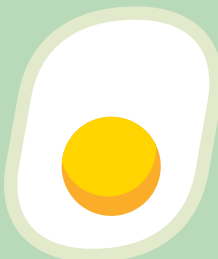


DRUGS IN SPORT

#KEEPRUGBYCLEAN

**THE GOAL:
ZERO ANTI-DOPING
VIOLATIONS IN SOUTH
AFRICAN RUGBY**



**THE ONLY WAY TO ZERO
ANTI-DOPING VIOLATIONS IN
SOUTH AFRICAN RUGBY:
AVOID TAKING SUPPLEMENTS
AND BANNED SUBSTANCES**

The best food choices may not make a champion out of a rugby player with no talent, but an inadequate diet can certainly prevent a talented player from reaching the optimal training and performance levels required to get to the top.

BEFORE CONTEMPLATING SUPPLEMENTS:

1. Can you get what you need from food or fluids first, instead of from a supplement?
2. Does it work? Is it effective in offering a performance benefit in your situation?
3. It is illegal?
4. Is there a risk of the product being contaminated?
5. Has it been batch tested according to WADA ISO standards for ALL WADA-banned substances?
6. Is it safe?
7. Are there any side effects that may adversely affect your health?

THE REAL-WORLD WAY: ZERO ANTI-DOPING VIOLATIONS IN SOUTH AFRICAN RUGBY

- Consult a dietician or sports physician first
- Always start with a food-first approach – fix your diet!
- Let the medical professionals decide whether or not you clinically need something
- If clinically needed, integrate these supplements into an individualised and periodised food plan
- Obtain clinical advice on a low-risk approach with regards to which supplements you can purchase



YOU ARE STILL ULTIMATELY RESPONSIBLE FOR WHAT GOES IN YOUR BODY! THE DECISION TO USE THE SUPPLEMENT OR NOT IS STILL YOURS TO MAKE