

Nutritional Supplements and the NCAA

The NCAA's regulations regarding allowable nutrition and performance related supplements reflect the following objectives:

1. Safety for the student athlete
2. A level playing field between programs
3. Efficacy of the supplement

To these ends, the NCAA has spent considerable time developing legislation related to nutritional supplements that reflects the current science and potential risk as well as creating boundaries on use of certain supplements that might confer an unfair advantage to programs with different resource levels.

The NCAA has 3 categories in which nutritional supplements are classified. The table below lists these categories and types of substances for each. Keep in mind, that the NCAA's view on banned substances is that regardless of whether an athlete claims to knowingly or unknowingly consume a supplement that contains a banned substance, they in the end bare full responsibility which can include loss of eligibility for the individual or other repercussions.

Worth remembering as well is that the FDA (Food and Drug Administrations) regulations regarding nutritional supplements do not require that the product label accurately reflect the supplement content, potency or efficacy. **It is truly buyer beware!**

Some statistics paint a bleak picture for the consumer. In supplements with claims regarding weight loss, muscle mass gains or increased energy and/or growth, 1 in 5 may contain banned substances. Since these classes of supplements are often the most popular for student athletes, there is a real potential for risk.

Luckily, the science continues to support that FOOD sources of nutrients provide the best rate or returns when coupled with well designed and appropriate training programs.

Banned	Non-permissible	Permissible
Anabolic steroid/agents Diuretics Ephedrine/Ephedrine derivatives Stimulants Caffeine Hormones (e.g. growth hormone, EPO) Narcotics Marijuana Alcohol	Amino Acids Chyrsin Chondroitin, Glucosamine Creatine Creatine containing products Ginseng Glycerol HMB I-carnitin Melatonin Pos-2 Protein Powders Amino Acids Substances that contain individual amino acids	Vitamins & Minerals (e.g. Multivitamins, Iron, Calcium, B-Complex) Energy Bars Calorie-Replacement drinks (Boost, Ensure, Gatorade Shakes, individual servings of chocolate/regular milk) Electrolyte replacement drinks (Gatorade, Powerade)

