Performance Nutrition Considering a supplement?

WHY CONSIDER SUPPLEMENTS?

EASY EXTERNAL PRESSURE PERCEIVED BENEFIT TIME **SHORTCUTS** MARKETING



FACTORS AFFECTING PERFORMANCE...

- Nutrition Coaching
- Mental
- Health
- Training Lifestyle
- Physical

ASSESS THE NEED

SUPPLEMENTS AND FOOD ALTERNATIVES

Before you consider a supplement, think about if it is really necessary and any food alternatives...

- Shakes
- SWAP TO
- Smoothies
- Sports drinks
- SWAP TO
- Water/Fruit juice
- Multivitamins
- SWAP TO
- Fruit and veg



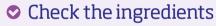
ASSESS THE RISK

SUPPLEMENTS CARRY AN ADRV RISK



- Inaccurate labelling
- Contamination
- Unregulated industry

RESEARCH THE PRODUCT **THOROUGHLY**





Keep your evidence

ASSESS THE CONSEQUENCE



A POSITIVE ADRV (ANTI-DOPING RULE VIOLATION) COULD RESULT IN

- Ban of up to four years
- Missed opportunities
- Social isolation
- Reputational damage
- Loss of medals and titles

FURTHER SUPPORT

- 100% ME Clean Sport app / card
- www.ukad.org.uk
- https://sport.wetestyoutrust.com
- Accredited Sports Doctor
- Registered Sports Nutritionist



ASSESS THE NEED / RISK / CONSEQUENCE



