



Department of Athletics and UHS Athletic Medicine
Nutrition Supplement Policy



Philosophy:

It is the philosophy of the Department of Athletics and the University Health Services Athletic Medicine Department that all student-athletes are able to meet 100% of their nutritional needs through a well-balanced, nutritious, eating plan that addresses performance, hydration, recovery and good health. Nutritional supplements are heavily marketed to athletes for their ability to build muscle mass, speed recovery and improve overall performance in spite of inadequate scientific evidence to make such claims. As a result, they are often misused.

We understand that physicians prescribe dietary supplements due to diagnosed deficiencies and athletes should follow that advice in those circumstances. It is required though when student-athletes are taking prescribed supplements (e.g., iron for iron deficiency anemia), athletic medicine staff members are informed (e.g., director of athletic medicine, athletic trainer, and/or sport dietitian). Our primary concern is that many athletes use supplements despite the lack of long term studies to support their efficacy or safety without medical advice.

In the US, the Dietary Supplements and Health Education Act of 1994 allows supplement manufacturers to make health claims regarding the effect of products on body structure or function but not therapeutic claims to “diagnose, mitigate, treat, cure, or prevent” a specific disease or medical condition. As long as a special supplement label indicates the active ingredients and the entire ingredients list is provided, claims for enhanced performance can be made, valid or not.

- Although all manufacturers are required by the Food and Drug Administration to analyze the identity, purity, and strength of all of their products’ ingredients, **they are not required to demonstrate the safety and efficacy of their products.**
- Additionally, contamination of dietary supplements with banned or non-permissible substances remains an issue. Ingredients may be mislabeled, may provide a different level of potency than stated, or may contain substances not listed. All of these can result in harmful health effects or positive drug test result for banned substances.

Student-athletes are ultimately responsible for anything they ingest. While every effort will be made to assist athletes in making the best choice possible, all nutritional/dietary supplements carry some risk of containing an NCAA banned substance. It should be known that “positive drug-test appeals based on the claim that the student-athlete did not know the substances they were taking contained banned drugs are not successful” (NCAA Athletic Medicine Handbook).

Policy:

It is the policy of the Department of Athletics and the University Health Services Athletic Medicine Department to promote food as the fundamental basis of our sport nutrition program, including traditional food and forms of “sport food.” Sport foods provide a quick and convenient way to meet nutrition needs for optimizing daily training and performance and include products such as sports drinks and sports bars. Sport foods are recommended when convenient calories are necessary for fueling and replenishment for pre-/post- competition and workouts.

- ALL nutrition supplements provided to student-athletes MUST comply with NCAA supplement regulations.
- ALL nutrition supplements ingested by student-athletes MUST comply with NCAA banned substance regulations.

Procedures:

Individual Athletes

1. Unless prescribed or provided by Athletics or Athletic Medicine personnel, all athletes must meet with the sport dietitian before taking nutrition supplements for a complete nutrition assessment and supplement evaluation.
2. Evaluations of specific products and education regarding nutraceuticals, nutrition supplements and ergogenic aids for athletes will be made available by request.
Caution – Banned stimulants, hormones and anabolic agents have all been found in nutrition supplements even though they were not listed as ingredients. No product can be guaranteed 100% even after a thorough review.

Athletic Department and Athletic Medicine Personnel:

1. All nutrition supplement purchases for teams MUST be pre-approved by the director of strength and conditioning. Friends' funds are institutional funds and all nutrition supplements purchased for student-athletes MUST comply with NCAA regulations governing permissible supplements that institutions may provide.
2. All nutrition supplements recommended/promoted/sold/provided to student-athletes by athletic department and athletic medicine personnel must be pre-approved by the sport dietitian.

- Evaluations of specific products not on the pre-approved list will be made available by the sport dietitian by request.

NCAA Permissible Nutritional Supplements for Institutions to Provide Athletes:

A list of pre-approved products which has been thoroughly evaluated for safety and compliance with NCAA rules and regulations will be maintained by the Sports Dietitian and Head Strength Coach for coaches and student-athletes to refer to. Other products must be pre-approved for use by the sport dietitian and for team purchase by the director of strength and conditioning, as this list will only be reviewed on an annual basis.

Summary:

The Department of Athletics and the University Health Services Athletic Medicine Department promote food first as a superior method for fueling active athletes. Student-athletes and coaches must comply with the procedures above and must use the services of the sport dietitian and the director of strength and conditioning as directed. Following these procedures will ensure compliance with NCAA rules, and most importantly, will protect the safety and well-being of student-athletes.

Appendix:

- NCAA Bylaw 16.5.2.g (effective August 1, 2000)

Nutritional Supplements. An institution may provide permissible nutritional supplements to a student athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes:

Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. (Adopted: 4/27/00, effective 8/1/00, Revised: 11/1/01 effective 8/1/02, 4/14/09).

To aid member schools on applying this Bylaw, the NCAA created the following list. The impermissible list is not exhaustive, but representative of the kinds of products that are considered impermissible according to the rule.

Permissible

- Vitamins and minerals
- Energy bars (not more than 30% protein)
- Carbohydrate Boosters (for example, chocolate milk, Ensure)
- Electrolyte-replacement drinks (for example, Gatorade, Powerade)

Impermissible

- Amino acids
- Chondroitin
- Chrysin
- CLA (Conjugated Linoleic Acid)
- Creatine/compounds containing creatine

- Garcinia Cambogia (hydroxycitric Acid)

(Impermissible continued)

- Ginseng
- Glucosamine
- Glutathione
- Glycerol or Glycerine (unless used as a binding ingredient)
- Green tea
- HMB (Hydroxy-methylbutarate)
- L-carnitine
- Melatonin
- MSM (Methylsulfonyl Methane)
- St. John's Wort
- Tribulus
- Weight gainers
- Any product with more than 30% calories from protein

2. Supplements can be categorized in many different ways. For the purpose of this document and to clarify what items may or may not be appropriate for use, the following definitions are used:

- **Dietary Supplements:** Vitamins, minerals, amino acids, herbs or botanicals, metabolites, constituents, extracts, or a combination of any of these ingredients (Dietary Supplement Health and Education Act 2002).
- **Sport Foods:** Provide a quick and convenient way to meet nutrition needs for optimizing daily training and performance. Includes products such as liquid meal replacements, carbohydrate gels, sports drinks and sports bars. Nearly all can be replaced with whole foods. Not all are guaranteed to be free of banned substances.
- **Ergogenic Aids:** Substances or devices that enhance energy production, use or recovery and provide athletes with a competitive advantage. May be a dietary supplement, whole food or sport food. May or may not be safe, effective, or legal.

3. NCAA Bylaw 16.5.2.h (effective August 9, 2009)

Fruit, Nuts and Bagels. An institution may provide fruit, nuts and bagels to a student-athlete at any time.

4. The Athletic Medicine Sports Dietitian is the current appointee fulfilling NCAA Bylaw 3.2.4.7.g and 3.2.4.7.h1-3 (effective August 1, 2011) Drug-Testing Program and Consent Form at Princeton University.

NCAA Bylaw 3.2.4.7.g and 3.2.4.7.h1-3 (effective August 1, 2011):

(g) Designate an individual (or individuals) as the athletics department resource for questions related to NCAA banned drugs and the use of nutritional supplements; and

(h) Educate athletics department staff members who have regular interaction with student-athletes that:

(1) The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class on the NCAA website;

(2) Any nutritional supplement use may present risks to a student-athlete's health and eligibility; and

(3) Questions regarding NCAA banned drugs and the use of nutritional supplements should be referred to the institution's designated athletics department resource individual (or individuals).

