

*Drug Free Sport™*

# insight

First Quarter, 2018

*Current Topics in Sport Drug-Testing  
& Athlete Health and Wellness*

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# Drug Free Sport: Growth in Ensuring Fairness in Sport

Gene Willis, Director of Marketing

Since 1999, Drug Free Sport has served as an anti-doping expert. Balancing education and sport drug testing has proven successful for athletes' health and safety, along with allowing us to expand our reach to several countries and competitions around the world.

As sport has evolved, so have our efforts. In recent months, we added one of the biggest legacy organizations in auto racing, NASCAR, as a partner. On any given race day, drivers spend multiple hours in competition and proximity to high-velocity vehicles. We applaud their efforts to continually keep their drivers safe and educated toward their best performances.

Fairness challenges are also present in non-traditional and burgeoning sports. With prize pools reaching \$24 million for major esports events, organizers want to ensure their competitors are not seeking an advantage by misusing prescription drugs and other substances. This past Fall, our foray into this area took hold, providing oral-fluid testing for two major esports competitions.

Like you, we want to help athletes maximize their innate potential in sport, in the healthiest ways possible. This mission will continue to take us places (physical and philosophical) that we couldn't imagine in 1999. Now, we're helping others envision their future in ensuring fair sport.

You can help, too. Know a sporting organization that can benefit from athlete health/wellness education services and anti-doping efforts? We'd love to connect with them. Haven't updated your substance-abuse policy since it was first created? We can help. Contact your staff representative or reach out to us at [info@drugfreesport.com](mailto:info@drugfreesport.com).

Thank you for your trust and advocacy toward clean competition.



NASCAR racing. ©2018 NASCAR Digital Media, LLC.



An Esports Integrity Coalition (ESIC)-supported esports event. ©2018 ESIC.

## Keys to Leading in Sport Drug Testing

Michaela Stemmons, MS, ATC, Senior Sport Drug Testing Program Manager

Sam Streit, M.Ed., ATC, Sport Drug Testing Program Manager

**Commitment.** Our primary goal is to provide the best drug-use prevention services in the world, so our clients can depend on our reputation, knowledge, and expertise. Being the leader in sport drug testing requires an experienced staff committed to the clients we serve and a dedication to fair and safe sport. In that spirit, we have gained the trust of both amateur and professional sport organizations, including the NCAA, NFL, Major League Baseball's Minor League program, the PGA Tour, NASCAR, the NBA, and WNBA as well as hundreds of universities, state high school associations, and conferences.

**Work with the Best.** We have partnered with the best labs in the world to provide the latest technology that delivers the most accurate results, at the greatest speed. We also care about what we do, which means we care deeply about our clients, their athletes, and outcomes. We have the opportunity to work with a significant number of athletic trainers, who compassionately advocate for the athlete's best medical interest. This pursuit leads them to Drug Free Sport and our valued partnerships. Without the dedication of athletic trainers, sport would not be where it is today. Thank you for the privilege to lead alongside you.

# Your Third-Party Supplement Certification Questions — Answered

By Lara Gray, MS, RD, CSSD, Senior Director of Education

## What is third-party certification for dietary supplements?

Supplement manufacturers may voluntarily submit their products to organizations that test the product and the manufacturing facility for banned substances in sport. Some programs may test for additional substances or provide checks and balances to ensure product quality, such as verifying that all ingredients listed on the label are present in the correct amounts in the product (truth in labeling).

## Who are the third-party supplement certification organizations for sport?



There are four primary organizations that conduct third-party testing on dietary supplements: NSF Certified for Sport, Informed Sport, Informed Choice, and Banned Substances Control Group (BSCG). NSF Certified for Sport is operated by NSF International, a public health and safety organization that works to develop safety and testing standards, and certify products that meet those standards. For example, NSF International's accredited labs verify compliance with the American National Standards Institute (ANSI) through the only standard for dietary supplements (NSF/ANSI 173). Informed Choice and Informed Sport are sister programs operated by LGC Group, an accredited laboratory and regulatory testing company with anti-doping labs in the United Kingdom and United States. BSCG is a private organization started by Don and Oliver Catlin. Previous to BSCG, the Catlins contributed to anti-doping research and testing methodologies in sport.

## What do they do?

These third-party organizations test supplement products according to their program's unique specifications, which may include banned substance testing, investigation into the raw materials used in a product, and proof of Good Manufacturing Practices (GMP), among other practices. At a baseline, all of these organizations test for substances that are included in the World Anti-Doping Agency Prohibited Substances List, but may also include substances listed for other sport organizations, such as Major League Baseball and the National Football League.

## What are the differences between the organizations?

Primary differences between these organizations are the number of substances tested, what additional testing is included, and how often products are tested after certification. For example, all companies test for substances prohibited in sport, but BSCG adds over 211 other drugs not banned in sport, such as prescription or over-the-counter drugs that may appear in contaminated or adulterated supplements (i.e. PDE-5 inhibitors).

While all companies offer similar services, some do not require all services in order to be certified as banned-substance-free. NSF Certified for Sport requires all certified products to comply with their standards and undergo the required, all-inclusive testing that includes testing for heavy metals, pesticides and herbicides, and facility inspections. Informed Sport and Informed Choice outsource some services such as Good Manufacturing Practices (GMP) audits and contaminants testing to accredited labs approved by LGC including UL/NPA, and NSF, but these steps are still required of any product certified in their programs. BSCG provides all services, offered as separate programs: the BSCG Certified GMP, BSCG Certified Quality, and BSCG Certified Drug Free programs.

You can learn more about each program's unique certification process by visiting their websites or contacting the organizations directly. The provided table also outlines some of the similarities and differences between the programs based on information available on each company website, as well as through detailed conversations with company representatives.

# Third-Party Supplement Certification (cont.)

	NSF Certified For Sport	Informed Sport (IS)	Informed Choice (IC)	BSCG	Comments
Number of drugs banned in sport in testing panel	272+	220+	220+	274+	The prohibited substance screen for each program continues to evolve as new dietary ingredients are introduced in the sports supplement marketplace. In addition to the substances specifically listed, most labs are also able to detect chemical isomers of banned substances for more detailed analysis. Informed Sport (IS) and Informed Choice (IC) lists are based on market intelligence shared between the global anti-doping community to determine viable substance threats to athletes. BSCG also tests for 211+ drugs that are not banned in sport.
Lab Used for Testing	NSF International	LGC Group	LGC Group	Truesdail Laboratories	NSF operates their own lab directly out of NSF International in Ann Arbor, Michigan. LGC is a global sports anti-doping laboratory operated directly by LGC Group, the parent company of the IS and IC programs. Truesdail Laboratories is BSCG's exclusive testing partner.
Lab is ISO 17025 Accredited for Dietary Supplement Testing	Yes	Yes	Yes	Yes	ISO 17025 is the single most important standard for calibration and testing laboratories around the world. Laboratories that are accredited to this international standard have demonstrated that they are technically competent and able to produce precise and accurate test and/or calibration data. It is important these labs have a specified scope for testing dietary supplements within their ISO 17025 accreditation.
Conduct Facility Audits for GMP*	Yes; twice annually	Yes; indirectly	Yes; indirectly	Yes; paper audit or separate program	NSF audits the facilities directly to verify continued compliance with GMP required by the U.S. Food and Drug Administration. NSF also provides a NSF GMP for Sport certification which verifies that banned substances in sport are never stored nor processed on site. IS and IC do not conduct the GMP audits themselves but verify certification of GMP by UL/NPA, NSF or other approved and qualified GMP auditing bodies. IS and IC GMP audits verify that banned substances in sport are never stored or processed on site. IS and IC also conduct anti-doping site audits which include two site inspections and swabbings per year. BSCG conducts a paper audit of each product's GMP quality control process as part of the BSCG Certified Drug Free certification. BSCG provides full onsite GMP audits as part of a separate program (BSCG Certified GMP).
Verify Truth in Labeling	Yes	Yes; indirectly	Yes; indirectly	Yes; paper audit or separate program	NSF tests for truth in labeling according to the only American National Standard for dietary supplements (NSF/ANSI 173). IS and IC verify truth in labeling indirectly through certification documentation obtained from UL/NPA, NSF International, or other accredited labs. BSCG conducts a paper audit for label claim testing through their GMP quality control review for BSCG Certified Drug Free certification. Direct testing of label claim verification is part of a separate program (BSCG Certified Quality).
Test for Contaminants (heavy metals, pesticides, herbicides, microbiological agents)	Yes	Yes; indirectly	Yes; indirectly	Yes; paper audit or separate program	NSF tests for contaminants according to the only American National Standard for dietary supplements (NSF/ANSI 173). IS and IC verify contaminant testing indirectly through certification documentation obtained from UL/NPA, NSF International, or other accredited labs. BSCG conducts a paper audit for contaminant testing through their GMP quality control review for BSCG Certified Drug Free certification. Direct testing for contaminants is part of a separate program (BSCG Certified Quality).
Post-Certification/ On-going Product Testing	Lot by Lot or Targeted Testing	Every batch, plus 4 retail blind samples each year	Skip-lot monitoring	Every batch or one batch per month with random retail sampling	A "batch" is considered one production run of the dietary supplement product from the manufacturer. Sometimes, the term "lot" is used interchangeably. Along with monitoring formula modifications, NSF tests specific production runs (or "lots") and posts the lot numbers tested on their website before the product can be sold at retail. Targeted Testing is a program available to a select few NSF clients that meet strict standards for continued compliance, NSF's GMP for Sport requirements, and testing protocols. Ongoing testing for products in the Targeted Testing program does not require every batch or lot to be tested, but rather involves a customized number of samples based on total production volumes, manufacturing cycles, and product expiration. The Informed Sport program tests every production run from the manufacturer prior to release for sale and lists every tested batch on their website. IS also tests up to four blind samples for each product to ensure products at testing and retail are the same. Skip-lot monitoring in the Informed Choice program is when one lot number of each registered product purchased at retail is tested once per month. In the Informed Choice program, additional batches may be specifically tested and held to be distributed directly to teams or athletes. BSCG gives clients the option of either having every batch tested for banned substances, or testing one batch every month with random retail sampling.

\*GMP = Good Manufacturing Practices



# Third-Party Supplement Certification (cont.)

## Which third-party supplement certification program should I consider?

More than selecting one program over another, it is important to consider third-party supplement certification programs collectively, as a tool to reduce the risk supplements pose for athletes. By selecting supplements that have been tested by one of these organizations, athletes are taking a critical step to protect their eligibility to compete. One important point of clarification: Informed Choice is a monitoring program and is not recommended for drug-tested athletes, due to its limits on repeat product testing. Instead, Informed Sport is LGC's recommended program for competitive, drug-tested athletes as every batch of certified products are tested on an ongoing basis. For more information, visit the chart on the previous page.

## How do I use them as a resource?

The best way to use third-party certification programs as a resource is to look up the products they certify directly on their websites. Unfortunately, some supplement websites deceptively use the third-party certification logos to promote products as safe, but in fact they have not been certified by any of these organizations. It is very important for practitioners to go directly to the source (the third-party certification company website) to search for the specific products approved in their testing program.

Third-Party Supplement Certification Websites:

NSF Certified for Sport  
[nfsport.com](https://nfsport.com)

Informed Sport  
[informed-sport.com](https://informed-sport.com)

Informed Choice  
[informed-choice.org](https://informed-choice.org)

Banned Substances Control Group  
[bscg.org](https://bscg.org)

## Are these products guaranteed to be free of banned substances?

While third-party testing is an important step in reducing the risks of contamination and adulteration of supplements, it cannot definitively guarantee a product to be free of banned substances. In many cases, these programs are not testing every product that ends up on the shelves or are sold online. Instead, they are testing specific samples of batches of the product.

The other consideration is the constant introduction of new prohibited substances or contamination concerns within the supplement industry. New synthetic stimulants and anabolic agents are continually emerging and pose serious risk to athletes. Even with the best intentions, it can be a challenge for all of these certification programs to proactively test supplements for new ingredients—especially if they haven't been discovered yet!

## What can I do to keep my athletes safe when considering dietary supplements?

Dietary supplements can be risky business for drug-tested athletes. To minimize risk, athletes should be advised to source third-party tested and certified supplements. If associated with a Drug Free Sport AXIS™ partner, athletes should use AXIS to receive a risk level rating for supplements and make an informed decision. Drug Free Sport also offers a Supplement Safety poster to guide athletes in smart supplement decision making. Posters are available here: [drugfreesport.com/infographic-products/](https://drugfreesport.com/infographic-products/)

If athletes are looking for a 100% guarantee that a supplement won't cause a positive drug test, the advice would be not to use any dietary supplement. Often simple adjustments to an athlete's meal plan and nutrition choices can yield far more substantial, sustainable, and safe performance outcomes compared to supplementation. Check out the Sports Nutrition tab on AXIS for resources, or to find a sports dietitian in your area.

## Collector Spotlight



Matt Lang

Collection Company: LPF Collections, LLC

Matt Lang has been conducting drug testing collections for Drug Free Sport since 2012. Hailing from the outskirts of Atlanta, Lang can be found performing collections predominantly in the Atlanta area. However, you'll also find him in different parts of Georgia, South Carolina, North Carolina, Alabama, and Tennessee.

In his spare time, he enjoys volunteering at his church, coaching baseball, or watching a good comedy. Matt also kicks back with his two French bulldogs, Gracie and Hammy, and his rescued Germa-Labrador, Maggie.

When not running collections or taking time for his hobbies, Matt can be found spending time with his "blended family" of five that includes his wife, Susan, and boys, Chris (20), Robert (19), Drew (18), and Kyle (17).

His favorite quote is from Herman Cain: "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

## DRUG FREE SPORT MISSION

*Ensuring Fair and Safe Sport*

Drug Free Sport is a team of accessible, world-class experts in partnership with leading sport organizations around the world providing unbiased and customized drug-testing programs and other drug prevention initiatives to ensure fair and safe sport.

## UPCOMING EVENTS

If we will be in your area, please contact us to schedule an educational session or visit!

### Fairleigh-Dickinson University Education Session

Teaneck, NJ / April 11

### Live Webinar: Is My Drug Testing Program Working?

[Register Here.](#)

April 11, 12-1pm CDT

### NAIA National Convention

Kansas City, MO / April 15-16

### B1G Sports Medicine Symposium

Rosemont, IL / April 30 - May 1

### Mountain West Sports Medicine Meeting

Las Vegas, NV / May 4 - 6

### CPSDA Annual Conference

Indianapolis, IN / May 21 - 24

### Sport Exchange Summit

Kansas City, MO / June 11 - 12

### NATA 69th Clinical Symposia & AT Expo

New Orleans, LA / June 26-29

For upcoming webinars and other events, please check our website [drugfreesport.com](http://drugfreesport.com).

# Drug Free Sport® News

## Look Who's Joined Our Staff!



### Blake Henderson, J.D.

Professional Sport Program Manager

Blake obtained his Bachelor's degree in Sport Management from California University of Pennsylvania. While an undergrad at Cal U, Blake was a three-year member of the baseball team. Blake has also attended the University of Dayton School of Law where he obtained his Juris Doctor: he is now a licensed attorney in the state of Missouri. Blake has held many positions in sports, including positions in baseball (Frontier League) and in golf (Missouri Golf Association).



### Matthew Ruder

Phlebotomy Services Program Manager

Matthew graduated with a degree in Sports Management from the University of Kansas where he also worked as an Equipment Manager for KU Athletics. Matthew was raised in Lawrence, KS as a third-generation Jayhawk. His grandfather was the first-generation Ruder to attend the school, and also won a NCAA Men's Basketball Championship in 1952 with KU.

## Don't Miss the 2018 Sport Exchange Summit!



### KANSAS CITY JUNE 11-12, 2018

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"Team Behind The Team"*

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- » Athletic Trainers (5.5 EBP Category CEUs + 4.5 Category A CEUs)
- » Sport Dietitians (10 CPEUs)
- » Sport Psychologists (10 APA CE credits)
- » Strength & Conditioning Specialists (5.0 CSCCa CEUs; 0.7 NSCA CEUs)

For INSIGHT questions or comments, please contact:  
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