

NUTRITIONAL SUPPLEMENTS: WHAT YOU NEED TO KNOW!

IF CLAIMS ABOUT A PRODUCT SOUND TOO GOOD TO BE TRUE, THEY PROBABLY ARE!

NUTRITIONAL SUPPLEMENTS ARE NOT REGULATED for content, potency, purity, quality and/or safety before they are manufactured.

SOME NUTRITIONAL SUPPLEMENTS HAVE BEEN SHOWN TO CONTAIN CONTAMINANTS and ingredients known to be dangerous or harmful.

NATURAL DOES NOT MEAN SAFE!

AVOID PRODUCTS WHOSE USE IS NOT SUPPORTED BY SOLID MEDICAL RESEARCH cited in peer-reviewed medical journals.

LOOK FOR A USP (United States Pharmacopeia) LOGO ON THE LABEL. This indicates the nutritional supplement has passed voluntary testing for potency and purity.

SCHOOL PERSONNEL SHOULD NEVER DISPENSE any drug, medication or nutritional supplement except in accordance with policies developed by the school district.

SCHOOL PERSONNEL SHOULD NEVER SUPPLY, RECOMMEND OR PERMIT THE USE OF any drug, medication or nutritional supplement for the purposes of performance enhancement.

STUDENT-ATHLETES AND THEIR PARENTS/GUARDIANS SHOULD CONSULT WITH THEIR PHYSICIAN before taking any nutritional supplement product.

THE BEST NUTRITION ALWAYS COME FROM A HEALTHY, BALANCED DIET!