

# MINIMISING RISK FROM PERFORMANCE SUPPLEMENTS

## ATHLETE'S GUIDE

As per advice from ASADA, no supplement is 100% safe to use, and most supplements do not actually improve performance.



**Note:** If you take medical supplements, such as Vitamin C, Zinc, Iron, Vitamin D, Calcium etc., these should be discussed with your Sports Doctor and/or Sports Dietitian to assess risk, as well as to confirm the most appropriate protocol for use.