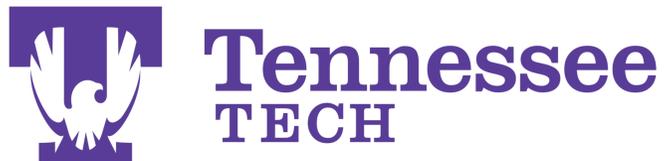


DIETARY SUPPLEMENTATION USE IN COLLEGE ATHLETES AND DOPING

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Introduction

Dietary supplements are essential to college athletes who want to fully optimize their performance in their particular sport. However, many athletes are not knowledgeable in what they consume in their bodies and what could be illegal, based on the National Collegiate Athletic Association (NCAA) guidelines on supplements and inadvertent “doping”.

Examples of banned substances classed by the NCAA:

- Stimulants
- Anabolic agents
- Alcohol and beta-blockers
- Diuretics
- Narcotics
- Cannabinoids
- Peptide hormones/growth factors
- Hormone and metabolic modulators

PRODUCTS THAT MAY RESULT IN FAILED DRUG TEST



Caffeine, a banned stimulant under NCAA regulations, is the common ingredient in these products, which contain a high enough amount to possibly trigger a failed drug test. In addition, supplements such as pre-workout are not regulated by the FDA, and thus may contain other ingredients and substances that may cause an athlete to fail a drug test.

Methods

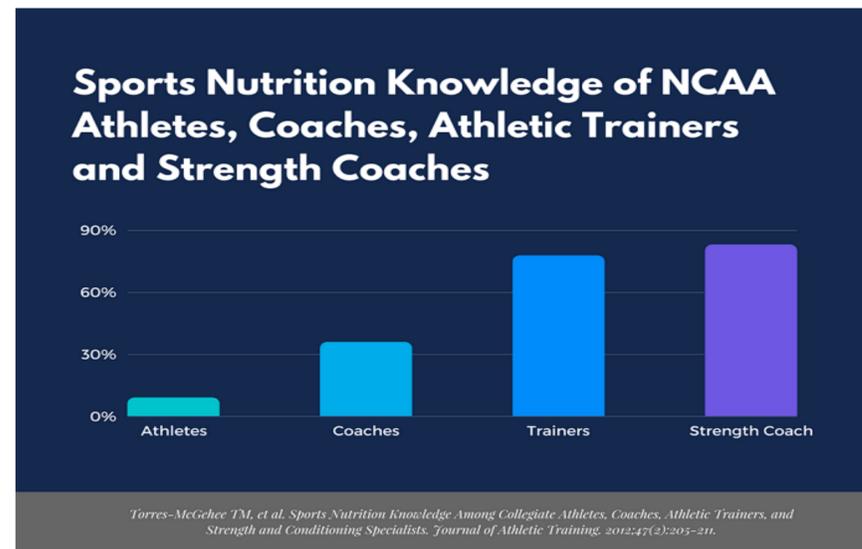
Caffeine is of the highest prevalence of accidental misuse of a supplement in college athletes. College athletes are allowed to use the stimulant, but a certain amount of caffeine (approximately 500mg or 15 micrograms per mL in urine concentration, 2-3 before event) is considered illegal under NCAA policies. Some pre-workouts and caffeinated drinks could also contain ingredients such as ginseng, L-carnitine, and taurine, that are banned by the NCAA, and they will trigger a positive drug test.

Results

The main issue with these accidental doping incidences is that the Food and Drug Administration (FDA) cannot sufficiently protect student athletes from every harmful supplements that are being sold to consumers. Between 2007-2016, the FDA found that 776 supplements and more than 145 companies were contaminated with banned drugs containing unapproved chemicals listed by the NCAA. To resolve this issue, school coaches, trainers, and sports team nutritionists need to implement programs to educate athletes to read nutrition labels on supplements they are consuming, to avoid suspension, and to reduce risk of accidental doping for the betterment of their health.

4 tips for student athletes when choosing to use dietary **supplements**:

1. Learn the risks from supplements containing ingredients that are banned, to avoid suspension or could negatively effect your health
2. Choose certified products that are FDA approved before purchasing supplement
3. Talk to health care providers or professionals before taking a specific supplement
4. Be sure to be educated or seek help when considering supplementation and be diligent when deciding what is right for you.



References:

Appeal Options for Student-Athletes Who Have NCAA Anti-Doping Violations for Banned Substances After Ingesting Contaminated Dietary Supplements. Global Sports Advocates, LLC. (2022). Retrieved 30 March 2022, from <https://www.globalsportsadvocates.com/library/dietary-supplements-can-lead-to-ncaa-anti-doping-violations.cfm>.

Richardson, L. (2022). Athletes Face Extra Risks When Taking Dietary Supplements. Pewtrusts.org. Retrieved 30 March 2022, from <https://www.pewtrusts.org/en/research-and-analysis/articles/2020/03/17/athletes-face-extra-risks-when-taking-dietary-supplements>.

NCAA Banned Drugs

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics/ Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

www.NCAA.org/drugtesting