

# Health & Contamination Risk Chart for Dietary Supplements

**WARNING:** Lack of regulation in the supplement industry opens the door for supplement contamination that may result in adverse health effects and/or positive drug tests. Athletes are subject to sanctions even if a positive test is the result of a contaminated supplement.

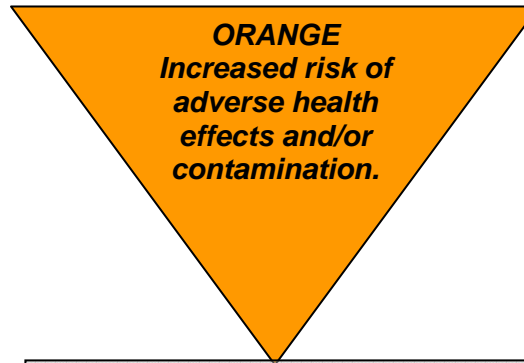


**YELLOW**  
Lower risk of adverse health effects and/or contamination.\*

Major Brands\*\* of Basic Multi-vitamins or Iron pills or carbohydrate-electrolyte drinks or nutritional bars

\*\*“Major Brands” means reputable well-established companies that do not also make products containing prohibited substances.

\*Lower risk does not equal “zero” risk. There is evidence linking various **YELLOW** and **ORANGE** risk products to positive doping results.



**ORANGE**  
Increased risk of adverse health effects and/or contamination.

- Mega-dose pills (more than 300% of daily requirement)
- Herbal products and products containing herbal additives (not listed as **RED**)
- Protein powders/shakes
- Creatine
- Amino Acid mixtures
- “Proprietary” ingredients
- YELLOW** risk products made by companies that manufacture any **RED** risk products.



**RED**  
High risk of adverse health effects and/or contamination.

Anything with the words:

- “Andro-”\*\*\* or “Nor” (**Prohibited!**)
- Ephedrine or Ma Huang or Guarana - (**Prohibited!**)
- “Anabol” or “Diol”\*\*\* or “Test”\*\*\*
- “Reduces water retention”\*\*\*
- “Energizer” or “Energy”\*\*\*
- “Weight Loss”\*\*\*
- “Muscle Builder” or “Stack” or “Stak” \*\*\*

\*\*\*Likely to be or contain prohibited substances.

Avoid products from companies that manufacture any of the above or any other prohibited substances.

Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements “take at your own risk,” placing full responsibility for any effects and repercussions on the athlete. The ultimate decision to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. All athletes are advised that the use of dietary/nutritional supplements is completely at the athlete's own risk, even if the supplements are “approved” or “verified.” If you take dietary/nutritional supplements you may test positive for a prohibited substance, which is not disclosed on the product label. This would result in a doping violation. Please visit [www.usa-swimming.org](http://www.usa-swimming.org) and [www.usantidoping.org](http://www.usantidoping.org) for important information regarding the risks of taking dietary supplements and the regulation of supplements in the United States. This chart was prepared by USA Swimming, 1 Olympic Plaza, Colorado Springs, CO (719) 866-4578.

\*For health reasons, athletes who have not completed puberty should not use any product with an **ORANGE** or **RED** risk.\*