

WHAT YOU NEED TO KNOW

ABOUT SUPPLEMENTS & BANNED SUBSTANCES

WHO NEEDS SPORTS NUTRITION SUPPLEMENTS?

➤ **Professional athletes:** The demands placed on them to perform at the highest level, require that they push themselves beyond 'normal' physical and mental boundaries. **So they require extraordinary energy and recovery support, which is generally impractical to acquire through whole foods alone.**

Normal full recovery time after a very strenuous physical test such as a match or a race can take days. With full competition schedules that include matches or races or high-intensity training sessions within days of each other – often daily – they simply don't have the time needed to recover optimally.

➤ **Amateur or recreational athletes:** In addition to squeezing in training around a busy lifestyle that may include a full-time job and/or family time, **they seldom have the time to prepare the right kind of balanced whole food for every single meal.** They have different challenges to professional athletes, but they also need efficient, practical energy and recovery solutions to perform optimally and enjoy their training and competition.

“At USN, the elite athlete remains our main priority but we also want to ensure that the general consumer has peace of mind as to the quality and safety of the product they use.”

DO SUPPLEMENTS GIVE PROFESSIONAL ATHLETES AN ADVANTAGE?

There's ongoing debate around this in scientific circles. The reality is this: the overwhelming majority of elite or professional athletes do use nutrition supplements for various reasons.

On a large scale, the human body has only been subjected to high intensity professional sport for the last few decades. The human body takes centuries to adapt to change. A balanced whole food diet is obviously ideal, but in reality, not practical. And, as was seen in the case of 2010 Tour de France winner, Alberto Contador, who claimed he ate contaminated meat, not that watertight either. Performance expectations on professional athletes from both supporters and themselves are high. They continuously need to find the edge within legal parameters wherever they can to perform better. There may be limited scientific research done on final product formulations, but **there's solid clinically proven research on raw ingredients used in the formulations that shows undeniable support for improved physical and/or mental performance.**

Professional athletes should still be mindful of the risks involved and satisfy themselves that they are using a brand they can trust and which has taken all possible measures to ensure product safety and quality. The advantage may often be fractional, but just enough to secure a win.

UNREGULATED INDUSTRY CONCERNS

The world sports nutrition supplement industry is unregulated. In the USA the FDA also DOES NOT regulate the supplement industry. This makes entry into this market relatively easy. But this also means that formulations and contents of supplements cannot be guaranteed and contamination risk is a reality.

The soon-to-be-implemented **Consumer Protection Act** will hopefully assist in enforcing discipline and regulations to this market. **At USN we are desperate to see tighter controls being implemented and would gladly welcome a well-regulated industry.**

USN'S QUALITY CONTROL PROCESS

No absolute guarantee can be given by any supplement company that contamination will never occur. But certain steps can be taken to significantly minimise the risks involved for athletes subject to drug testing. At USN, the elite athlete remains one of our main priorities, but we also want to ensure that the general consumer has peace of mind as to the quality and safety of the product they use.

We therefore take the following steps:

> Final products are not manufactured by USN but by pharmaceutical grade companies (with MCC & GMP procedures) or HACCP-level companies (depending on the type of product). USN's Research and Development Team also conducts internal audits at the manufacturing sites to ensure a highly professional and clean environment.

USN conducts a high number of independent laboratory tests on final products to ensure labelling information is correct.

> As part of these quality systems, raw materials are sourced from reputable suppliers and a certificate of analysis is issued on every batch. This 'screening' process takes place at the manufacturer to confirm purity of raw ingredients.

> USN uses a third party pharmaceutical and logistics company to do all warehousing and distribution. USN's operational partner specialises in logistics of the pharmaceutical environment where physical product handling is limited to the bare minimum and transport is done via safe and secure methods.

> USN employs specialists in the fields of anti-doping, nutrition, sport science, quality control and research.

> From manufacturing to the customer there is an auditable chain-of-custody.

> As a final safety net, especially for professional athletes, a range of products are sent to HFL Sport Science in the UK to undergo final screening against the World Anti-Doping Agency's Prohibited List. To find out more about HFL, visit www.hfl.co.uk/hfl/athletes-and-nutrition

USN'S POLICY ON SUPPLEMENTS

> ASSESS THE NEED:

Before using supplements ask yourself the following - Is there a need for a supplement for faster/better recovery, energy, hydration, weight loss, muscle gain or convenience – or a combination of these?

> FORMULATE THE SUPPLEMENT TO FULFILL THE NEED:

Using the most advanced research based on clinical trials, ensure the appropriate highest quality ingredients and raw materials are incorporated in the appropriate volume and/or ratios.