Responsible Use of Sports Supplements

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Council for Responsible Nutrition
Developing Guidelines for Young Athletes

- A healthy, balanced diet is important for all people, and especially for athletes.
- A wide variety of supplements are available.
- Most are safe, and provide benefit to athletes of all ages, levels of effort and performance.
- A few are inappropriate for young athletes.
- Young athletes need well informed advice and guidance about supplements.
Framework for Guidance

- Green Light
  - normal nutritional support
  - vitamins/minerals
  - beverages to replenish fluids/electrolytes
  - protein powders/energy bars
Framework

Yellow Light
- No reported safety concerns, but long term effects not sufficiently defined or studied in youth (under 18)
- muscle function/recovery – creatine, pyruvate
- stimulants – caffeine, other xanthines
- some governing bodies set limits on use
Framework

Red Light
- Products inappropriate for or contraindicated in youth (under 18)
- Substances banned by governing bodies
- Steroid hormone precursors – androstenedione, 19-nor-androstenedione, DHEA
- Ephedrine alkaloids (ephedra)
Stakeholders and Responsibilities

Industry must:
- recognize that some ingredients are not to be recommended for young athletes
- commit to appropriate product labeling (“Not for use by persons younger than 18”)
- support educational activities to help young athletes use supplements responsibly
Stakeholders and Responsibilities

Health Care Professionals
- include doctors, nurses, pharmacists, nutritionists, dieticians, and also trainers
- Must recognize/accept safe and beneficial role of supplements in nutritional support
- Must provide accurate, balanced information
Stakeholders and Responsibilities

Parents, coaches, trainers

- Have important role as most frequent contact for and source of information for young athletes
- Must provide accurate, balanced information and guidance to youth on use of sports supplements
- Must reinforce that guidance with meaningful sanctions and enforcement of appropriate rules of conduct with regard to supplements