

CONSIDERING USE OF A SUPPLEMENT?



A OR B

Is it a Group A or B supplement within the AIS Sports Supplement Framework?

NO



This indicates research supporting use of this supplement is lacking. As such, **DO NOT TAKE THE SUPPLEMENT!**

↓ YES



Have you discussed its use with your sports dietitian (or doctor) to confirm its potential to support desired outcomes?

NO



Chat with your sports dietitian as they have expert supplement knowledge. Until then, **DO NOT TAKE THE SUPPLEMENT!**

↓ YES



Have you discussed integration of the supplement into your overall health & performance nutrition plan with your sports dietitian (or doctor)? Do you have a specific protocol for use?

NO



Your sports dietitian has expert knowledge of all nutrition strategies that can assist in achieving your desired goals, including where appropriate, supplement prescription.

↓ YES



Is the supplement third party batch tested, & does the batch number appear on the Sport Integrity Australia App? Alternatively, is the supplement an AUST-R registered medicine?

NO



Only using third party batch tested supplements helps to moderate risk.

↓ YES



Have you taken a photo of the supplement & uploaded it to AMS? Have you recorded all supplement details, including batch number?



NO



Not recording supplement use on AMS may be inferred as failing to undertake due diligence.

↓ YES



Do you understand the principal of 'strict liability' as it relates to anti-doping regulations?

NO



Under the **World Anti-Doping Code's** 'strict liability' principle, you are responsible for any substance found in your body, regardless of how it got there.

↓ YES



Only use in accordance with specific guidance of your sports dietitian (or doctor).

Before engaging in supplement use, athletes should refer to the specific supplement policies of their sporting organisation, sports institute or parent body, and seek appropriate professional advice from an accredited sports dietitian (www.sportsdietitians.com.au).

