

Abstract: An update on Supplements and doping risks

Risks associated with supplement use are well documented, this will be an opportunity to showcase key pieces of research identifying patterns across the globe. It will be a chance to understand the route course of how contamination can occur, whether from within manufacturing facilities, across supply chains or from the raw material itself. As the supplements industry continuously looks to create innovative products, the presence of new and evolving threats is a constant challenge, in particular we will discuss the rise of SARMs within the industry.

We will assess the current sporting landscape in relation to inadvertent doping in the news, alongside taking a wide angle view at the global supplement industry and asking ourselves how does the voice of the anti-doping community, nutritionists and sporting organisations compare to the multi-billion dollar marketing machine of the supplement industry.

Understanding the athletes perspective when utilising supplements is key, the presentation will include an opportunity to delve into the WADA Anti-Doping Code and discuss the principle of strict liability. We will examine how the code recognises the risks and subsequently how an athlete can ensure they have performed their maximum due diligence in relation to their supplement choices.