



IAAF Medical & Anti-Doping Department

Advisory Note – Supplement Use, 2015

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

ADVISORY NOTE – SUPPLEMENT USE

It remains the IAAF's primary position that athletes do not need to use supplements. And the strong advice is that they should not do so. Elite-level performance and results can be achieved simply through the application of a concerted, focused [nutritional regime](#), conducive to the life of an international athlete.

If, nevertheless, athletes decide to take supplements, they do so **at their own risk**, and should always ensure that they exercise extreme caution and judgment in the products that they use.

Historically, and currently, many supplements have proven to contain, or to be contaminated with, substances that are prohibited under both IAAF Rules and the WADA Prohibited List.



According to the principle of '*strict liability*':

"Athletes are solely responsible for what is in their body at all times".

As such, athletes must take all steps to verify the ingredients of any medicines and supplements that they choose to take, including talking to their doctors and using any resources made available by Anti-Doping Organisations.

And athletes should **never** purchase supplements from non-reputable sources. Online resources may be able to help in identifying reputable sources, but they cannot check all supplements, and it is well-known that product ingredients vary from country-to-country, and even from batch-to-batch.

If in any doubt, the message is: ***'do not take it!'***