



NEPSAC SMAC Dietary Supplementation 2022-2023

While it is difficult and impractical to make a NEPSAC wide policy on supplementation, each school needs to have a plan in place for dealing with the rising issue. The Sports Medicine Advisory Committee recommends that these plans should revolve around the idea of “food first” and closely align with the NATA position statement regarding supplementation entitled, “National Athletic Trainers’ Association Position Statement: Evaluation of Dietary Supplements for Performance Nutrition.” Additionally, when coming across a student making decisions on supplementation, we encourage planned consultation with a health care provider to ensure healthy and safe practices. Below is an excerpt from the NATA position statement.

“Proper nutrition and changes in the athlete’s habitual diet should be considered first when improved performance is the goal. Athletes need to understand the level of regulation (or lack thereof) governing the dietary supplement industry at the international, federal, state, and individual sport participation levels. Athletes should not assume a product is safe simply because it is marketed over the counter. All products athletes are considering using should be evaluated for purity (i.e., truth in labeling), safety, and efficacy.”