

ATHLETICS COMPLIANCE OFFICE

NUTRITIONAL SUPPLEMENTS GUIDELINES [NCAA BYLAW 16.5.2]

Institutions should note that if a supplement product includes any impermissible ingredient, it is not permissible to provide such a supplement to student-athletes. In order to assist institutions in applying the Permissible Nutritional Supplements legislation, the following steps are recommended.

- Review the label and ingredients to determine if the product meets one of the permissible classes of supplements (e.g., carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals);
- Review the ingredients for any banned substances (see www.ncaa.org/health-safety);
- Determine whether or not the product contains any of the examples of "impermissible" ingredients referenced earlier; and

1. Is the product considered a Food item or a Nutritional Supplement?

Based on the ingredients of the product, the food shall be categorized as a food or a nutritional supplement. Things to look at are on the list of ingredients, the Nutrition Facts or Supplement Facts labels. These labels will help convey whether the product is a food (or is food based) or is a supplement and not a food-based item. If the product is a food, the supplement restrictions do not apply. However, if a food product contains a banned substance it is not permissible to provide the item to student-athletes.

For the purpose of 16.5.2. Nutritional Supplement legislation, NCAA defines a nutritional supplement as any product that is either labeled as a supplement, or that contains added dietary supplement ingredients as defined by DSHEA, the Dietary Supplement Health and Education Act. https://ods.od.nih.gov/About/DSHEA_Wording.aspx

Per DSHEA, the term "dietary supplement":

- 1) Means a product (other than tobacco) intended to supplement the diet that bears or contains one or more of the following dietary ingredients:
 - a. a vitamin;
 - b. a mineral;
 - c. an herb or other botanical;
 - d. an amino acid;
 - e. a dietary substance for use by man to supplement the diet by increasing the total dietary intake; or
 - f. a concentrate, metabolite, constituent, extract, or combination of any ingredient described in clause (a), (b), (c), (d), or e;
 - 2) means that a product that:
 - a.
 - i. is intended for ingestion in a form by inserting powder, soft gel, gel cap after capsule
 - ii. Complies with 411© (1) (B) (ii) – by striking does not "stimulate"
 - b. Is not represented for use as a conventional food or as a sole item of a meal or the diet; and
 - c. Is labeled as a dietary supplement
1. Protein supplements (including powders); and
 2. Vitamins and minerals.

An impermissible nutritional supplement, i.e. one that may not be provided to student-athletes is one that contains any added dietary supplement ingredient other than a vitamin or mineral, or now protein powder.

The following is a list of examples of permissible and nonpermissible nutritional supplements/ingredients. The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements that may be provided to student-athletes:

Permissible:

- Vitamins and Minerals
- Calorie Replacement Drinks (e.g., Ensure, boost)
- Electrolyte Replacement Drinks (e.g. Powerade)
- Energy Bars

2. Permissible and Banned Substances

It is not permissible for an institution to provide any nutritional supplement to its student-athletes, unless the supplement is a nonmuscle-building supplement and is included in one of the five (5) classes identified specifically in NCAA Bylaw 16.5.2.2:

1. Vitamin;
2. Mineral;
3. Energy bars;
4. Carbohydrate boosters;
5. Protein supplements (including powders); and
6. Vitamins and minerals.

The following is a list of examples of permissible and nonpermissible nutritional supplements/ingredients. The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements that may be provided to student-athletes:

Non-Permissible:

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|--|--------------|
| • Amino Acids | • Glycerol |
| • Chrysin | • HMB |
| • Chondroitin | • L-carnitin |
| • Creatine/creatine-containing compounds | • Melatonin |
| • Ginseng | • Pos-2 |
| • Glucosamine | • Tribulus |

3. Amino Acids

Amino Acids list

<http://www.bodybuilding.com/store/amino.html>

Commentary on Amino Acids

<http://www.vitalitysci.com/knowledge-base/legality-for-wada-ncaa-and-other-organizations/>

4. Overview of Supplements and Their Uses

<http://www.ncaa.org/health-and-safety/sport-science-institute/supplementing-game-review-dietary-supplements-college-athletes>

If still unsure whether or not a particular supplement is permissible, the institution should contact NCAA membership services for interpretive assistance and should provide full written product ingredient information. Membership services will act in concert with sports medicine consultants to provide a review of the product and response back to the member institution. Products deemed permissible should be reviewed annually to determine if any reformulation of the product has introduced elements that make it no longer permissible to provide to student-athletes. If an institution has an interest in providing a supplement product being offered by a manufacturer or distributor of the product, it is the institution's responsibility to follow the outlined steps. An institution should not refer the manufacturer or distributor to the NCAA for a product review.

List of Banned Substances:

- **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; etc. Exceptions: phenylephrine and pseudoephedrine are not banned.
- **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.
- **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
- **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
- **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.
- **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.