



19 December 2017

To all National Federations  
Executive Board

## Warning Supplement Use

World Skate Medical Commission wishes to re state the warning to all World Skate participants about the dangers of supplement use .

Review of Doping Control Forms from the 2017 World Roller Games indicates that a large variety of supplements are being consumed by World Skate athletes some of which are listed as dangerous for sport participation. The prohibited substance may not be listed on the label or it may be listed under a different name. An example is “pouching tea extract”. If you search “pouching tea extract” in google it tells you it contains “AMP citrate” or DMBA, a prohibited substance. The evidence is that supplements either don’t work or they contain a banned substance that we know is performance enhancing. Supplements purchased over the internet have even greater risk.

While it can never be guaranteed that a supplement does not contain a prohibited substance you can reduce the risk by checking for the substance and batch number on [www.informed-sport.com](http://www.informed-sport.com) and / or [USADA site supplement411](http://USADA site supplement411). You need to create an account to view supplement411 but this is easy and free

Here is a link to the Australian Institute of Sport webpage which has an excellent review of supplements and risk

[www.ausport.gov.au/ais/nutrition/supplements/a-z\\_factsheets](http://www.ausport.gov.au/ais/nutrition/supplements/a-z_factsheets)

There is at least one positive test as the result of supplement use.

Under the WADA code and World Skate Anti-doping Rules, the athlete takes full liability for substances found in his sample and the

consequences are severe. A sports ban or sanction which can be four (4) years means that the athlete cannot participate in any sport that is a signatory to the WADA code in any capacity until the ban expires.

World Skate advises all participants to think carefully before using supplements and examine other ways of enhancing sports performance such as modification to training programme, nutrition and life style generally.



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