



University of Bath Supplement Statement

Athletes are 100% responsible for the substances they take and any substances found in their body during any testing.

The facts about supplements:

- No guarantees can be given that any supplement product is free from banned substances.
- All athletes must undertake thorough internet research prior to using any supplement product.
- Not knowing is not an excuse. If you test positive, it will be for you to prove how the banned substance entered your system.
- The WADA Code makes a provision for contaminated products (supplements), so make sure you can prove that you have taken all steps to manage the risks associated with supplement use.

The risks with supplements are:

- Supplements can contain banned substances.
- Supplements can be contaminated with banned substances during the manufacturing process.
- Supplements may contain ingredients listed differently to how they appear on the Prohibited List.
- Be wary of fake supplement products, especially when buying over the internet.

Athletes should:

- Assess the need: seek advice from a qualified medical professional to determine whether you need to use a supplement.
- Assess the risks: only use batch-tested supplement products to minimise your risks of contamination.
- Assess the consequences: to your career prior to using any supplement product. You could receive a four-year ban.
- Use batch-tested products: If you still chose to use a supplement product, you need to use a batch-tested product. Make sure you check the actual batch numbers prior to use.

For more information visit www.teambath.com/cleansport and www.ukad.org.uk/supplements