

# AusCycling High Performance Network Supplements Program and Supplement Provision Protocol



This AusCycling (AC) High Performance Network (HPN) Supplements Program and Supplement Provision Protocol document applies to:

- All Athletes and *Athlete Performance Support Personnel* as defined under the World Anti-Doping Code (the *Code*) who are:
  - employees, volunteers, and contractors who participate in AC HPN funded programs (i.e. Australian Cycling Team, State Institutes Sport and State Academies of Sport), or
  - *Athletes* and *Athlete Support Personnel* supported by our network stakeholders under the National athlete categorisation framework (*Podium, Podium Ready, Podium Potential, Developing and Emerging*).

## Supplement Classification System

The AC HPN Supplements Policy is aligned with the Australian Institute of Sport (AIS) Sports Supplement Framework (<https://www.ais.gov.au/nutrition/supplements>) and has adopted their Group Classification System and procedures/protocols, which:

- Permits the use of all supplements in Group A and Group B of the AIS Supplement Group Classification System.
- Permits use of supplements in Group C of the AIS Supplement Group Classification System **only** where there is specific approval from the AC Supplements Standards and Policy Committee.
- Prohibits the use of all supplements in Group D of the AIS Supplement Group Classification System.

Specific protocols for approval are as follows:

- All supplements listed as permitted for use as Group A (Medical/Performance Supplements), or from Groups B and C must be approved by:
  - The **Australian Cycling Team Chief Medical Officer** for:
    - athletes on Australian Cycling Team Membership Agreements,
    - Athletes invited into the Australian Cycling Team training and competition environments, and;
    - any Developing or Emerging Athletes requested by the National Coach/Technical Director
  - The **HPN Medical Officer** for HPN athletes (not including those requested by the National Coach/Technical Director as listed above).
- All supplements listed as permitted for use as Group A Sports Foods must be approved by:
  - The **Australian Cycling Team Performance Support Nutrition personnel** for:
    - athletes on Australian Cycling Team Membership Agreements,
    - Athletes invited into Australian Cycling Team training and competition environments and;
    - any Developing or Emerging Athletes requested by the National Coach/Technical Director.
  - The **HPN Dietitian** for HPN athletes (not including those requested by the National Coach/Technical Director as listed above).
- Athletes are not permitted to use supplements from sources external to AC or supplements not listed in Groups A-C without first receiving written permission to do so from the AC Supplement Standards and Policy Committee. Please use the **Supplement Use Request Form** at the end of this document.

- The **final decision** regarding the **use** of an approved supplement (i.e. one which has been approved by the Chief Medical Officer and/or Performance Support Nutrition personnel) in the daily training and/or competition environment rests with:
  - The **Australian Cycling Team Chief Medical Officer** for:
    - athletes on Australian Cycling Team Membership Agreements;
    - Athletes invited into Australian Cycling Team training and competition environments and;
    - any Developing or Emerging Athletes requested by the Performance Director
  - the HPN Head Coach for HPN athletes (not including those requested by the Performance Director as listed above).

**NOTE:** The AC Supplement Standards and Policy Committee acknowledges that the Sport Integrity Australia (SIA) and the World Anti-doping Authority (WADA) do not endorse supplement products or offer advice to athletes about which supplement to take, and it is not possible to check the status of supplements on Global Drug Reference Online (DRO).

The AC Supplement Standards and Policy Committee will always maintain Athlete safety and well-being by providing supplement and/or protocol advice to the best of the Committee's knowledge at that time. The advice will be based on whether a supplement and/or protocol is safe, legal, ethical and based on sound scientific and/or medical evidence, but the Committee acknowledges that there is still a potential risk of contamination of any supplements. The Committee recognises that some Athletes will still choose to take a non-approved supplement after advice is given and ultimately it is the responsibility of the Athlete for any supplement they consume. In this instance

1. if the supplement was **NOT** approved by the Committee and **deemed to pose a significant risk** for reasons such as being produced by an overseas/unknown manufacturer or because of the listed ingredients or lack of listed ingredients, then the Committee will deem this a failure to comply with the AC HPN Supplements Policy, AC Supplements Program or Supplement Provision Protocol. This will be treated as a breach of the Policy and the Australian Cycling Team Athlete Membership Agreement and AC National Team Agreement, and sanctions will apply as per Section 7 of the AC HPN Supplements Policy.
2. if the supplement was **NOT** approved by the Committee based on minimal health benefit or scientific evidence; however, the Committee feels there is a **low risk** of a doping infringement, then the Athlete chooses to take the supplement at their own risk with no sanctions.

### **Warning**

Some supplements and sports foods, including those in Group A and Group B outlined below that have evidence-based uses in sport, provide a small but real risk of causing a doping infraction due to contamination with substances on the WADA Banned List. To minimise this risk, where possible, products provided to AC athletes will be sourced from companies that utilise approved auditing/testing programs. The same will be expected of any Group C products or other products recommended to AC athletes from external sources (i.e. other athletes, HPN coaches and staff, or Supplement Sponsors) before they can be approved for use by the AC Supplements Standards and Policy Committee.

### **Supplement Group Classification System**

#### **What is a supplement?**

Supplements include any synthetic or natural chemical in the form of a formulated food, a tablet/tab, capsule, gummy/gum, liquid, spray, herbal extract, or powder that is consumed orally for the purpose of

enhancing health and function, including athletic performance. They also include Sports bars, Sports drinks, Sports gels, Sports spray, Liquid meal replacements and any other oral form of ergogenic aid.

The supplement group **DOES NOT** include **prescribed medications**, which can only be accessed from a registered medical provider. Prescribed medications are **not** required to be declared on the AC HP Supplement Register but are required to be declared confidentially to the Australian Cycling Team Chief Medical Officer, or HPN Medical Provider, as per Section 9 of the Australian Cycling Team Athlete Member Agreement and Annexure B of the AC National Team Agreement.

**Group A Supplements:** are supported for use in specific situations in sport and provided to athletes for evidence-based uses. This group of supplements:

- provide a useful and timely source of energy and nutrients in the athlete's diet; or
- have been shown in scientific trials to benefit performance when used according to a specific protocol in a specific situation in sport.
- are categorised as:
  - **sports foods** – specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods.
  - **medical supplements** – used to treat clinical issues including diagnosed nutrient deficiencies.
  - **performance supplements** – used to directly contribute to optimal performance. Should be used in individualized protocols under the direction of an appropriate Sports Medicine/Science Practitioner/Sports Nutrition personnel. Although there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualized and event-specific use.

The Australian Cycling Team, will for athletes on **Athlete Member Agreements**:

- make these supplements available and accessible to athletes who may benefit from their strategic use.
- provide and allow the use of **Sports foods** only after consultation and approval from Australian Cycling Team Performance Support Nutrition personnel (nutritional assessment) and Chief Medical Officer.
- provide and allow the use of **medical and performance supplements** only after consultation and approval from the Australian Cycling Team Chief Medical Officer, Performance Support Nutrition personnel and the programs National Coach/Technical Director.
- provide education to athletes, coaches and performance support staff about the benefits of using these supplements in the appropriate forum with an emphasis on World's best practice.

For **HPN athletes**, the provision of Group A supplements will be at the discretion of HPN personnel in accordance with the AC HPN Supplements Policy.

For **HPN athletes** invited into the Australian Cycling Team program for training and competition purposes, the provision of Group A supplements will be at the discretion of Australian Cycling Team personnel in accordance with the AC HPN Supplements Policy.

**Group B Supplements:** are deserving of further research and considered for provision to Australian Cycling Team athletes. These may also be trialed on a case-by-case basis with approval from the Australian Cycling Team Chief Medical Officer and Performance Support Nutrition personnel for athletes on Australian Cycling

Team Membership Agreement and for AC HPN invited athletes, and HPN personnel for HPN athletes. These supplements:

- have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance.
- are categorised as:
  - **food polyphenols** – food chemicals which have purported bioactivity including antioxidant and anti-inflammatory activity. May be consumed in food form or as isolated extract.
  - **Antioxidants** – compounds often found in foods which protect against oxidative damage from free-radical chemicals
  - **Tastants** – food derived compounds that interact with receptors in the mouth/gut to activate the central nervous system
  - **Other** – compounds which attract interest for potential benefits to body function, integrity and/or metabolism

The Australian Cycling Team will:

- supervise any study or trial involving its athletes and Group B supplements to ensure the best decisions can be made for the potential use of supplements in this category.
- carefully monitor on a case-by-case basis the use of approved Group B supplements.
- encourage the collection of scientific data to allow Group B supplements to be moved either into Group A or C.

**Group C Supplements:** have little proof of beneficial effects. In the absence of proof of benefits, Group C supplements will **not** be provided to Australian Cycling Team athletes from AC budgets or other sources funded by AC. If an individual cyclist, dietitian or coach wishes to use a supplement from this category, they may do so providing:

- a written request is submitted by the cyclist/dietitian/coach to the AC Supplements Standards and Policy Committee (please use **Supplement Use Request Form** at the end of this document) and written permission is then granted by members of the AC Supplements Standards and Policy Committee, with final approval given by the Australian Cycling Team Chief Medical Officer and Performance Director, and/or HPN Head Coach;
- they (athlete or program) are responsible for payment of this supplement;
- they are fully aware that many of these products have been produced using unknown quality control measures;
- they have carefully considered the possible inadvertent doping risks.

**Group D Supplements:** **should not** be used by Australian Cycling Team athletes.

These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test. Some examples are provided below but athletes and staff must refer to the **current** WADA List of Prohibited Substances and Methods found at <https://www.wada-ama.org/en/prohibited-list> for all **stimulants, pro-hormones/hormone boosters, growth hormone releasers and “peptides”** included on the Prohibited List.

#### **Additional Supplement Cautions**

Regardless of whether their ingredients come from Groups A, B, C or D, there are several types of commercial supplements that deserve special consideration and comments.

## Multi-ingredient supplements

Multi-ingredient supplements are products that contain a large list of individual ingredients. Sometimes the doses of these ingredients are not stated on the label with the excuse that it is a “proprietary blend” over which the manufacturer has special ownership. Unless these products have been individually developed or cleared by the AC Supplements Standards and Policy Committee, they are not considered safe or effective:

- In many cases the amount of the ‘active ingredient’ provided in multi-ingredient products is less than the dose needed to provide a true benefit.
- In some cases, the ingredients in multi-ingredient products are not evenly dispersed making it difficult to guarantee that the desired dose of an ingredient is achieved.
- The greater the number of ingredients in a supplement, the higher likelihood of inadvertent contamination (due to sourcing of ingredients from various locations).

The AC HPN guideline is that single-ingredient supplements provide a more effective way of ensuring that the desired dose of evidence-based substances is achieved in a given supplement protocol. Therefore, unless a product has been specifically developed or cleared by the AC Supplements Standards and Policy Committee, the Australian Cycling Team will identify single or simple ingredient formulas as their preferred supplement choice.

## Prescription medications

The AC HPN Supplements Policy **does not** include prescribed medications.

Athletes on Australian Cycling Team Membership Agreements must have medications approved and prescriptions provided by the Australian Cycling Team Chief Medical Officer/or another registered medical practitioner (e.g., HPN Medical Officer, AIS Department of Sports Medicine).

**HPN athletes** must have medications approved and prescriptions provided by either a HPN Medical Officer or their local Medical Provider. If using a local Medical Provider, athletes must inform the provider that they are an athlete who could be subject to Anti-Doping testing and thus all medications must be checked through the SIA hotline/website and/or MIMS to ensure they are permitted for use.

## Supplement flow chart

The aim of the following flow charts is to assist in determining the appropriate use and users of supplements under the AC HPN Supplements Policy.

Definitions for “**Development**” and “**Elite**” are outlined below; however, the **final decision** regarding the **use** of an approved supplement (i.e., one which has been approved by the Australian Cycling Team Chief Medical Officer and/or Performance Support Nutrition personnel, in the daily training and/or competition environment rests with:

- the Performance Director for:
  - athletes on Australian Cycling Team Membership Agreements,
  - Athletes invited into Australian Cycling Team training and competition environments (Invited Athletes); and;
  - any Developing or Emerging Athletes requested by the Performance Director
- the HPN Head Coach for HPN athletes (not including those requested by the Performance Director as listed above).

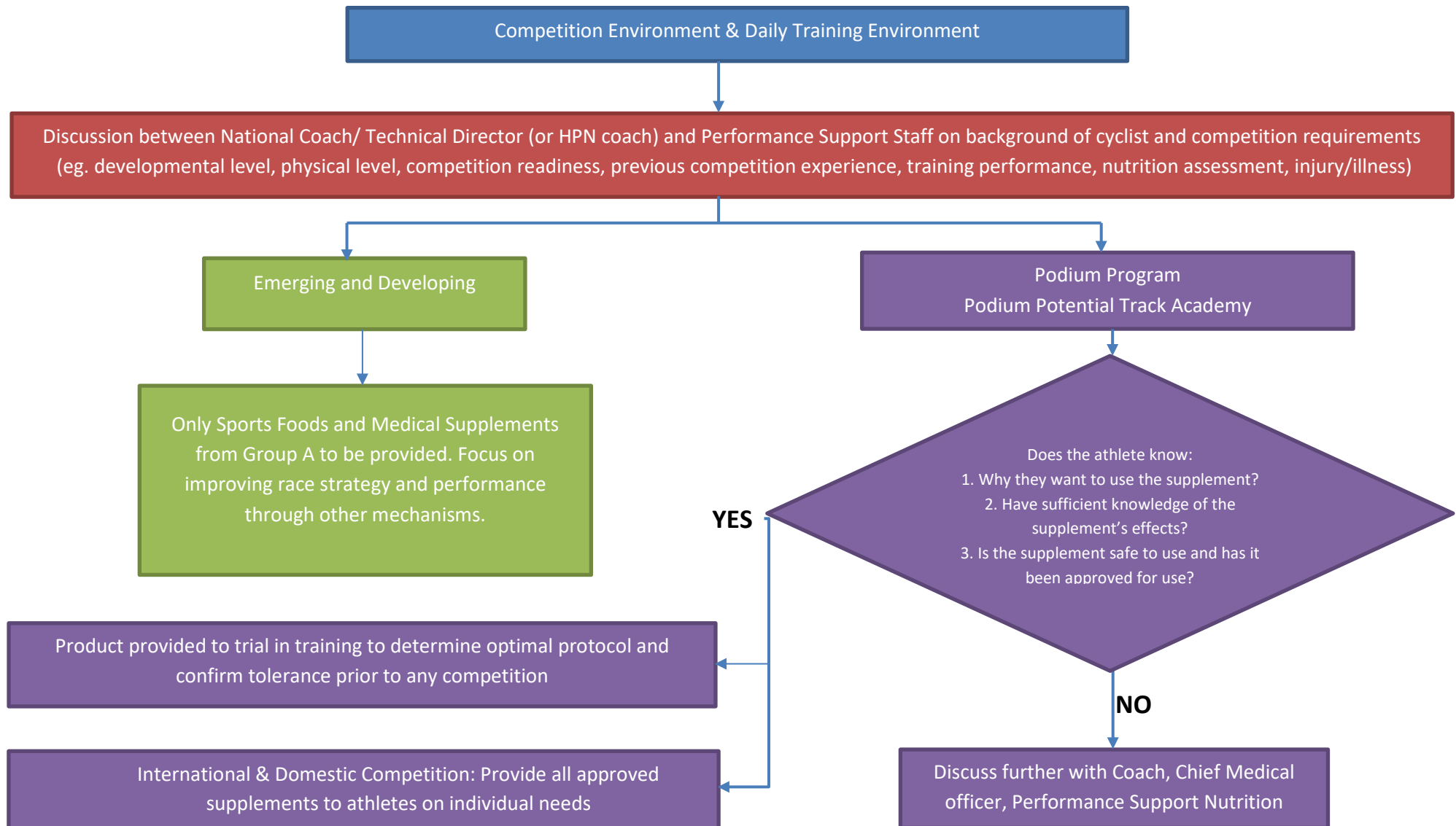
## **DEVELOPMENT**

- all athletes under the age of 18 years unless on the rare occasion they are part of the Australian Cycling Team Podium Program or Podium Potential Track Academy
- all athletes within a HPN Cycling Program who are not also part of the Australian Cycling Team
- all athletes in the Emerging and Developing categories of the HPN.

## **ELITE**

- athletes **not** meeting any of the Developing criteria and who have been endorsed by the National Head Coach as being “Elite”.
- athletes in the “Podium” and “Podium Ready” categories of the National Athlete categorisation framework.

## DAILY TRAINING & IN COMPETITION ENVIRONMENT



## **Supplement Provision Protocols**

Supplements and sports foods are only to be provided to **athletes in the following ways:**

### **As part of a cyclist's individualised nutrition program:**

- provision is based on individual requirements. It is acknowledged that these requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, dietary adequacy etc.), and as such supplement provision will change accordingly.
- athletes are to be educated by Australian Cycling Team Performance Support Nutrition personnel and/or HPN Dietitian regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision.
- Australian Cycling Team athletes and CA HPN invited athlete requests for supplements must be directed to the Australian Cycling Team Performance Support Nutrition personnel before being provided and to the HPN Sports Dietitian for HPN athletes.

### **As part of a medical plan to address a diagnosed nutrient deficiency:**

- provision is based on results obtained via appropriate testing as directed by the Australian Cycling Team Chief Medical Officer, Australian Cycling Team athletes, and AC HPN invited athletes and HPN Medical Officer for HPN athletes.

Once approved, the supplement(s) will be provided in the following ways in Australia and overseas to **Australian Cycling Team athletes and AC HPN invited athletes.**

### **Supplement provision in Australia:**

- bulk supplement orders (sports foods) are to be placed by the Australian Cycling Team Performance Support Nutrition personnel who will order these through the approved suppliers.
- these products are to be stored at the Adelaide Superdome, Adelaide, South Australia. Supplements and sports foods are to be kept in a locked storage area.
- products from Group A will be provided to the athlete as part of their athlete member agreement. Products from Group B will be provided to the athletes on a case-by-case basis or as part of a research trial following discussion with the Australian Cycling Team National Coach/Technical Director, Head of Performance Solutions, Performance Support Nutrition personnel and Chief Medical Officer.
- no staff member is permitted to provide a product for use without initial prior approval of the Australian Cycling Team Chief Medical Officer and Performance Support Nutrition personnel. Once initial approval is granted, the staff member may provide the athlete with the product; however, they need to keep a record of what is provided to assist with ordering, stocktaking and use.

### **Supplement provision while overseas:**

- coaches and support staff are expected to consult with athletes and plan ahead of time to order any requirements for overseas travel.
- this must be done at least 1 month prior to departing Australia, via the Australian Cycling Team Performance Support Nutrition personnel.
- the Australian Cycling Team Performance Support Nutrition personnel will either provide supplements for the athlete to travel with, or arrange delivery to an appropriate destination.

**Supplement Provision to HPN athletes** will be at the discretion of the HPN and in accordance with the AC HPN Supplements Policy.



### **Supplement Ordering (for Australian Cycling Team athletes)**

- sports food and performance supplement orders are to be placed with Australian Cycling Team Performance Support Nutrition personnel.
- these products are to be stored at the Australian Cycling Team base in Adelaide.
- supplements and sports foods are to be kept in a locked storage area.
- no athlete or staff member is permitted to take product for use from this storage area without the prior approval of Australian Cycling Team Chief Medical Officer or Performance Support Nutrition personnel.
- A record of all ordering including when, what for (event, training, injury), who for (athlete, program), type, batch number (where available) and amount will be maintained by the Australian Cycling Team Performance Support Nutrition personnel.
- medical supplement orders are placed with the Australian Cycling Team Athlete Health Lead, with prior approval from the Australian Cycling Team Chief Medical Officer.

**Supplement ordering for HPN athletes** will be done so through the appropriate HPN personnel and provided at the discretion of the HPN.

### **Record-keeping, Alert System and Compliance**

- at the commencement of each athlete membership agreement period, athletes will be required to provide a list of all sports foods and supplements in current use or being contemplated for use. This will be assessed by the AC Supplements Standards and Policy Committee and approval granted where appropriate.
- a template will be provided to the HPN Sports Dietitian at the commencement of each scholarship period for completion and submission to Australian Cycling Team Performance Support Nutrition personnel.
- a full list will be obtained from each athlete bi-annually and recorded in the supplement register in the AC database to monitor compliance.
- any other supplement provided to a cyclist at any other time must be recorded in the Supplement Register. The Australian Cycling Team Performance Support Nutrition personnel is responsible for maintaining the Register and the HPN Dietitian is responsible for updating the Australian Cycling Team Performance Support Nutrition personnel on HPN athlete supplement changes.
- the following information must be recorded in the register: Cyclist's name, their AC program, supplement name, brand, third party batch number, reason for use, dose, size of packaging, date of commencement and anticipated finish date. It must also indicate who prescribed and dispensed the supplement.
- this register will be monitored regularly by the AC Supplements Standards and Policy Committee.
- if supplements are prescribed to a HPN athlete whilst attending an Australian Cycling Team Training Camp or Competition (i.e. AC HPN invited athlete), the Australian Cycling Team Performance Support Nutrition personnel will provide information on the supplement usage during the camp to the appropriate HPN personnel.
- when a risky, untested, unclassified or unsuitable supplement is identified by the AC Supplements Standards and Policy Committee (SSPC), an email alert will be provided and these supplements will be classified as unsuitable by the SSPC. Subsequent use of these supplements by athletes will be deemed a breach of this policy.

## **Education**

- all Australian Cycling Team athletes are to be educated on the AC HPN Supplements Policy at their Induction meeting by the Australian Cycling Team Performance Support personnel and Chief Medical Officer, or the appropriate HPN personnel.
- the AC HPN Supplements Policy is to be available on the AC website and provided in the Athlete Performance Plans/Agreements.
- by signing an AC National Team Agreement, Australian Cycling Team Athlete Membership Agreement or a HPN Agreement, the athlete indicates they have sighted, read and fully understood the AC HPN Supplements Policy.
- education programs for Junior athletes will focus on the development of the knowledge and lifestyle skills needed to achieve sound eating patterns and an understanding of the role of nutrition within a high-performance training and competition environment.
- education programs for Elite athletes will also focus on the development of the knowledge and lifestyle skills needed to achieve sound eating patterns and an understanding of the role of nutrition within a high performance training and competition environment along with the role of appropriate supplement use.
- all AC HPN Network employees, volunteers, contracted staff, external providers must be educated on the AC HPN Supplements Policy as part of their induction process.

## **Individual Athlete Supplement Commercial Arrangements (Sponsorships)**

As per **Section 12.2 Commercial Arrangements** of the **Australian Cycling Team Athlete Membership Agreement**, Athletes must disclose any current Supplement Commercial Arrangements (sponsorships) or seek approval from the General Manager – Australian Cycling Team, before entering into any future commercial arrangements. The General Manager must involve the AC Supplements Standards & Policy Committee in the approval process of any Supplement Commercial Arrangement (sponsorship) and product endorsement, as the Committee will always provide evidence-based research for any request. Approval for product endorsement does not confirm product use; this requires a separate approval.

## **Supplement Research**

- the AC HP Network will ensure that any approved supplement use is based on sound scientific, evidence-based research.
- the AC HP Network will work in conjunction with the Australian Institute of Sport and Universities/Industry Bodies world-wide to help, where appropriate, in the implementation of such research and obtain any cutting-edge information that may be from other sports but relevant to cycling.
- the AC HP Network will also conduct case-by-case research using its staff and in consultation with the AIS and AC Supplements Standards & Policy Committee.
- the AC Supplements Standards & Policy Committee will use the template below as a guide to the efficacy of a supplement which may not currently be on the AIS Sports Supplement Framework and will consult other key stakeholders (e.g. AIS, manufacturers) as required to determine its appropriateness for use.

## **No Needle Policy**

AusCycling adopts the AIS No Needles Policy as the Australian Institute of Sport (AIS) is a leader in the fight against doping and other unethical behaviour in sport [https://www.sportaus.gov.au/\\_data/assets/pdf\\_file/0006/687624/AIS\\_No\\_Needles\\_Policy\\_-\\_November\\_2018.pdf](https://www.sportaus.gov.au/_data/assets/pdf_file/0006/687624/AIS_No_Needles_Policy_-_November_2018.pdf)). Some doping and other unethical practices involve the injection of banned

substances or inappropriate injections of substances. By prohibiting the possession of injection equipment by unauthorised persons, this policy will reduce the risk of doping or other unethical behaviour at AC sites.

#### **Policy obligations applicable to ALL individuals**

- any individual with a documented medical condition (e.g. diabetes, anaphylaxis susceptibility) requiring the possession of injection equipment must notify and obtain approval for use by the Australian Cycling Team Chief Medical Officer.
- individuals must not be in possession of any hypodermic needles or other injection equipment, unless: (a) the individual is a medical practitioner from AC; or (b) the individual's possession has been authorised by the Australian Cycling Team Chief Medical Officer.
- individuals must not self-inject any substance, unless authorised to do so by a AC approved medical practitioner or other registered medical practitioner (e.g. AIS Department of Sports Medicine) for the treatment of a documented medical condition.
- individuals must not allow any person other than an approved AC medical practitioner or other registered medical practitioner (e.g. AIS Department of Sports Medicine) to administer an injection to them, such injection only to be administered by the medical practitioner for a purpose permitted by this policy.

#### **Obligations applicable to medical practitioners**

- medical practitioners must take all appropriate steps to ensure that access to injectable materials is restricted to approved medical practitioners from AC or the AIS Department of Sports Medicine or other registered medical practitioners.
- medical practitioners must not perform any injections, except: (a) where medically required for vaccination purposes; or (b) where medically required for treatment of a documented medical condition; or (c) with the prior approval of the AIS Ethics Committee for research purposes.

#### **Obligations applicable to Sport Science and Sport Medicine staff**

- members of the sports science/sports medicine staff of any organisation must ensure that injections are not performed as part of a routine supplementation program in their organisation.

#### **Breach of Policy**

- if the SSPC find that there is a failure to comply with the AC HPN Supplements Policy, AC Supplements Program or Supplement Provision Protocol, this will be treated as a breach of this Policy and the Australian Cycling Team Athlete Membership Agreement and/or AC National Team Agreement.
- for athletes who are signatories to only the Australian Cycling Team Athlete Membership Agreement, refer to Section 13.3 of that Agreement for action in respect of breach.
- for athletes who are signatories to the Australian Cycling Team National Team Agreement, or both AC National Team Agreement and Australian Cycling Team Athlete Membership Agreement, refer to Section 15.2 for action in respect of breach.

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## Document History

Document Version	Issue Date	Description of Change	Effective From
1.0	21 Feb 2014	Document developed	1 May 2014
1.1-1.6		Minor grammatical revisions	
1.7	3 Feb 2015	Minor Revision	
1.8-1.9		Minor grammatical revisions	
2.0		Change to No Needles Policy and Revision	
3.0	13 July 2018 10 August 2018 14 September 2018 30 October 2018	Change in terminology, identification of references that require updating	
5.1		Update in terminology (Cycling Australia to AusCycling) and AIS supplement framework	

**SUPPLEMENT USE REQUEST FORM**  
**(This form is to be complete and submitted to the**  
**AC Supplements Standards and Policy Committee for review)**

<b>REQUEST MADE BY (i.e. Cyclist's or AC HPN Staff member's name)</b>	
<b>CYCLIST'S NAME (if request made by AC HPN staff)</b>	
<b>DATE OF REQUEST</b>	
<b>NAME OF SUPPLEMENT</b>	
<b>MANUFACTURER</b>	
<b>BATCH NUMBER</b>	
<b>THIRD PARTY TESTING DETAILS</b>	
<b>CHEMICAL COMPOSITION (include all listed ingredients)</b>	
<b>ACTIVE INGREDIENTS (i.e. those ingredients purported to provide performance benefits)</b>	
<b>PROPOSED DOSAGE/PROTOCOLS (amount, times per day, weeks, etc)</b>	
<b>FOR USE IN TRAINING, COMPETITION OR BOTH</b>	
<b>PURPORTED PERFORMANCE CLAIMS</b>	
<b>RESEARCH - SCIENTIFIC/PEER REVIEWED</b>	
<b>RESEARCH - ANECDOTAL</b>	
<b>SIDE EFFECTS/CONCERNS ASSOCIATED WITH USE (short and long term)</b>	
<b>WHO RECOMMENDED THE SUPPLEMENT TO YOU?</b>	

**Approval for use by AC Supplements Standards and Policy Committee**

**YES**

**NO**

**Date:** \_\_\_\_\_

**Reason:** \_\_\_\_\_