

Supplements and Nutrition Information – Food First

RUGBY AU POSITION STATEMENT

Rugby AU approves the appropriate use of supplements in accordance with its *Supplements Policies* to support a nutrition program and promote the 'food first' message, i.e. that a person is more likely to benefit from a health and performance focused meal plan, that should be established with the assistance of an accredited practising sports dietitian.

A nutrition program and eating the right foods at the right time is the best way for athletes to get what they need. Following a nutrition program developed with an accredited sports dietitian will allow you to get the most out of your food and in turn benefit your performance.

NUTRITION RESOURCES

The Sports Dietitians Australia website has a number of useful resources, including factsheets and recipes, to help you in your choice of food.

<https://www.sportsdietitians.com.au/>

SUPPLEMENT RISKS

There is a risk of an anti-doping rule violation occurring from the use of supplements – almost one Australian athlete a month tests positive to a WADA prohibited substance from a supplement.

Prohibited substances may have been deliberately added during the manufacturing process and may or may not be listed on the ingredients label or products may have been inadvertently contaminated during the manufacturing process.

If you are seeking to use supplements, always seek advice and **only source a product that has been batch tested**. This is the safest way to minimise the risk of an inadvertent doping offence.

BATCH TESTING

HASTA and **INFORMED SPORT** are independent testing companies that test for WADA prohibited substances in supplements. As such, you are advised to always choose Informed Sport or HASTA tested supplements.



SUPPLEMENT RESOURCES

INFORMED SPORT

Informed Sport are an independent body that test products for substances on the WADA Prohibited List. As well as looking out for the Informed Sport logo you should use their website to search for brands, products and batches of supplements that have been tested. The website sets out the specific batches of supplements that have been tested. It is therefore important that you check this as there can be variations between batches of the same product.

<http://www.informed-sport.com>

HASTA

Human and Supplement Testing Australia (HASTA) are another independent body that test products for substances on the WADA Prohibited List. You should be looking out for their logo and using their website to see the products and specific batches that have been tested.

<https://hasta.org.au/>

GLOBAL DRO

Global DRO is a website that allows you to check ingredients for their WADA prohibited status (i.e. if the ingredient is prohibited at all times, prohibited in competition only or not prohibited). **Please note that this does not guarantee that the supplement is 100% free from containing banned substances as there may be contamination or certain prohibited ingredients may not have been included in the labeling on the product.**

<http://www.globaldro.com/Home>

KEY MESSAGES

- **You will normally not need supplements to perform at your best;**
- **A nutrition program developed by an accredited dietitian is ordinarily the best way to get the most from your food;**
- **If you do choose to use supplements, then please source batch tested products and only use them under the direction of a doctor or dietitian.**
- **It is important that you are aware of products, particularly in cafes and restaurants, that may contain protein powder or have supplements added to them that you have no control of. If you are not sure what type of supplements may have been added, then you will be taking a risk in consuming the product from both a health perspective but also in exposing yourself to potentially committing a doping violation. Please remember that you are responsible for what goes in your system.**