



NATIONAL FOOTBALL LEAGUE

Supplements

Dietary supplements are marketed as products that will enhance your health, your stamina, your performance, etc. **Dietary supplements are not approved by the Food and Drug Administration ("FDA") as to effectiveness, adverse effects or label accuracy.** When supplements combine multiple ingredients, there has been no research as to the benefits or risks of these mixtures of ingredients.

The NFL Policy on Performance-Enhancing Substances (the "Policy") is a strict liability policy – **you are responsible for what is in your body.**

Since the ingredients of supplements are not tested by the FDA or any independent agency, you cannot be certain that the supplement you take contains the ingredients listed on the label. **Prohibited substances have been found in supplements that were not listed on the label in many research studies.**

I encourage you to avoid these products. No person, organization or third-party supplement certification can "100 percent" guarantee that a supplement is free of prohibited substances. If you are considering taking a supplement the following resources are available to gain further information before making your decision:

1. Your Team Dietitian
2. Third Party Supplement Certifications that test for ingredients and prohibited substances (be sure to confirm the specific product lot number has been tested):
 - [NSF Certified for Sport](#)
 - [Informed Sport](#)
 - [BSCG](#)
3. [USADA Supplement Website](#)
4. Independent Administrator, John Lombardo, MD (jlombardo@drjalombardo.com)

Remember, you are responsible for what is in your body. It is important to remember that under the Policy, the player is responsible for what is in his body and a positive test will not be excused because he claims it was caused by a supplement – even if the supplement was prescribed by a Club Physician, recommended by Team Personnel or obtained through a Third-Party Supplement Certification program. To be clear, use of a supplement that has been tested by a third-party, was not listed on the USADA website, prescribed by a Team Physician or recommended by a Team Dietitian is not an effective defense to a Policy violation.

If you have any questions, please contact me via email at jlombardo@drjalombardo.com or via phone/text message at 614-620-6052.

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Independent Administrator
NFL Policy on Performance-Enhancing Substances

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