

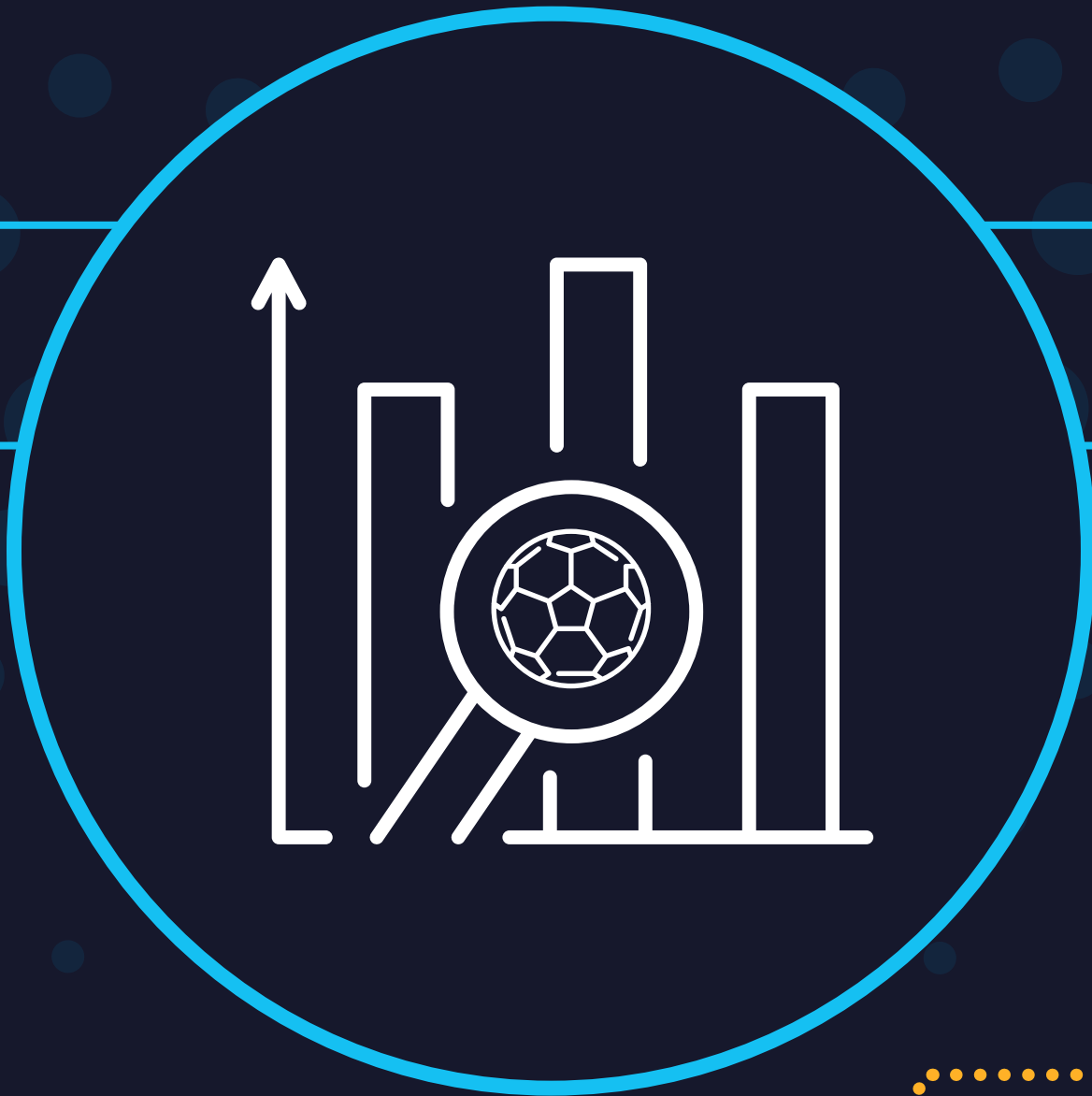


Protecting players from inadvertent exposure to prohibited substances through supplement use

Professor Susan H. Backhouse
Carnegie School of Sport,
Leeds Beckett University, UK

In the context of anti-doping, contamination of products such as supplements, medications and food remain a significant concern.

Protecting player health includes increasing vigilance and potentially modifying behaviour(s) to reduce their risk of exposure to prohibited substances through ingestion of contaminated or adulterated products. Such exposure could result in an adverse analytical finding (AAF), which may lead to an anti-doping rule violation and a ban from playing football.



Nutrition and Supplement Use in Football: Minimizing Risk and Optimizing Performance



Why Players Use Supplements:

- To manage game demands
- Address nutritional deficiencies
- Convenience and hype



Food First Philosophy

Prioritize whole foods to support player health, performance, and reduce risks associated with supplements.



Minimizing Risks with Guidelines (RMSUG)

- Only use third-party certified supplements
- Seek guidance from qualified nutritionists or dietitians.



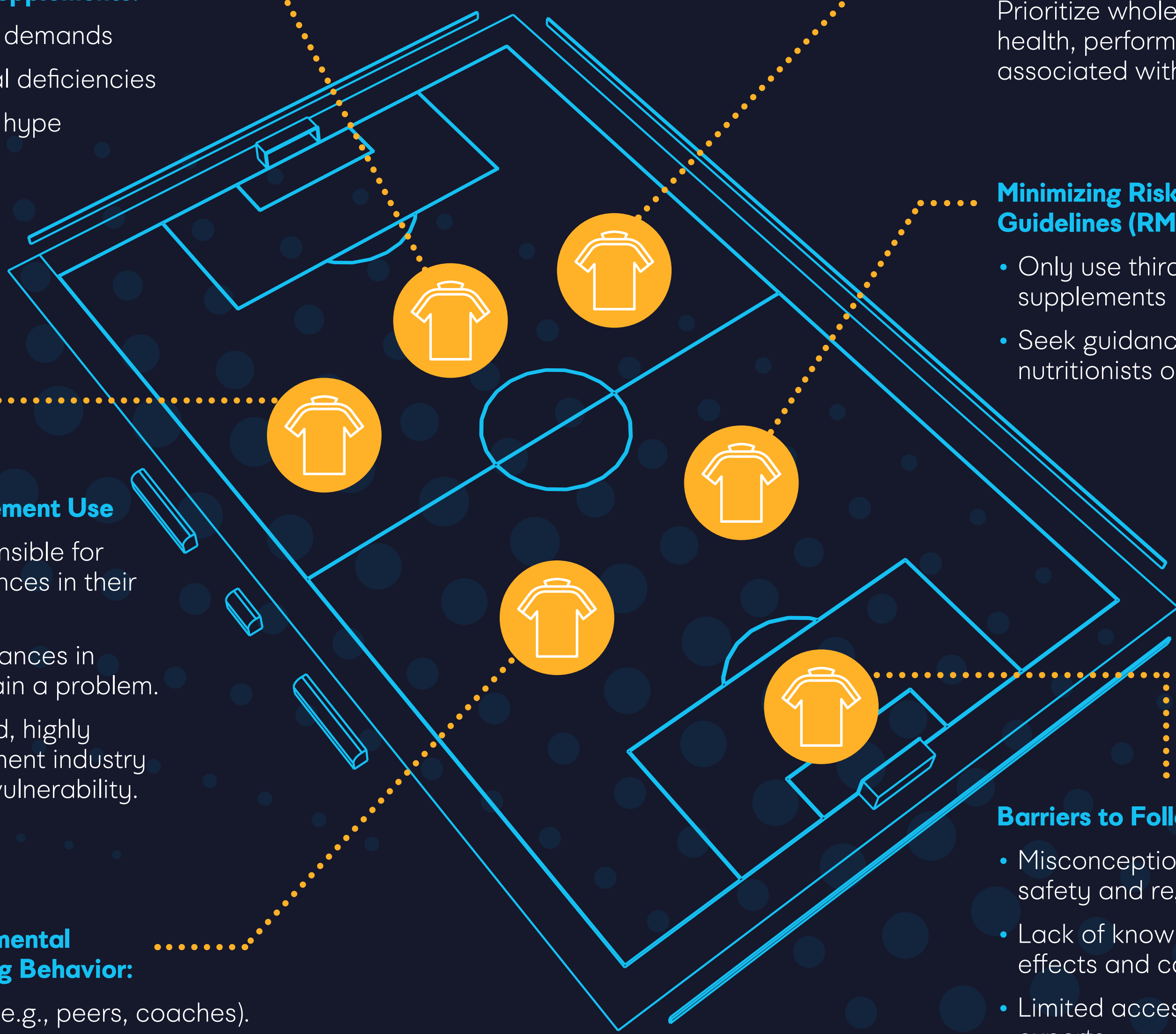
The Risks of Supplement Use

- Players are responsible for prohibited substances in their system.
- Undeclared substances in supplements remain a problem.
- A poorly regulated, highly marketed supplement industry increases player vulnerability.



Social and Environmental Influences Impacting Behavior:

- Social influences (e.g., peers, coaches).
- Environmental factors (e.g., marketing, availability).



Barriers to Following Guidelines

- Misconceptions about supplement safety and regulation.
- Lack of knowledge about supplement effects and contamination risks.
- Limited access to qualified nutrition experts.



Take home messages

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An evidence-informed approach to **nutrition emphasises a 'food first' philosophy** to optimise **player health and performance** and **reduce the risk of inadvertent exposure** to prohibited substances through indiscriminate supplement use.

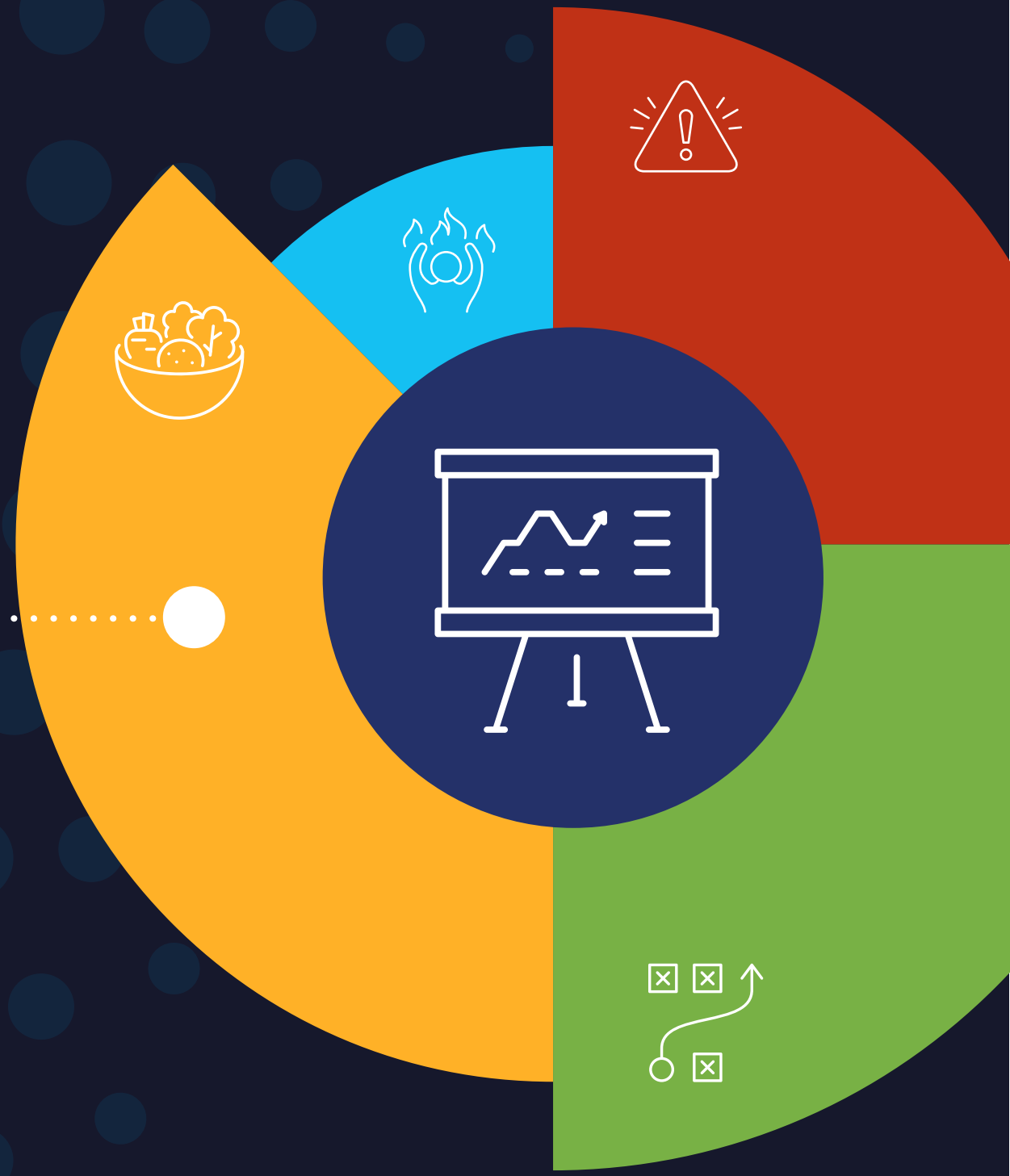
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If players are to **use supplements**, it is necessary to adhere to **risk minimised** supplement use guidance.



3



Educating players, coaches, and science and medicine staff with the **knowledge** and **awareness** needed to navigate the **dopogenic environment** and reduce the risk of inadvertent exposure to prohibited substances through supplement use remains a priority for sport.

References

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3. Backhouse, S.H. A Behaviourally Informed Approach to Reducing the Risk of Inadvertent Anti-doping Rule Violations from Supplement Use. Sports Med. 2023; 53 (Suppl 1), 67–84.

