

Supplements and Steroids a pithy summary.



What are supplements?

- They fall into two categories.
- Dietary - which are designed to fill in any gaps that may exist in our nutrition.
- Performance enhancing – they are designed to improve your athletic performance.

Who regulates supplements?

- The manufacturer is responsible for ensuring that a supplement is safe before it is marketed.
- The FDA is responsible for taking action against any unsafe supplement product after it reaches the market.
- The FDA doesn't generally require a manufacturer to register their product with them, nor get approval before producing or selling their supplement.



It is the responsibility of every Coast Guard member who takes supplements to know the ingredients of the supplement they are taking. This is to make certain they are not in violation of the Coast Guard drug policy and most importantly to ensure their safety.

Two supplements that have been banned and taken off the market as supplements are Androstenedione or "Andro", and Ephedrine Alkaloids (Ephedra). In some states Ephedra is back on the shelves.



Some questions to ask before taking a supplement.

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| Why is the supplement worth taking? | How much should I take? |
| What does the supplement claim to do? | Is it worth the price? |
| Do studies or history show it's safe? | Is the brand reputable? |
| What time of day should I take it? | How often should I take it? |
| Will it interact with other medications? | What side effects might I have? |
| Will it interact with other supplements? | How long should I take it? |
| Will it interfere with any medical conditions? | |
| How long before I can expect to see results? | |

Some web sites to check supplements:

- www.fda.gov
- www.supplementwatch.com
- www.quackwatch.org
- www.ods.od.nih.gov
- www.gssiweb.org

Coast Guard policy on anabolic steroids and controlled substances as taken from the Coast Guard Regulations manual CIM 5000.3B chapter 9 section 2 paragraph 15:

- Except for authorized medicinal purposes, the introduction, possession, use, sale, or other transfer of controlled substances or anabolic steroids on board any ship, craft, or aircraft of the Coast Guard in any government-owned vehicle or within any Coast Guard station or other place under the jurisdiction of the Coast Guard, or the possession, use, sale, or other transfer of controlled substances or anabolic steroids by persons in the Coast Guard is prohibited.
- The term "anabolic steroids" means: any drug or other substance currently included on the National Collegiate Athletic Association (NCAA) list of banned Anabolic Steroids. www.ncaa.org/health-safety
- No person in the Coast Guard shall be incapacitated from the proper performance of assigned duties as the result of the use of controlled substances or anabolic steroids. This rule may be waived only if the person receives an authorization by a physician (controlled substances) or by a uniformed service physician (for anabolic steroids) for use of these substances for medical treatment.



References and resources:

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| Coast Guard Regulations Manual CIM 5000.3B | Food and Drug Administration (www.cfsan.fda.gov) |
| University of California San Diego (http://athletics.ucsd.edu) | Mr Brad Welch ISC NOLA Worklife |

Check out SAPT's websites for more information. <http://www.uscg.mil/teyorktown/SAPTA>, <http://cgweb.tcpet.uscg.mil/sapt/index.html>.

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