

## **GUIDANCE DOCUMENT ON THE USE OF SUPPLEMENTS FOR SPORTS PERSONS** by Ministry of Youth Affairs and Sports (MYAS)

The Ministry of Youth Affairs and Sports has notified following Generic Names of health supplements meant for sportspersons and general Fitness enthusiasts:-

<b>SL. No.</b>	<b>Name of the Supplement*</b>
1	Multivitamins
2	Whey protein
3	Soya protein
4	Calcium
5	Antioxidant
6	Sports drink including AAs, CHO, Protein and Electrolyte
7	Glucosamine
8	Lcarnitine
9	Creatine Monohydrate
10	Combination of arginine, glutamine, Branched Chain Amino Acids
11	Hematinic

The Ministry of Youth Affairs and Sports has notified following substances banned for sportspersons and Fitness enthusiasts

- Anabolic agents (stanozolol, nandrolone, testosterone, methandienone, metenolone, Metenolone, Boldenone, Drostanolone, Norandrosterone, Oxandrolone, Trenbolone, clenbuterol, Androsterone and Etio.);
- Peptide hormones (Erythropoiesis stimulating agents);
- Glucocorticosteroids (Prednisolone, betamethasone) and
- the substances as per the list of prohibited substances by NADA/ WADA from time to time.

### **Do's and Don'ts guidance according to the Ministry of Youth Affairs and Sports (MYAS)**

#### **Don't:**

Do not take a supplement just because a team mate or a competitor or your trainer is taking it or recommends it.

Do not exceed the recommended dose - Remember more is not always better. Excessive use of Whey protein can damage kidney or excessive vitamin or mineral can have a negative impact on the availability or absorption of another.

Do not take any supplements made by a company which also manufactures substances which are on the WADA/NADA Prohibited List due to the risk of cross contamination.

Do not take any supplements that make claims that sound too good to be true. Always validate product claims through non-biased sources.

Do not take any supplements made by a company which in the past has been associated with positive drugs tests.

#### **Do's:**

Follow a dietary plan that will allow you to adapt your eating and drinking practices to support your performance.

Due to your high physical activity and increased nutrient needs, you should seek advice from a well-informed professional such as a Dietician / Nutritionist before taking the sports supplements.

Make sure that the professional is familiar with the WADA/NADA Prohibited List.

Always remember that there are no quick fixes for improving sports and fitness performance.

#### **Note:**

The use of supplements does not compensate for poor food choices and an inadequate diet. A Sports person ought to choose food first to ensure that their nutritional needs are met. However, to meet the short term nutritional demands of the sports, the sport person may use supplements. In this context, the sports persons should have the knowledge of WADDA/ NADDA/ FSSAI and supplement labeling. For detail information refer to the **GUIDANCE DOCUMENT ON THE USE OF SUPPLEMENTS FOR SPORTS PERSONS** by Ministry of Youth Affairs available at Mantra reception or follow our web side [www.mantrahealthclub.com](http://www.mantrahealthclub.com)