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<p><b>Supplement Guide</b></p> <p>The TrueSport Supplement Guide details the benefits of a food-first nutrition strategy, providing food and supplement comparisons, as well as ways to help athletes realize and reduce the risks associated with dietary supplements.</p> <p><a href="#">Supplement Guide</a></p>		<p><b>Nutrition Guide</b></p> <p>In consultation with registered dietitians, USADA and its TrueSport program created an optimal dietary intake guide for those looking to reach their full potential through nutrition.</p> <p><a href="#">Nutrition Guide</a></p>	
<p><b>Additional Resources</b></p> <p>Refer to the Premier Sports Prohibited List: <a href="#">Premier Sports (PFL) Prohibited List</a></p> <p>Check the status of your prescribed and over the counter medications: <a href="#">Global DRO</a></p>	 	<p><b>Additional Resources</b></p> <p>Realize, recognize, and reduce supplement risks: <a href="#">Supplement Connect   USADA</a></p> <p>Third party certified supplements: <a href="#">Certified for Sport®</a></p>	 
<p>Help keep your sport clean: <a href="#">Report Doping - Play Clean Tip Center</a></p>			