Compliance Area: **NUTRITIONAL SUPPLEMENTS**

Institutions may only provide nonmuscle-building nutritional supplements to student-athletes at any time (including summer) for the purpose of providing additional calories and electrolytes. Supplements may not contain any NCAA banned substances. If a supplement includes any impermissible ingredient, it is not permissible to provide the supplement to student-athletes (e.g., amino acids, ginseng, etc.). The four permissible classes of nonmuscle-building nutritional supplements are carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. It is not permissible to provide any nutritional supplement/ingredients to student-athletes, unless the supplement/ingredient is a nonmuscle-building supplement and is included in one of the four classes. It is not permissible to sell or arrange the sale of muscle-building supplements to student-athletes.

**Permissible Supplements**

- Vitamins and Minerals
- Energy bars
- Calorie replacement drinks (e.g., Ensure, Boost)
- Electrolyte replacement drinks (e.g., Gatorade, Powerade)

**Nonpermissible Supplements**

- Amino Acids (including amino acid chelates)
- Chondroitin*
- Chrysin
- CLA (Conjugated Linoleic Acid)
- Creatine/creatine-containing compounds
- Garcinia Combogia (Hydroxycitric Acid)
- Ginkgo Biloba
- Ginseng
- Glucosamine*
- Glycerol**
- Green Tea
- HMB
- Carnitine
- Melatonin
- MSM (Methylsulfonyl Methane)
- Protein powders
- Tribulus
- Weight Gainers
- Yohimbe

*It is permissible for institutions to provide glucosamine and condroitin to a student-athlete for medical purposes, provided such substances are prescribed by a licensed medical doctor (as opposed to a trainer) to treat a specific, diagnosed medical condition (as opposed to prescribing them for preventative reasons).

**Glycerine or glycerol as a binding ingredient in a supplement product is permissible.

### PROTEIN SUPPLEMENTS

A supplement that contains protein may be classified as a nonmuscle-building supplement provided:

1. It is included in one of the four permissible categories;
2. It does not contain more than **30%** of its calories from protein (based solely on the package label). Nutritional supplements containing more than 30% of its
calories from protein are classified as muscle-building supplements and may not be provided to student-athletes; and

3. It does not contain additional ingredients that are designed to assist in the muscle-building process.

When reading the ingredient label of a supplement product, the listing of any impermissible ingredient makes the product impermissible. When considering the product’s protein content, you must consider the listing of the work “protein” and the number of grams of protein included. If any part of a protein is listed separately, as in any amino acid or chain, it would not be permissible to provide the supplement to student-athletes. If the product lists a “proprietary protein” or “protein blend,” then this is not a protein from a whole food source, but rather a concoction created by the manufacturer, and in most instances includes impermissible supplement ingredients.

To calculate the percentage of calories from protein contained in a particular supplement, multiply the number of grams of protein per serving by four (1 gram of protein = 4 calories) and divide the product by the total number of calories per serving.

Example
Nutritional supplement = 120 calories/serving and 9 g of protein/serving
9 g protein x 4 calories = 36 calories from protein
36 calories from protein / 120 calories = 0.30 or 30%

SUPPLEMENT CHECKLIST
In considering whether a supplement product is impermissible under NCAA legislation:
• Review the label and ingredients to determine if the product meets one of the permissible classes of supplements.
• Review the ingredients for any banned substances (see attached list).
• Determine whether or not the product contains any of the examples of “impermissible” ingredients referenced above.
• Determine if the product contains more than 30% calories from protein.

Procedure:
The athletic training staff and coaching staff should review the labels on all nutritional supplements PRIOR to providing student-athletes with the supplement.

Forms Used for Documentation:

<table>
<thead>
<tr>
<th>Name of Form/Report</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCAA Banned-Drug Classes</td>
<td>Provides a list of drug classes banned by the NCAA</td>
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