



High Performance Sport NZ (HPSNZ) Nutritional Supplements Programme Statement

HPSNZ has a food first focus.

Among the vast range of nutritional and dietary supplements available to athletes, some can, in specific settings and situations, be a useful adjunct to an athlete's performance nutrition programme.

For instance, some supplements can be used to manage nutritional deficiencies, optimise training and performance, and, at times, offer a convenient way of meeting nutritional needs.

However, supplements do not compensate for poor food choices or suboptimal training practices. Further, supplements may contain impurities or substances that are prohibited in or out of sporting competition, and use therefore, carries risks.

Inappropriate use of supplements may lead to serious health consequences, be contrary to the 'spirit of sport'¹, and/or result in lengthy bans from participation in sport.

Accordingly, athletes intending to use supplements should (before actually using any supplements) seek advice from their HPSNZ Lead Performance Nutritionist and Medical Director about the risks to health and performance, and the costs as well as possible benefits to performance.

They should also seek advice from Drug Free Sport New Zealand (DFSNZ) to ensure compliance with the World Anti-Doping Code.

¹ The 'spirit of sport' refers to what is intrinsically valuable about sport. It is how we play 'true', as characterised by the following values: ethics, fair play and honesty; health; excellence in performance; character and education; fun and joy; teamwork; dedication and commitment; respect for rules and laws; respect for self and other participants; courage; community and solidarity.