



# HOW DO I MAINTAIN LEAN MUSCLE THE 'SAFER' WAY

The supplement industry has grown to market thousands of products globally. To keep athletes drug-free, they MUST be responsible for protecting THEIR career and future. Athletes need to make an educated, *informed* decision in sport.

## Before using a supplement:



Have you been to a dietitian to assess if you can get what you need through the food-first approach?



Is it a trusted, tested, SAFER product that contains the informed sport/ informed choice logo?



Is it free from banned substances and has this been discussed with a sports physician or dietitian?



Are there any adverse effects on your health?



Scientifically, does this provide any performance benefit in a safe way; do you truly need it?

Trusted, Tested, SAFER supplements contain the following Logos:



CHOICE



SPORT

There are **NO** guarantees, only **LOWER** risk!

To search for tested products visit:

[www. Informed-sport.com](http://www.Informed-sport.com)

Or

[www.informed-choice.org](http://www.informed-choice.org)