

BANNED-SUBSTANCE TESTING

What should an athlete expect?



SPORT

WHY ARE LEVELS OF DETECTION IMPORTANT?

Levels of detection to pass or fail a product are important to both the athlete and the supplement brand. For an athlete, it is important to know that the level that the product was tested for was far below what would cause them to fail a drug test. This is a chance they just can't take as they are completely responsible for what they consume. For a supplement brand or manufacturer, testing to the levels of parts per billion is important to ensure their manufacturing facility or supply chain will reduce the chance for cross contamination through the supply chain and manufacturing process.

WHAT ARE THE LEVELS OF DETECTION ALLOWED IN AN INFORMED SPORT PRODUCT?

Levels of detection range from 10-100ng/g depending on the compound and method capability. Informed Sport requires that products must be tested and reported below established thresholds based on decades of expertise and intelligence sharing with the anti-doping community. If testing identifies the presence of prohibited substances, the product will fail the screen.

WILL A PRODUCT PASS OR BECOME CERTIFIED IF IT DOESN'T MEET THE MINIMUM LEVEL OF DETECTION THRESHOLD OR METHOD CAPABILITY?

No. During the certification process, multiple samples and batches are tested to ensure that no prohibited substances in our screen are present above the minimum threshold. If any compounds are reported near, at, or above this threshold, an investigation is carried out to identify the source of adulteration or contamination. If the source cannot be identified, determined, or resolved, the product cannot continue to remain in the Informed Sport program.

HOW CAN PRODUCTS BECOME CONTAMINATED?

Products can be subject to contamination in various ways.

Contamination of raw materials at the source of origin

Poor quality control practices in various countries have shown higher risk of ingredient contamination where they were produced.

Contamination introduced in the manufacturing facility

If banned substances are handled in a manufacturing facility, cross contamination may occur due to poor handling, cleaning and storage of high risk materials.

Naturally Occurring Compounds

Some ingredients may contain naturally occurring substances prohibited by sport. This may occur in both plant based and animal based ingredients.

IS EVERY BATCH OF A CERTIFIED PRODUCT TESTED WITH INFORMED SPORT?

Every batch/lot in the Informed Sport program is tested.

This includes individually testing each flavor and variant for each product certified. In addition to every batch testing, Informed Sport requires additional blind sample testing to ensure the products sent in for testing are the same batches sold at retail.

HOW DO I KNOW IF EVERY BATCH HAS BEEN TESTED?

Critical to any certification program is the transparency where the athlete can check to make sure the product they have, has been tested. Informed Sport lists every batch tested on Informed Sport.com by product name, flavor, lot number, expiration date and test date so the athlete can verify if it has been tested. It's the only way the athlete knows for sure that the batch they have has been submitted for testing.

IS EACH INDIVIDUAL BATCH TESTED SEPARATELY?

Yes, each batch of certified product is tested individually including each product flavor. LGC does not perform composite testing.

WHAT IS A BATCH OR LOT?

A batch or lot is a unique number assigned to a group of products for which are common with specific properties, such as flavor, size or date produced. Specific details for lot or batch naming convention are determined by the individual manufacturer.



INDEPENDENT 3RD PARTY TESTING AND CERTIFICATION PROGRAMS ARE CRITICAL TO MINIMIZE RISK AND PROTECT ATHLETES FROM INADVERTENT DOPING VIOLATIONS.

WHAT IS COMPOSITE TESTING?

The practice of composite testing is performed by some laboratories by combining several batches/lots/flavors/variants of products into one sample, and tested. This is a risky practice for certified products since if any one of the lots was contaminated, it could be diluted by the other lots and not detected in the screen.

DOES INFORMED SPORT PERFORM COMPOSITE TESTING?

No. Informed Sport does not engage in composite testing for certified products as this presents unnecessary risks to both the program integrity and athlete.

IF A COMPANY IS GMP CERTIFIED, DOES THAT MEAN THE PRODUCT HAS BEEN TESTED FOR BANNED SUBSTANCES?

No. GMP does not mean the product has been tested for banned substances. Athletes and staff often have the misconception that if a company is GMP certified, the product must have been tested and free of banned substances. Although GMP certification is important, it only certifies that the manufacturer has the necessary manufacturing documentation, processes and controls in place to ensure product quality, traceability and competence. GMP does not cover the presence or absence of substances such as steroids and banned stimulants.

GMP certification does not require the product to be tested for banned substances at an ISO17025 accredited laboratory such as LGC. Because of this, inadvertent contamination from banned substances is still possible even in GMP Certified manufacturing facilities.

WHAT SHOULD THE MINIMUM STANDARD BE IN A SUPPLEMENT CERTIFICATION PROGRAM FOR SPORT?

While no program can 100% guarantee a product is free of banned substances, minimum standards should be met when certifying dietary supplements.

THESE STANDARDS SHOULD BE ASKED BY ANY STAKEHOLDER BEFORE USING OR RECOMMENDING SUPPLEMENTS TO THEIR ATHLETES.

LGC FEELS A MINIMUM STANDARD SHOULD INCLUDE:

- ❑ Manufacturing Quality System Audits to ensure facilities meet GMP and have the processes in place to prevent cross contamination.
- ❑ Pre-Certification ingredients review and sample testing to ensure the formula does not include prohibited substances and to develop a history of testing with the manufacturer/brand.
- ❑ Post-certification sample testing to ensure ongoing testing is carried out.
- ❑ Listing of batches tested under the certification programme so athletes can confirm if the batch they have has been tested.
- ❑ Testing performed by an ISO17025 accredited lab for each compound, level of detection and matrix type (powders, liquids, gels, bars, capsules, tablets, etc.)
- ❑ Every lot/batch must be tested individually and reported individually through a certificate of analysis; not several lots combined into one.
- ❑ Products should pass or fail based on the minimum set level of detection/method capability.

Independent 3rd party testing and certification programs are critical to minimise risk and protect athletes from inadvertent doping violations. They are also an essential requirement for anyone advising or providing supplements to drug tested athletes as a duty of care. It's imperative that these athletes and advisors have the tools and knowledge to make an informed decision on what they put in their body as careers and reputations could be on the line.

Find out more at
[INFORMED-SPORT.COM](https://www.informed-sport.com)

