide accurate, balanced information

Stakeholders and Responsibilities

Parents, coaches, trainers

- Have important role as most frequent contact for and source of information for young athletes
- Must provide accurate, balanced information and guidance to youth on use of sports supplements
- Must reinforce that guidance with meaningful sanctions and enforcement of appropriate rules of conduct with regard to supplements