
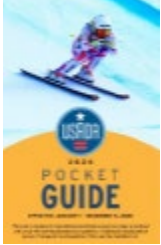








<p>Premier Sports: Anti-Doping Policy</p> <p>A comprehensive resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information for athletes and athlete support personnel.</p> <p>2025-Premier-Sports-Anti-Doping-Policy.pdf</p>		<p>Pocket Guide</p> <p>A condensed resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information for athletes and athlete support personnel.</p> <p>2026-USADA-Pocket-Guide.pdf</p>	
<p>Supplement Guide</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>supplement-guide.pdf</p>		<p>Nutrition Guide</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>Nutrition-Guide.pdf</p>	
<p>Additional Resources</p> <p>Check the status of over the counter and prescription medications: Global DRO - Home</p> <p>Help keep your sport clean: Report Doping - Play Clean Tip Center</p>	 	<p>Additional Resources</p> <p>Realize, recognize, and reduce supplement risks: Supplement Connect USADA</p> <p>Third party certified supplements: Certified for Sport®</p>	