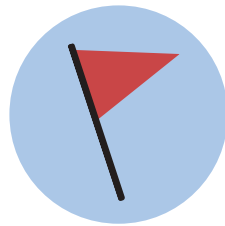


Supplement Safety: Red & Green Flags

Use this cheat sheet to make the right supplement choices.



Red Flags

No Third-Party Certification

"Approved" is not good enough.

These organizations can't approve supplements:

- WADA
- FDA
- USADA

Outrageous Claims

- Endurance enhancer
- Testosterone booster
- Super focus
- Replacement or alternative to prescription medication

Only Available Online

Some companies avoid regulations by having only an online presence.

Secret Formula

Avoid products that claim:

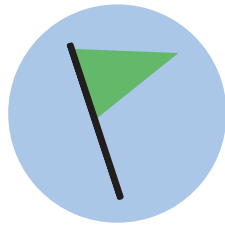
- "Top secret formula"
- "Proprietary blend"
- "Scientific breakthrough"

Endorsed By A Coach Or Trainer

Is the product being endorsed by a coach or trainer, or is it backed by medical professionals?

Supplement Safety: Red & Green Flags

Use this cheat sheet to make the right supplement choices.



Green Flags:

Look Out For These Seals:



NSF Certified
for Sport



Informed
Sport



USP



ConsumerLab

Easy to Understand Ingredient List

All the ingredients are:

- recognizable
- listed by their common name
- have well-documented nutritional value



Visit These Resources For More:

- [Supplement Connect](#)
- [FDA 101: Dietary Supplements](#)

**Always check with a medical professional
before starting a supplement!**