



Performance Nutrition Pathway Program

MODULE 5 – U18 Activity: SOURCING SAFE SUPPLEMENTS


Scenario: You are heading to the USA for a 4-week training camp, including match play. You have been working closely with an Accredited Sports Dietitian and as a result, utilise the following items as part of your Performance Nutrition Plan. Your Dietitian has recommended that you take all your usual products from home, as you know what works for you and its difficult to know what can be sourced overseas.

Here is your Sports Food and Supplement shopping list;



- Whey Protein isolate (powder)
- Creatine Monohydrate (powder)
- Electrolytes (dissolvable Tabs)
- Vitamin C & Zinc Immunity Product (capsules/tablets)
- Pro-biotics (capsules)

Task: You are going to undertake a virtual or real-life shopping expedition to find a safe and third party batch tested version for each of these products. So each of these products listed, find a safe, batch tested version. Insert a photo or screen shot of the product. See example.

Product	Where did you source it?	How do you know its batch tested?	Photo or screen shot
Musashi 100% Whey	Chemist Warehouse	The Informed sport logo appeared on pack and just to be sure, I also checked the certified list on the informed sport website https://sport.wetestyoutrust.com/sites/default/files/generated-pdf/file.pdf	



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Product	Where did you source it?	How do you know its batch tested?	Photo or screen shot
Whey Protein Isolate (powder) Brand:			
Creatine Monohydrate Powder Brand:			
Electrolytes (dissolvable tabs) Brand:			
Vitamin C & Zinc Immune Support (capsules/tablets) Brand:			



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Helpful websites for this task;

HASTA batch tested

<https://hasta.org.au/certified/>



Informed Sport

<https://sport.wetestyoutrust.com/sites/default/files/generated-pdf/file.pdf>



Sports Integrity Australia App



Sport Integrity Austr...

Protecting sport together

OPEN

★★★★★ 22

Commercial Supplement Suppliers (there are many more, and individual supplement companies, these two are mentioned as they stock a range of batch tested brands)

Chemist Warehouse

www.chemistwarehouse.com.au



Batch tested

<https://batchtested.com.au/>

