

## The Clean Sport Charter

The Clean Sport Charter is an initiative designed to help educate athletes on safe supplementation, and having an educated approach to supplementation.

Whether you are a professional athlete, or part of a CrossFit box, gym, or health club, knowledge and expertise on responsible nutrition should always be available.

### Responsible supplementation

The use of supplementation can have a role within sport, but should not be seen as a primary source of nutrition. It is recommended that athletes have a balanced diet, and seek professional advice before considering the use of supplements. Should an athlete choose to use supplements, three questions must be asked: is my diet sufficient, does the product have proven efficacy, and has product been third-party audited (Informed-Sport or Informed-Choice registered).

The Clean Sport Charter educates teams, clubs, gyms, and crossfit boxes on the risks associated to supplement contamination, providing their athletes with an informed choice when it comes to supplements. For more information on responsible supplementation please check our website.

### A drug-free environment

In this day and age, access to substances prohibited in sport - such as steroids and stimulants- are readily available. Clearly there are risks involved in taking substances deemed prohibited in sport, health being the most significant concern. One component of the Clean Sport Charter is a commitment to supporting of a drug-free environment for members.

Members can be confident that their trainer or coach has been informed and educated on their risks associated to prohibited substances in sport.

For more information visit:  
[www.informed-sport.com](http://www.informed-sport.com)

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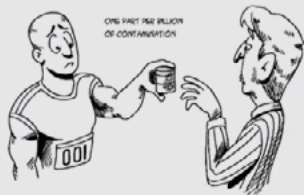
# CLEAN



## Supplements and the risk to doping ‘The issue’

Each year athletes have their careers ruined by inadvertent doping. Research has shown that up to 1 in 10 supplements sold on the market are contaminated with some form of steroid or stimulant prohibited by the World Anti-Doping Agency (WADA).

**44% of all UK Anti-Doping’s positive tested cases in the 2012 year were caused by prohibited substances contained in supplements!**



### Supplements & Inadvertent Contamination ‘The Cause’

#### Sources of Contamination in Products

#### Sources of contamination in products

##### Cross-contamination during manufacturing

Inadequate cleaning procedures used between production runs of different products mean that traces of ingredients used in one product may find their way into another.



##### Poor raw ingredient sourcing

Attention to quality control varies in areas around the world – imported raw ingredients could be contaminated, and unknowingly be used by a manufacturer in their products.

## Sport supplement quality assurance

With 50 years’ experience in sports anti-doping testing, LGC (a former WADA accredited laboratory) set up the **Informed-Sport** quality assurance programme to test supplements on behalf of reputable manufacturers to reduce the risk of supplement contamination.

The programme aims to help athletes, coaches, dieticians, manage the risk of an inadvertent doping violation by making an informed choice about the products they use. The **Informed-Sport** and **Informed-Choice** programmes were set up in consultation with sports anti-doping organisations, industry and other sporting bodies.



### Offering you an Informed Choice

The **Informed-Sport** and **Informed-Choice** testing specification was developed by the world class sports anti-doping laboratory LGC, and is based on expert knowledge gained through the analysis of over 40,000 supplement samples over 10 years.

#### The programme comprises:

- Product testing using ISO17025 accredited methods
- Thorough audit of the manufacturing quality controls, as well as the product label
- Pre-registration testing of products before entry onto the programme
- Regular testing of products post registration
  - **Informed-Sport** - Every batch/lot tested
  - **Informed-Choice** - Monthly blind sample testing

## Sport supplement quality assurance a “Risk assessment process”

Finding a supplement that athletes can TRUST is all about risk management. Research has proven that it is safer to take a supplement that has been through the **Informed-Sport** or **Informed-Choice** programme, which ensures that the product has been routinely tested for banned substances and that it has been made to the highest quality standards, than to choose a product that has had no banned substance testing performed at all.

Since athletes are responsible for what they consume, getting this risk management process right, and finding a product that is not contaminated with banned substances, is crucial.

**Look for the logo to choose quality reviewed, drug-tested product.**

