



SUPPLEMENTS POSITION STATEMENT

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

The National Federation of State High School Associations (NFHS) recently advised the membership of a heightened level of concern about nutritional supplements. Empirical data has demonstrated widespread use of such products by persons of high-school age. The products are unregulated by the Food and Drug Administration (FDA), and they may contain potentially harmful ingredients such as (but not limited to) creatine, ephedrine or excessive amounts of caffeine.

In 1998, the NFHS Board of Directors issued a position statement on the use of drugs, medications and supplements by participants in interscholastic sports. The NFHS' strong recommendation then and remains today that all student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, school personnel, including coaches should not dispense any drug, medication or supplement except with extreme caution and in accordance with state regulations and school district policy. School district policies should be developed in consultation with health-care professionals, senior administrative staff of the school district and parents.

The new warning about nutritional supplements was issued by the NFHS through its Sports Medicine Advisory Committee, and was intended to serve as a reminder to student-athletes, parents and school officials. The warning reminded all interested parties that supplements in the form of pills, powder, drinks and food sources (medications, supplements and consumables) purporting to enhance strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, and the advice of one's own health-care provider. Now because of the reported high level of supplement usage by teenagers, the NFHS is asking that its warning be given increased emphasis by all concerned parties.

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