



# NCAA Athlete Medication and Nutritional Supplements

At Sanford, we work with you towards your fitness and athletic performance goals by guiding you in your training and programming geared for you. It is important for you to know what the guidelines are for banned substances, including medications and nutritional supplements. We hope this information helps you along your athletic journey.

## Things to Know

### Banned Substances

- If you need a physical exam and/or treatment by a medical professional, both the athlete and medical professional need to know what substances are banned by the NCAA.
- If you are being evaluated by a behavioral health professional, both the athlete and behavioral health professional need to be aware of the NCAA guidelines on banned substances.
- If you need to take a certain medication, use the links provided at the bottom of this page to find the most up-to-date list of medications on the banned list.
- If your treatment requires a banned substance, you need to notify your head athletic trainer so correct documentation can be completed to justify its use.

### Nutritional Supplements

The NCAA position on dietary supplement is one of caution. It is a “buyer beware market.”

- Just because a product does not list any NCAA banned substances does not guarantee there are not any present.
- Purity of the substances and potential for contamination should always be a concern.
- The FDA does not strictly regulate dietary supplements.
- The information on the labels may not be correct.

### Links

<http://www.ncaa.org/sport-science-institute/topics/2019-20-ncaa-banned-substances>

<http://www.ncaa.org/sites/default/files/3.%20Banned%20Drugs%20Poster.pdf>

[https://ncaaorg.s3.amazonaws.com/ssi/substance/SSI\\_DrugPoliciesBrochure.pdf](https://ncaaorg.s3.amazonaws.com/ssi/substance/SSI_DrugPoliciesBrochure.pdf)

<http://www.ncaa.org/sites/default/files/Understanding%20Dietary%20Supplements%20Fact%20Sheet.pdf>