

# SUPPLEMENTS



BE INFORMED BEFORE YOU BUY



## Know the facts

- Supplements are regulated by the FDA but very poorly. Supplements are not evaluated for purity, safety, or effectiveness before being sold in stores.
- The FDA does require all supplement companies to list every ingredient on the label. However, a supplement could contain a banned substance not listed through poor production practices.

## Does it Sound too Good to be True?

If the benefits listed on the label sound too good to be true, they probably are.

Some "Red flag" terms include:

**Energizer, fat burner, metabolic booster, proprietary blend**

Claims related to energy and metabolism, body fat loss, and muscle gain are especially at risk of being contaminated with a banned substance which could lead to failing a drug test for "amphetamines."

## Look for 3rd Party Testing

- These are separate companies that test a supplement and its production process to ensure there is no contamination. Products with a certification label have been confirmed to only contain only the ingredients on the label, and at the doses listed.
- If choosing to purchase a supplement, look for a 3rd party testing certification, like the ones pictured below. Visit the following websites to search for certified products.

<https://sport.wetestyoutrust.com>

[www.nfsport.com](http://www.nfsport.com)



## Check the Banned Supplement List

Visit the below website to check for banned ingredients before purchasing a supplement.

 [www.opss.org](http://www.opss.org)