

GREEN SEAL



Project co-financed by the Erasmus+ Sport Collaborative Partnerships Programme of the European Union

NUTRITIONAL SUPPLEMENTS

BEFORE CONSUMING A NUTRITIONAL SUPPLEMENT ASSESS:

- the need
- the risks
- the possible consequences

Do you know that some nutritional supplement could cause problems in athletes or other people that practice sport?



BE AWARE THAT:

- A label by itself provide no guarantee of the product content
- Some of the products are intentionally adulterated, deliberately not declaring some of the ingredients
- Other products are illegal and declare prohibited substances in their composition
- In some cases there could be cross contamination in the production process

Be conscious of products that make unauthorised health claims such as muscle building, weight loss, and sexual enhancement. They are considered to have a higher risk of containing ingredients that could lead to a health problem or a doping violation.

WHAT SHOULD I DO IF I WANT TO TAKE A SUPPLEMENT?

- Seek advice from a qualified professional
- Before buying the product conduct a thorough Internet search of the product you intend to take, and research the list of ingredients, and the possible warnings associated with the product.
- Buy the product in authorized shops. To prevent risks, avoid buying the products through the Internet.
- Only use batch tested products from a reliable source such as www.informed-sport.com or <http://www.nsf sport.com/>

E-MAIL
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WEBSITE

<https://green seal.aepsad.gob.es/>



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MEDICINES

BEFORE CONSUMING A MEDICINE YOU SHOULD CONSIDER THAT:

- Medicines should only be used in the case of illness and for the therapeutic indications approved
- Seek advice from a qualified professional: doctor or pharmacist
- Assess the real need: benefits vs risks
- Assess the possible consequences
- If you are a professional athlete, be aware of the list of substances whose use is prohibited in sport, and if you really need to use them ask for a Therapeutic Use Exemption (TUE)

BE AWARE THAT:

- Medicines should only be used under medical prescription or in the case of non-prescription medicines after the advice of a pharmacist or a physician
- Medicines should only be used for the therapeutic indications approved by the Medicines Regulatory Authorities
- Using medicines for other indications or doses than the ones approved, means exposing you to risks that may be very serious, including death

RECOMMENDATIONS:

- Buy medicines from a reliable source such a registered pharmacy
- Be especially cautious if you buy medicines over the internet. More than 50% of the medicines sold over the internet are falsified or illegal in some way. These medicines could be of bad quality or even have toxics in their composition that could be dangerous for your health
- Only use medicines for the indications and in the doses approved. There is no point in taking unnecessary risks that could lead you to dangerous health problems

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