



THINKING ABOUT TAKING A SUPPLEMENT? READ THIS FIRST.

Not all supplements are created equal. Unlike prescription medications, most dietary supplements aren't closely regulated by the FDA. That means some products on the market may contain ingredients that are not listed on the label—or worse, banned or unsafe substances. As an athlete, it's important to know exactly what you're putting in your body.

LOOK FOR THIS LABEL: NSF CERTIFIED FOR SPORT®

The **NSF Certified for Sport®** mark is the gold standard for supplement safety in sports. It's used by major athletic organizations like the **NFL, MLB, NHL, PGA, and PGA**—and for good reason.

When you see this label, it means the product has been independently tested and verified for:

- **No banned substances** (tested for 290+ banned ingredients)
- **No unsafe levels of contaminants**
- **Accurate labeling** (what's on the label is actually in the bottle)
- **Made in a safe, certified facility** (GMP Certified and audited regularly)

This helps protect you from accidentally taking something that could harm your health—or your eligibility.

HOW TO CHOOSE A SAFE SUPPLEMENT

- **Look for the NSF Certified for Sport® logo** on the bottle or packaging
- **Check the list of approved products** at www.nsf-sport.com
- **Talk to your healthcare team**—especially your physician and a registered dietitian—before starting any supplement

WHY IT MATTERS

Whether you're training for a big game, recovering from an injury, or just trying to stay healthy, your body needs the right fuel. Using a certified supplement can give you peace of mind that you're staying safe and compliant—on and off the field or court.

Want Personalized Nutrition Guidance?

Contact our dietitians to schedule a consultation!

www.TOA.com/nutrition-services

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