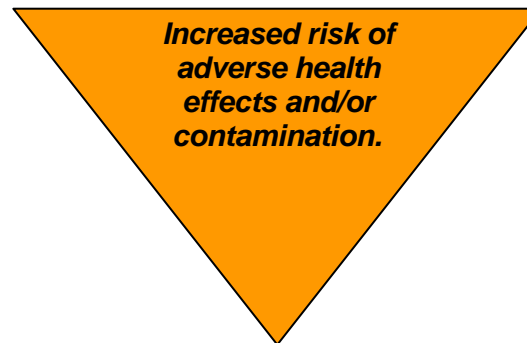


Health & Contamination Risk Chart for Dietary Supplements

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.



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.

-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.

Anything with the words:

- "Andro-" or "Nor" (**Prohibited!**)
- Ephedrine or Ma Huang or Guaranna - (**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 and 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.*