



# SUPPLEMENTS

*HOW WELL DO YOU KNOW  
YOUR SUPPLEMENTS?*




## The Jamaica Anti-Doping Commission

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 [www.jadco.gov.jm](http://www.jadco.gov.jm)

 JamaicaAntiDopingCommission

 Ja\_antidoping

 jadcoeducation

# What are Supplements?

- Energy Drinks
- Vitamins and Minerals
- Herbal Remedies
- Homeopathic Medicines
- Probiotics
- Protein Powders
- Fat Burners
- Fat Gainers
- Muscle Builders

# How safe are they?

Supplements are not subject to the same quality control requirements as food or pharmaceutical drugs, therefore:

- They may not list all their ingredients, or specific concentrations.
- They may intentionally or unintentionally contain banned substances.
- They may make false claims about their certification or health benefits.
- They may not list cautionary information, like those relating to side effects.

**The Jamaica Anti-Doping Commission does not endorse the use of supplements.**



# Strict Liability Principle

- The Strict Liability principle states that athletes are responsible for any prohibited substance found in their sample, whether or not they intentionally or unintentionally used a prohibited substance.

*Supplements are potentially dangerous*

**Speak to your doctor or nutritionist about alternatives.**

