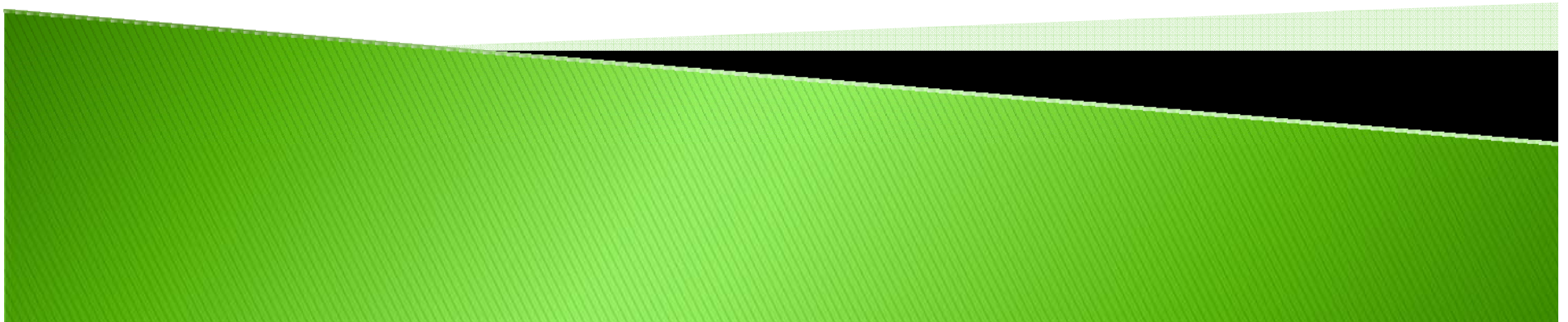


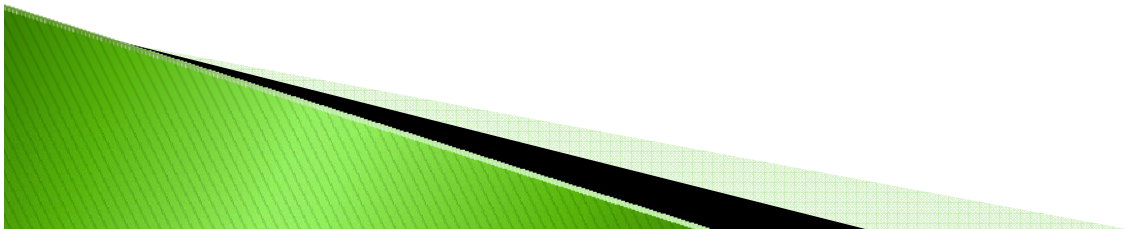
Nutritional Supplements & CU Student-Athletes

October 9, 2008



NCAA Legislation

- ▶ NCAA Bylaw 16.5.2–(g)
- ▶ Developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS).
- ▶ **Nutritional Supplements.** CU may provide only nonmuscle–building nutritional supplements to a SA at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances.

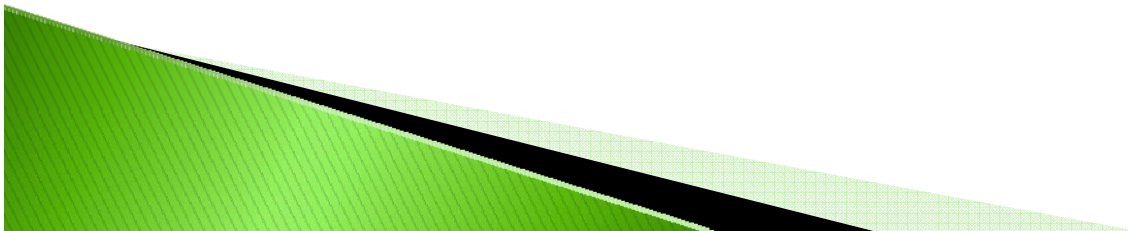


NCAA Legislation

NCAA Bylaw 16.5.2–(g)

Permissible nonmuscle–building nutritional supplements are identified according to the following classes:

- Carbohydrate/electrolyte drinks,
- Energy bars,
- Carbohydrate boosters &
- Vitamins and minerals.

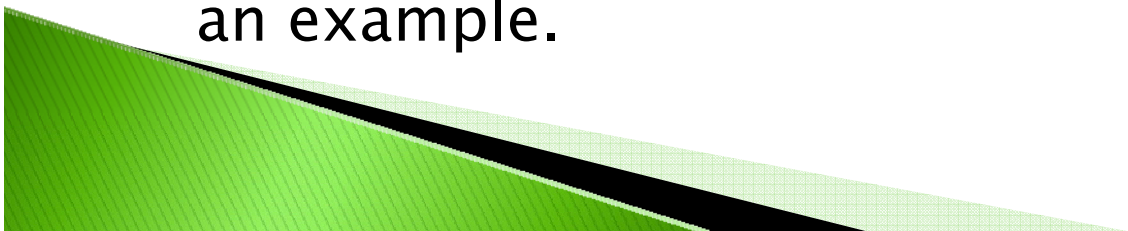


NCAA Banned Substances

- ▶ **NCAA Banned-Drug Classes 2007-08**

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list.

The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

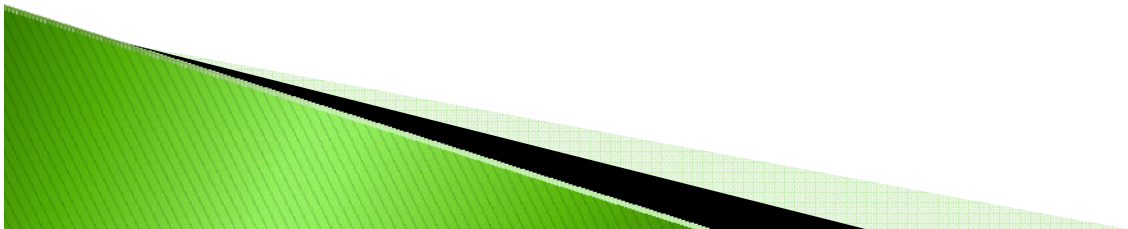


NCAA Banned Substances

- ▶ NCAA Banned-Drug Classes 2007-08

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk.

Student-athletes should contact the team's physician or athletic trainer for further information.



NCAA Banned Substances

▶ Stimulants:

▶ Methylendioxyamphetamine (ecstasy)

- ▶ amiphenazole
- ▶ amphetamine
- ▶ methylphenidate
- ▶ bemigrade
- ▶ nikethamide
- ▶ benzphetamine
- ▶ octopamine
- ▶ bromantan
- ▶ pemoline
- ▶ caffeine (guarana)
- ▶ pentetrazol
- ▶ chlorphentermine
- ▶ phendimetrazine
- ▶ cocaine
- ▶ phenmetrazine
- ▶ cropropamide
- ▶ phentermine

- ▶ crothetamide
- ▶ phenylpropanolamine (ppa)
- ▶ diethylpropion
- ▶ picrotoxine
- ▶ dimethylamphetamine
- ▶ pipradol
- ▶ doxapram
- ▶ prolintane
- ▶ ephedrine (ephedra, strychnine, ma huang)
- ▶ synephrine (citrus aurantium, ethamivan zhi shi, bitter orange)
- ▶ ethylamphetamine.
- ▶ fencamfamine
- ▶ meclofenoxate banned:
- ▶ methamphetamine
- ▶ **The following stimulants are not banned:**
- ▶ phenylephrine
- ▶ pseudoephedrine

NCAA Banned Substances

- ▶ **Anabolic Agents:**
- ▶ androstenediol
- ▶ methyltestosterone
- ▶ androstenedione
- ▶ nandrolone
- ▶ boldenone
- ▶ norandrostenediol
- ▶ clostebol
- ▶ Norandrostenedione
- ▶ dehydrochlormethyltestosterone
- ▶ norethandrolone
- ▶ oxandrolone
- ▶ dehydroepiandrosterone (DHEA)
- ▶ oxymesterone
- ▶ oxymetholone
- ▶ dihydrotestosterone (DHT)
- ▶ stanozolol
- ▶ testosterone
- ▶ dromostanolone
- ▶ tetrahydrogestrinone (THG)
- ▶ epitrenbolone
- ▶ trenbolone
- ▶ fluoxymesterone
- ▶ gestrinone
- ▶ mesterolone
- ▶ methandienone
- ▶ clenbuterol

NCAA Banned Substances

- ▶ **Diuretics and other Urine Manipulators:**
- ▶ acetazolamide
- ▶ hydrochlorothiazide
- ▶ bendroflumethiazide
- ▶ hydroflumethiazide
- ▶ benzthiazide
- ▶ methyclothiazide
- ▶ bumetanide
- ▶ metolazone
- ▶ chlorothiazide
- ▶ polythiazide
- ▶ chlorthalidone
- ▶ probenecid
- ▶ ethacrynic acid
- ▶ spironolactone (canrenone)
- ▶ finasteride
- ▶ probenecid
- ▶ flumethiazide
- ▶ triamterene
- ▶ furosemide
- ▶ trichlormethiazide

NCAA Banned Substances

▶ Street Drugs:

- ▶ heroin
- ▶ tetrahydrocannabinol (THC)
- ▶ marijuana

▶ Anti-Estrogens

- ▶ anastrozole
- ▶ clomiphene
- ▶ tamoxifen

▶ Peptide Hormones and Analogues :

- ▶ corticotrophin (ACTH)
- ▶ growth hormone (hGH, somatotrophin)
- ▶ human chorionic gonadotrophin (hCG)
- ▶ insulin like growth factor (IGF-1)
- ▶ luteinizing hormone (LH)
- ▶ erythropoietin (EPO)
- ▶ sermorelin
- ▶ darbepoetin

Non-Permissible Supplements

- ▶ Amino acids
- ▶ Chrysin
- ▶ Chondroitin
- ▶ Creatine
- ▶ Creatine-containing compounds
- ▶ Ginseng
- ▶ Glucosamine
- ▶ Glycerol
- ▶ HMB
- ▶ L-carnitine
- ▶ Melatonin
- ▶ Pos-2
- ▶ Protein powders
- ▶ Tribulus

Permissible Supplements

- ▶ Non-Muscle Building Products
- ▶ Vitamins and Minerals
- ▶ Energy Bars
- ▶ Calorie Replacement Drinks
- ▶ Electrolyte
- ▶ 30% Rule– products that contain protein may be classified as non-muscle building supplements if they do not contain more than 30% of the calories from protein and the source is from a “whole food”.



Supplements Provided to CU Athletes

▶ Gatorade

- Nutrition Shake
- Thirst Quencher
- Endurance

▶ Muscle Milk

- Collegiate RTD's
- Collegiate Powder
- Energy Gel
- Bars

▶ Power Bar

- Harvest Bars

▶ Kirkland Multi-Vitamin

▶ Additional Products

- Gluten-free products for individuals with Celiac Disease
- Any product that is compliant and research has proven beneficial to student-athletes

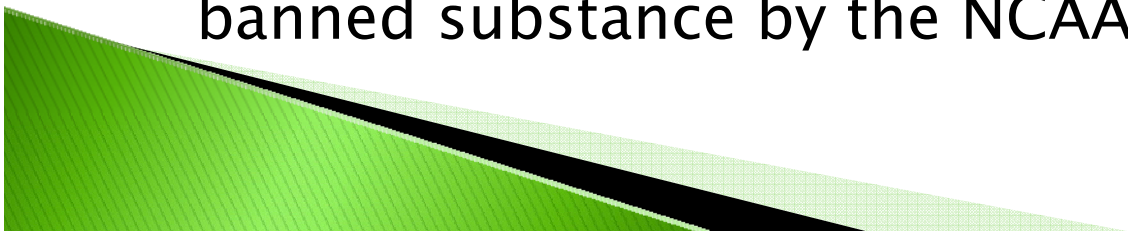
University of Colorado Speed–Strength & Conditioning Nutritional Supplement Policy

We do not advocate the use of any nutritional supplements in the place of a well balanced diet. Our goal is to educate our SAs to make healthy food choices which energize, nourish, and prepare their bodies for optimal performance.

Any supplement we provide will be in accordance with NCAA rules, have scientific evidence proving its safety and effectiveness, and be produced by a company with the strictest manufacturing and ingredient standards.

We encourage our SAs to bring us any supplement they are considering taking so we can do the following:

–Make sure the supplement does not contain a banned substance by the NCAA.



University of Colorado Speed–Strength & Conditioning Nutritional Supplement Policy

- Research the scientific evidence documenting the supplements safety, effectiveness, and proper dosages.

- Research the company producing the supplement to ensure proper manufacturing practices and the purity of their products.

If the supplement has met all of the above criteria, we will then provide the SA with an information sheet containing proper dosage information, any possible negative side effects or risks, and the scientific evidence supporting the use of the supplement.



Nutritional Supplement Evaluation

Product Name:

Manufacturer:

Product was submitted by:

Does the product contain any NCAA banned substances or ingredients that could result in a positive test?

(current banned drug list found at www.ncaa.org must be printed and attached/included with this sheet for records retention)

- NO
- YES

If yes, product is not permissible for student-athlete consumption . List ingredient(s):

Based on an evaluation of the product above against the NCAA's banned substance list, and my professional experience, the product listed on this form is

- Compliant
- Non-Compliant
- May cause positive drug test result

Comments:

Type/Print Name

Signature

Date

Student-Athlete Statement

I understand that this evaluation is only related to the list of NCAA banned substances as compared to the ingredients on the product's label. I understand that the consumption of this nutritional supplement is at my own risk, that the nutritional supplement industry is largely unregulated by the federal government, and that the nutritional supplement manufacturers may not list all of the product's ingredients on the product's label. As such, the product could unintentionally result in a positive drug test and loss of eligibility due to any unlisted ingredients being included in the product or the resulting effect of the product's ingredients.

