

## ***Fitness & Performance Nutritional Supplements - The Shocking Truth***

The next time you hear about an elite or professional athlete testing positive for substance abuse don't immediately assume they are guilty!

Don't get me wrong I am adamantly against performance enhancing drugs and while its difficult to assume someone's innocence who tests positive for substances like steroids, HGH or cocaine there are other substances which athletes truly may not eve know they are even injesting!

Sounds incredible, its not!

Until recently like most people I had no idea that navigating the multi billion-dollar dietary performance supplement market was like living in the wild west.

Believe it or not, the supplement market is governed by the rule of "manufactured, packaged, marketed, sold, consumed and innocent until proven guilty"!

While supplements are regulated by the FDA as foods, they are regulated differently from other foods and from drugs. For example, a dietary supplement manufacturer does not have to prove a product's safety and effectiveness before it is marketed.

Also, unlike drug products, there are no provisions in the law for the FDA to "approve" dietary supplements for safety or effectiveness before they reach the consumer. Once a dietary supplement is marketed, FDA has to prove that the product is not safe in order to restrict its use or remove it from the market.

Incredible!

### **Dietary Supplement - Action Items Before Purchasing Supplements**

1. If you are thinking about using a dietary supplement, first get product information from a reliable source, don't just accept manufacturer product claims or even ingredients and if possible stick with proven reputable products.
2. Keep in mind that dietary supplements may interact with medications or other dietary supplements and may contain ingredients not listed on the label so call the manufacturer if you are on some strict medication.
3. Do not assume anything about these products. The internet is a great tool, investigate, investigate, investigate and do not take one resource as gospel! Especially websites hosted by manufacturers or natural dietary manufacturer associations.
4. Tell your health care providers about any complementary and alternative practices you use, including dietary supplements. Give them a full picture of what you do to manage your health.

Please note I am not saying all supplements are dangerous and manufacturers can't be trusted. That is not the case, as there are some great products on the market which work and provide a value to consumers.

However, you do not have to be an active competitor to realize you need to know what you are putting in your body and how it will react with other medications or other supplements.

My final words of caution are, “Be careful with the supplements you consume”! If something makes you feel like you are faster than a speeding bullet and able to leap buildings in a singlebound it might not be what you think it is!

Walter is a Guinness World Record weightlifting holder for more information on Walter Urban please visit [www.walterurban.com](http://www.walterurban.com) , Twitter walterjlg, Facebook Walter Urban