



## **Nutritional Supplements Guidelines**

Discovery SharkSmart subscribes to the philosophy of encouraging a well-balanced diet first and foremost, making dietary supplements unnecessary in most instances.

Discovery SharkSmart does not endorse the use of any product or brand. Any products used are at the discretion of the players.

A number of prescribed medicines stipulate that the concurrent use of additional nutritional supplements like vitamins, minerals and certain herbal supplements may affect or alter their pharmacological action. Players must be aware of this fact, particularly if he is on any chronic medication.

### **General Supplements**

These include multivitamin and mineral supplements, meal supplements, protein supplements and carbohydrate sports drinks, bars and gels.

Discovery SharkSmart does not encourage the use of protein supplements, and is not liable for the consequences thereof. Rugby players are made aware of the fact that these preparations may contain "contaminants" (that is, substances banned by the World Anti-Doping Agency).

Discovery SharkSmart will aim to educate players as to the importance of promoting normal growth and development.

### **Performance Enhancing Supplements**

Discovery SharkSmart does not recommend the use of these supplements. This includes any product that may have a potential performance-enhancing effect and require individualised, specialised prescription (Group A category supplements as per the guidelines distributed by the SA Institute for Drug Free Sport and SA Rugby).

Included in this category are creatine, sodium bicarbonate, lactate, citrate, nitric oxide, arginine, HMB, glutamine and zinc.

These supplements are discouraged because:

- Safety concerns
- The lack of scientific evidence-based studies supporting their use
- Doubt as to proven efficacy in enhancing sporting performance
- Ethical considerations
- Possible adverse reactions with other medicine.



## **Banned Substances**

There are a number of substances which are banned by WADA (the World Anti-Doping Agency).

These include amongst others anabolic steroids, diuretics, stimulants, narcotics, cannabinoids, glucocorticosteroids, alcohol, and beta-blockers (for full list see [www.wada-ama.org](http://www.wada-ama.org)).

Discovery SharkSmart subscribes to the policies and provided by WADA.

## **Websites for references**

Websites recommended for further reading:

- [www.drugfreesport.org.za](http://www.drugfreesport.org.za)
- [www.wada-ama.org](http://www.wada-ama.org)
- [www.sarugby.co.za](http://www.sarugby.co.za)