

UNDERSTANDING

DIETARY SUPPLEMENTS

My teammates told me that if I take dietary supplements to gain muscle and recover quickly I can improve my performance.

Do I need supplements? Are there any that are safe and effective, and meet the NCAA regulations?

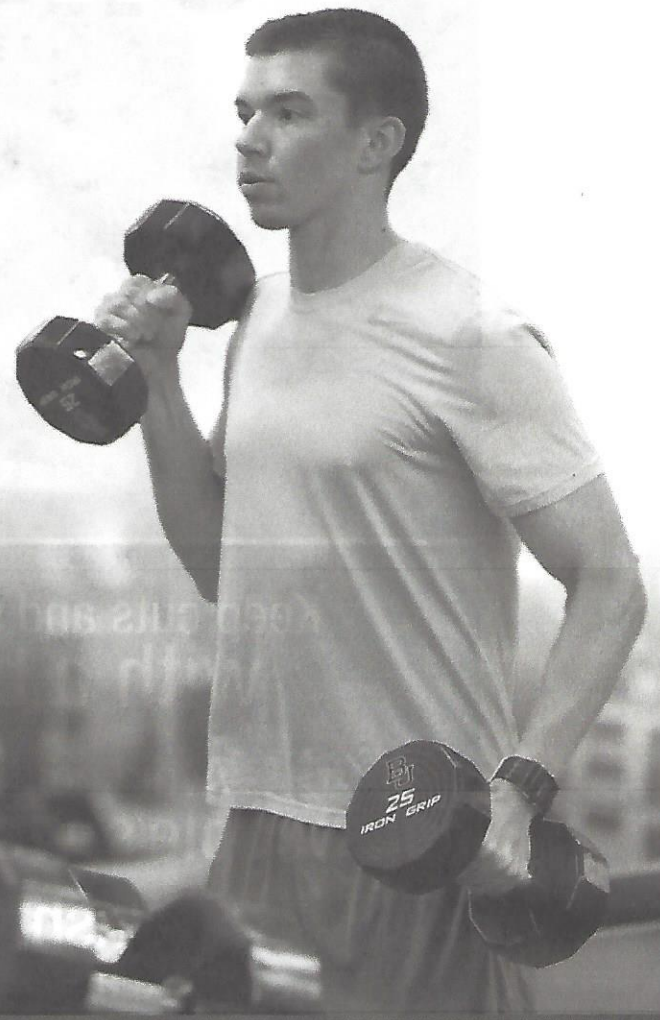


While some athletes may need specific dietary supplements to meet nutrient needs, most athletes consume more than adequate nutrients on a balanced diet. Athletes interested in dietary supplements need to be aware that the risk of contamination and poor manufacturing practices increase the chance of inadvertently consuming banned supplements, putting your eligibility at risk.

WHERE TO START

- A well-designed nutrition plan based on whole foods will safely supply energy and nutrients to fuel your body most effectively for optimal performance.
- When additional nutrition and hydration are needed, first supplement your meals with real food and work with a sports dietician to create an individualized nutrition plan.
- Know and adhere to the nutritional/dietary supplement regulations of the NCAA.

(To better understand dietary supplements, turn the page.)



Information presented by



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