

AI SUPPLEMENT FRAMEWORK

ABCD Classification System



	Strong scientific evidence for use in specific situations in sport using evidence-based protocols		
GROUP A	Sports foods <ul style="list-style-type: none"> - Sports drinks - Sports gels - Sports confectionery - Sports bars - Electrolyte supplement - Protein supplement - Mixed macronutrient supplement (bar, powder, liquid meal) 	Medical supplements <ul style="list-style-type: none"> - Iron - Calcium - Multivitamin - Probiotics - Vitamin D - Zinc 	Performance supplements <ul style="list-style-type: none"> - Caffeine - β-Alanine - Dietary nitrate / Beetroot juice - Sodium Bicarbonate - Creatine - Glycerol
GROUP B	Emerging scientific support, deserving of further research. Considered for use by athletes under a research protocol or case-managed monitoring situation		
	<ul style="list-style-type: none"> - Fruit Derived Polyphenols (cherries, berries, blackcurrants and pomegranate) - Vitamin C 	Tastants <ul style="list-style-type: none"> - Menthol - Pickle juice - Quinine 	<ul style="list-style-type: none"> - Collagen support - Carnitine - Ketone supplements - Fish oils - Curcumin (Turmeric) - N-Acetyl Cysteine
GROUP C	Scientific evidence indicates no benefit to athletes and/or no research undertaken to guide an informed opinion		
	<i>These supplements remain under investigation and are subject to ongoing review</i>		
	<ul style="list-style-type: none"> - Magnesium - Alpha Lipoic Acid - HMB (B-Hydroxy B-Methylbutyrate) 	<ul style="list-style-type: none"> - BCAAs/Leucine - Phosphate - Prebiotics 	<ul style="list-style-type: none"> - Vitamin E - Tyrosine
GROUP D	Banned or at high risk of contamination with substances that could lead to a positive doping test		
	<i>Consult WADA for full list (updated annually)</i>		
	<ul style="list-style-type: none"> - Stimulants - Prohormones and hormone boosters - GH releasers and 'Peptides' 	<ul style="list-style-type: none"> - Beta-2 agonists - Selective Androgen Receptor Modulators (SARMS) - Metabolic Modulators 	<ul style="list-style-type: none"> - Colostrum - Tribulus terrestris and other testosterone boosters - Maca root powder

The Australian Institute of Sport (AIS) Supplement Framework is an initiative of the Australian High Performance Sport System. The AIS acknowledges the support of members of the National Institute Network (NIN) and National Sporting Organisations (NSO) and their staff in delivering content expertise.

