



NUTRITION SUPPLEMENTS & NIL

NIL activities don't override rules around banned substances and drug testing.



IMPORTANT REMINDERS

Supplements Are Not Regulated by the FDA: this means potential contaminants aren't identified until after the product hits store shelves or is consumed.

Third-Party Testing Companies Aren't Created Equal: many products claim to be third party tested, but only two test every batch of a product for banned substances - NSF Certified for Sport and Informed Sport.

Third-Party Testing Companies:

- Protect against adulteration
- Verify label claims
- Identify banned substances in the finished product



No product is 100% risk-free - don't let a potential sponsorship put your health and eligibility at risk.

HAVE SPORTS NUTRITION STAFF EVALUATE SUPPLEMENTS BEFORE COMMITTING TO A PARTNERSHIP.

PROCEED WITH CAUTION: COMPANY PRACTICES/REQUESTS TO QUESTION

- Recruiting others to sell a product ... this is a sign of an multi-level -marketing company.
- Not disclosing ingredients on food products they are asking you to sell.
- Requesting before and after pictures ... this is about aesthetics, not performance or health.
- Any requests that ask you to use products that don't match your goals or performance needs.



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PRODUCT CLAIM RED FLAGS



Claims to detox, cleanse, or burn fat

These claims aren't verified and are red flags for banned substances.

Hormone Manipulation

Words such as anabolic, testosterone, estrogen, growth hormone, etc. are basically warning signs for banned substances.

Promotes extreme weight loss or gains

These claims aren't verified to be true. Any body comp changes will be difficult to sustain and can negatively impact health/performance.

"NCAA Certified" or "NCAA Approved"

The NCAA doesn't approve supplements. Therefore, no such list of "approved" supplements exists.

Immune Health Claims

No nutritional supplement has been proven to prevent disease.