



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 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 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.**

Although there is no way to be completely certain supplements do not contain banned substances, players have the following resources available concerning supplements:

1. NSF Certified for Sport for list of supplements tested for ingredients and prohibited substances:
http://www.nfsport.com/listings/certified_products.asp
2. USADA supplement website:
<http://www.usada.org/supplement411>
3. Independent Administrator, John Lombardo, MD (jlombardo@drjalombardo.com)

I encourage you to avoid these products, but if you are considering taking a supplement use the resources available to gain further information before making your decision. **Remember, you are responsible for what is in your body.**

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

A handwritten signature in cursive script that reads "John A. Lombardo".

John A. Lombardo, M.D.
Independent Administrator of the NFL Policy on
Performance-Enhancing Substances

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