Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Dietary Supplements
Revised/Reviewed 7/2011

INTRODUCTION:

Congress defined the term "dietary supplement" in the Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, soft gels, gelcaps, liquids, or powders. They can also be in other forms, such as a bar, but if they are, information on their label must not represent the product as a conventional food or a sole item of a meal or diet. Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of "foods," not drugs, and requires that every supplement be labeled a dietary supplement.

Dietary Supplement manufacturers do not need to register themselves nor their dietary supplement products with FDA before producing or selling them. Currently, there are no FDA regulations that are specific to dietary supplements that establish a minimum standard of practice for manufacturing dietary supplements. However, FDA intends to issue regulations on good manufacturing practices that will focus on practices that ensure the identity, purity, quality, strength and composition of dietary supplements. At present, the manufacturer is responsible for establishing its own manufacturing practice guidelines to ensure that the dietary supplements it produces are safe and contain the ingredients listed on the label.

By law (DSHEA), the manufacturer is responsible for ensuring that its dietary supplement products are safe before they are marketed. Unlike drug products that must be proven safe and effective for their intended use before marketing, there are no provisions in the law for FDA to "approve" dietary supplements for safety or effectiveness before they reach the consumer. Also unlike drug products, manufacturers and distributors of dietary supplements are not currently required by law to record, investigate or forward to FDA any reports they receive of injuries or illnesses that may be related to the use of their products. Under DSHEA, once the product is marketed, FDA has the responsibility for showing that a dietary supplement is "unsafe," before it can take action to restrict the product's use or removal from the marketplace.

Except for rules described above that govern "new dietary ingredients," there is no provision under any law or regulation that FDA enforces that requires a firm to disclose to FDA or consumers the information they have about the safety or purported benefits of their dietary supplement products. Likewise, there is no prohibition against them making this information available either to FDA or to their customers. It is up to each firm to set its own policy on disclosure of such information. For more information on claims that can be made for dietary supplements, see *(http://www.cfsan.fda.gov/~dms/hclaims.html)*.

Information adapted from the US Food and Drug Administration Center for Food Safety and Applied Nutrition

THE USE OF SUPPLEMENTS:

Coastal Carolina University does not condone the use of dietary supplements. Dietary supplements do not undergo federal government approval and are not tested for quality unlike prescription and over-the-counter medications. The product claims made by many dietary supplement manufacturers have not been based on scientific research in many cases. Many dietary supplements have not been subject to research by unbiased independent researchers in order to substantiate performance claims. The potential adverse and/or harmful effects of these substances have not been completely studied, but serious adverse effects have been reported in some instances. As there are minimal federal government labeling requirements for dietary supplements, some products may contain National Collegiate Athletic Association (NCAA) and/or Coastal Carolina University banned substances, which are not listed on the label.

Students at Coastal Carolina University that choose to participate in intercollegiate athletics are subject to random drug screens conducted throughout the calendar year by Coastal Carolina University and the NCAA. A positive drug screen due to consumption of a dietary supplement will be treated the same as any other positive drug screen and all applicable sanctions will be enforced. It is ultimately the student-athlete's responsibility to ensure the safety of the dietary supplement product. The athletic training staff, strength and conditioning staff, and team physicians are excellent sources of information regarding dietary supplements and the NCAA Banned Drug list.

The Resource Exchange Center (REC) provided by Drug Free Sport is a service provided at no cost to all NCAA members to inquire about the safety of dietary supplements or any prescription drug. Student-athletes can request the athletic training staff to submit an inquiry regarding any dietary supplement to see if it possibly contains any known banned substances. For more information on the REC or Drug Free Sport you can visit the following website:

http://www.drugfreesport.com/index.asp

It is important for student-athletes to remember that **THEY WILL BE HELD RESPONSIBLE FOR EACH AND EVERY SUBSTANCE THAT ENTERS THEIR BODIES.**

Dietary Supplement Disclosure Form

I, _____ would like to disclose the following substance for which I consume as a dietary supplement other than those prescribed by a medical doctor. I understand that labeling on these products can be misleading and inaccurate, and that advice of sales personnel may be inaccurate. Terms such as "healthy" or "naturally occurring" do not necessarily imply safety nor does it imply that the NCAA or Coastal Carolina University approves these substances. Ultimately, I am responsible for knowing what is contained in any supplement that I may take.

1. Brand Name:_____

   Description:_____

   _____

2. Brand Name:_____

   Description:_____

   _____

3. Brand Name:_____

   Description:_____

   _____

4. Brand Name:_____

   Description:_____

   _____

_____ _____

Student-Athlete Date Athletic Training Staff Date