Supplement Traps & Nutrition Gaps: Creating an Education Action Plan

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Drug Free Sport INTERNATIONAL™

Includes:
- Dietary Supplement Inquiry
- Prescription/Over-the-Counter Database
- Drug Program Information/ Banned Drug Lists/ Medical Exception processes
- Sports Nutrition Handouts
- Athlete Recipes
- Drug Education Resources

FREE RESOURCE

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75% of college athletes use dietary supplements

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NCAA National Study on Substance Use Habits of College Student-Athletes, June 2018
Social Media

Endorsements

Supplements Defined

Dietary supplements DO NOT REQUIRE premarket review or approval by the FDA, while the supplement company is responsible for having EVIDENCE THAT THEIR PRODUCTS ARE SAFE and the label claims are truthful and not misleading, they do not have to provide that evidence to the FDA BEFORE THE PRODUCT IS MARKETED.

BUT...

Source: NIH Office of Dietary Supplements, Dietary Supplements: What you need to know
“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

Dietary Ingredients Include:

- Vitamins/Minerals
- Protein
- Herbal Botanicals
- Lecithin

Risks with supplementation

**Adulteration/Spiking**
- Putting ingredients in bottle without listing them on the label
- Often intentional

**Cross Contamination**
- Ingredients that appear in the bottle are not listed on the label
- Unlisted ingredients come from a different supplement
- Often unintentional
Third Party Certification

• Banned Substances Control Group
  www.bscg.org

• NSF Certified for Sport
  www.nsf.com

The NCAA, FDA and Drug Free Sport DO NOT APPROVE any dietary supplements

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High Risk Ingredients

• Synthetic stimulants
• SARMs
• CBD

Banned/Illegal Substances Still Found on the Market in 2017 Study

Four experimental stimulants found in sports and weight loss supplements: 2-amino-6-methylheptane (octodrine), 1,4-dimethylamylamine (1,4-DMAA), 1,3-dimethylamylamine (1,3-DMAA) and 1,3-dimethylbutylamine (1,3-DMBA)

Peter A. Cohen, John C. Travis, Peter H.J. Keijers, Patricia Decubber & Barbara J. Verhuis
Page 40-42 | Received 05 Sep 2017; Accepted 24 Oct 2017; Published online 05 Nov 2017

2013: FDA rules DMAA an illegal dietary supplement due to safety concerns
Selective Androgen Receptor Modulators (SARMs)

- Similar to anabolic agents – less steroid side effects
- NOT approved for human use
- NOT approved dietary ingredients
- Examples: Ostarine/MK-2866, Ligandrol/LGD-4033

Cannabidiol (CBD)

- Non-intoxicating component of Cannabis (marijuana plant)
- Promoted as the “medicinal” component

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SARM-POSITIVE DRUG TESTS

↑ 410%
(2014-15 TO 2017-18)
Commercial CBD Products

• Lack regulation by federal government
  – May contain THC
• Not backed by clinical trials

REMEMBER:
• THC is banned by the NCAA
• No medical exceptions for THC

NCAA Sanctions Apply

Non-Illict Drug Positive

• 1st Offense
  – Loss of 1 season of competition in all eligible sports
  – Loss of season of eligibility in all sports
  – 365 days if season began

• 2nd Offense
  – Lose all remaining eligibility for all sports

Illicit Drug Positive

• 1st Offense
  – Ineligible for 50% of a season in all sports

• 2nd Offense
  – Loss of 1 season of competition in all eligible sports
  – Loss of season of eligibility in all sports

Ensure your health, safety, & eligibility:
✓ Avoid Supplement Risks
✓ Focus on Sports Nutrition

What are some issues you see with fueling on your campus?
Recovery shakes lack...

- Increase in energy levels that food provides
- Nutritious value
- Guarantee to be free of banned substances

Be Prepared

- Start each day with breakfast
- Pack your lunch/snacks before heading to campus/class
- Meal prep for multiple days
- Box up food from the dininghalls
- Eat something every 2-3 hours and before workouts, practice & games
Ideas...

Snacks
• Peanut Butter & Jelly
• Trail Mix
• Fruit/Veggies & Hummus
• Hard boiled eggs
• Almonds
• Granola Bars
• Instant Oatmeal

Meals
• Stir fry
• Quesadillas
• Baked chicken/fish/pork with veggies
• Soup
• Overnight Oatmeal

Navigate dining halls
• Work with campus dining chefs and RDs to create healthy menus
  – Use athletic staff as your advocates!
• Know YOUR nutritional goals– eat according to YOUR plan

Athlete’s Plate

MODERATE TRAINING:

- Grains
- Dairy
- Protein
- Produce
- Fats

FLAVORS
- Sea Salt
- Herbs
- Spices
- Vinegar
- Honey
- Mustard
- Ketchup
Navigate dining halls

• Work with campus dining chefs and RDs to create healthy menus
  – Use athletic staff as your advocates!
• Know YOUR nutritional goals—eat according to YOUR plan
• Have a plan—scope out the options
• Focus on preparation styles
  – Avoid: fried, crispy, creamed
  – Try: broiled, boiled, grilled
• Source nutrition information—don’t be afraid to ask!

Bring it Home

• Fueling Stations

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Bring it Home

• Fueling Stations
• Cooking classes/ cooking competition

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- DFS Infographics
Bring it Home

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- Accountability buddy
- Team meals/batch sharing
- Meal examples

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3

RECIPIES FOR ATHLETES

Chicken Fried Rice

• 3 cups cooked brown rice
• 1/4 cup chicken breast
• 1 Tbsp. Coarsely Crushed Pineapple
• 1/2 cup frozen peas and carrots
• 1 small onion, chopped
• 1 clove garlic, minced
• 2 eggs
• Salt & Pepper

In a large non-stick wok or skillet, heat 1/2 tsp of oil over medium-high heat. Caramelize chicken, onions, carrots, and garlic, then add eggs. Serve over rice. Serve with a side of steamed vegetables.

Safety YouTube Video
- Supplement Designee
- What do you do on campus?
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Thank you!
Questions?

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