





AIS SUPPLEMENT FRAMEWORK

ABCD Classification System

	<p>Strong scientific evidence for use in specific situations in sport using evidence-based protocols</p>		
<p>GROUP A</p>	<p>Sports foods</p> <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) 	<p>Medical supplements</p> <ul style="list-style-type: none"> - Iron - Calcium - Vitamin D - Zinc - Folate 	<p>Performance supplements</p> <ul style="list-style-type: none"> - Caffeine - β-Alanine - Dietary nitrate / Beetroot juice - Sodium Bicarbonate - Creatine - Glycerol
	<p>Emerging scientific support, deserving of further research. Considered for use by athletes under a research protocol or case-managed monitoring situation</p>		
<p>GROUP B</p>	<ul style="list-style-type: none"> - Fruit Derived Polyphenols (cherries, berries, blackcurrants and pomegranate) - Vitamin C 	<p>Tastants</p> <ul style="list-style-type: none"> - Menthol - Pickle juice - Quinine 	<ul style="list-style-type: none"> - Collagen support - Carnitine - Ketone supplements - Fish oils - N-Acetyl Cysteine - Multivitamins - Prebiotics - Probiotics - Egg Shell Membrane - Curcumin (Turmeric)
	<p>Scientific evidence indicates no benefit to athletes and/or no research undertaken to guide an informed opinion</p>		
<p>GROUP C</p>	<p><i>These supplements remain under investigation and are subject to ongoing review</i></p>		
	<ul style="list-style-type: none"> - Magnesium - Alpha Lipoic Acid - HMB (B-Hydroxy B-Methylbutyrate) 	<ul style="list-style-type: none"> - BCAAs/ Leucine - Phosphate - SAM-e 	<ul style="list-style-type: none"> - Vitamin E - Tyrosine
	<p>Banned or at high risk of contamination with substances that could lead to a positive doping test</p>		
<p>GROUP D</p>	<p><i>Consult WADA for full list (updated annually)</i></p>		
	<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

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