**WHAT YOU NEED TO KNOW**

- The safety, purity, or effectiveness of supplements does not have to be proved, as they do not have to be FDA approved.
- Supplements can contain banned substances not listed on the labels due to contamination or poor manufacturing.
- A student-athlete that tests positive for a banned substance can lose a year of eligibility.

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**FOOD FIRST**

- Whole foods have greater nutritional content than powdered or pilled products.
- Most supplemental ingredients can be adequately ingested by way of a balanced diet.
- Vitamins and minerals are better absorbed through food products.

65% of NCAA Student-Athletes do not use dietary supplements.

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### SUPPLEMENT RISKS FOOD EQUIVALENT

<table>
<thead>
<tr>
<th>SUPPLEMENT</th>
<th>RISKS</th>
<th>FOOD EQUIVALENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multivitamin and Mineral</td>
<td>Potential toxicity if taken in amounts greater than recommended</td>
<td>Meats, poultry, fish, whole grains, vegetables, fruits, beans and peas, nuts, low-fat dairy</td>
</tr>
<tr>
<td>Caffeine</td>
<td>Potential anxiety, irritability, insomnia, headaches, gastrointestinal (GI) distress</td>
<td>Coffee, tea, chocolate Note: Consumed in high quantities, these foods can result in testing positive for a banned substance</td>
</tr>
<tr>
<td>Creatine</td>
<td>GI distress, cramps, potential contamination</td>
<td>Meat, poultry, fish</td>
</tr>
<tr>
<td>Protein and Added Amino Acids</td>
<td>Potential contamination</td>
<td>Beef, pork, chicken, fish, turkey, beans, lentils, tofu, tempeh, nuts, low-fat dairy, eggs</td>
</tr>
<tr>
<td>Omega-3 Fatty Acids</td>
<td>Potential contamination</td>
<td>Fatty fish (salmon), flaxseed oil, walnuts, canola oil</td>
</tr>
</tbody>
</table>

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In some cases, supplementation can benefit athletic performance, but **REMEMBER**:

1. Always consult a UVA Sports Nutritionist before taking any supplement.
2. Supplements should not replace food.

**UVA SPORTS NUTRITIONISTS**

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