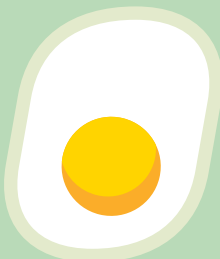


# DRUGS IN SPORT

## #KEEPRUGBYCLEAN

**THE GOAL:  
ZERO ANTI-DOPING  
VIOLATIONS IN SOUTH  
AFRICAN RUGBY**



**THE ONLY WAY TO ZERO  
ANTI-DOPING VIOLATIONS IN  
SOUTH AFRICAN RUGBY:  
AVOID TAKING SUPPLEMENTS  
AND BANNED SUBSTANCES**

The best food choices may not make a champion out of a rugby player with no talent, but an inadequate diet can certainly prevent a talented player from reaching the optimal training and performance levels required to get to the top.

### BEFORE CONTEMPLATING SUPPLEMENTS:

1. Can you get what you need from food or fluids first, instead of from a supplement?
2. Does it work? Is it effective in offering a performance benefit in your situation?
3. Is it illegal?
4. Is there a risk of the product being contaminated?
5. Has it been batch tested according to WADA ISO standards for ALL WADA-banned substances?
6. Is it safe?
7. Are there any side effects that may adversely affect your health?

### THE REAL-WORLD WAY: ZERO ANTI-DOPING VIOLATIONS IN SOUTH AFRICAN RUGBY

- Consult a dietician or sports physician first
- Always start with a food-first approach – fix your diet!
- Let the medical professionals decide whether or not you clinically need something
- If clinically needed, integrate these supplements into an individualised and periodised food plan
- Obtain clinical advice on a low-risk approach with regards to which supplements you can purchase



**YOU** ARE STILL ULTIMATELY RESPONSIBLE FOR WHAT GOES IN YOUR BODY! THE DECISION TO USE THE SUPPLEMENT OR NOT IS STILL YOURS TO MAKE



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PETRO JACKSON  
Rugby's Caring Hands

