

Dietary Supplements



3 Key Takeaways

— 1 —

Supplements are not regulated by the U.S. Government's Food and Drug Administration (FDA) before going on store shelves, so they could contain harmful ingredients.



— 2 —

Food first is the best approach. If you choose to use a supplement, do your research first.



— 3 —

Supplement companies target young people in their advertising, and if something sounds too good to be true, it probably is.



The Basics

- Dietary supplements are defined as products containing 'dietary ingredients' intended to supplement the diet.
- Most healthy people can get everything they need from a well-balanced diet composed of a variety of natural foods.
- Just because a product claims to be nature does not make it safe to use.
- Some dietary supplement companies make claims about their products that are unproven or false, and many products may contain ingredients that are not listed on the label.
- A great resource for supplements is [USADA's Supplement 411 "High Risk List"](#).

Dietary Supplements: Ambassador Story

Bobsledder Steve Mesler, Olympic gold medalist at the 2010 Vancouver Games, knows how harmful dietary supplements can be if not fully understood. Steve remembers a teammate who actually tested positive for steroids just before the 2002 Olympics. It turned out that it was a contaminated supplement that caused him to test positive, and he was disqualified from competition.

After this incident, Steve learned about third-party testing labs and supplements that are certified to contain the ingredients listed on their labels. It is important to do your due diligence by researching the supplement first to make sure it meets the quality standards. Supplements are loosely regulated by the U.S. government's Food and Drug Administration (FDA), and could possibly contain harmful ingredients that are not listed on the label. Also, young consumers are targeted by supplement companies, so if an advertisement makes a promise that sounds too good to be true, then it probably is. The human body has been eating and digesting food for thousands of years, so natural food is your #1 ally and the go-to source for needed calories.

TrueSport athletes do their research if they choose to use a dietary supplement, and they understand the importance of being a smart consumer.



AMBASSADOR STORY QUESTIONS

1. *What were the main points you took away from the ambassador story?*
2. *Why do you think athletes need to closely monitor their supplement use, especially those who are Olympic or NCAA athletes?*
3. *As a young consumer, how can you implement what you learned about dietary supplements and the companies that market them?*