

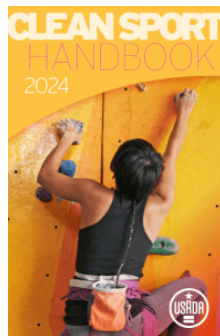


TrueSport®

Clean Sport Handbook:

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.

<https://www.usada.org/wp-content/uploads/2024-Clean-Sport-Handbook-WEB.pdf>



Pocket Guide:

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.

<https://www.usada.org/wp-content/uploads/2024-USADA-Pocket-Guide-WEB.pdf>



Supplement Guide:

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.

<https://www.usada.org/wp-content/uploads/supplement-guide.pdf>



Nutrition Guide:

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.

<https://www.usada.org/wp-content/uploads/Nutrition-Guide.pdf>

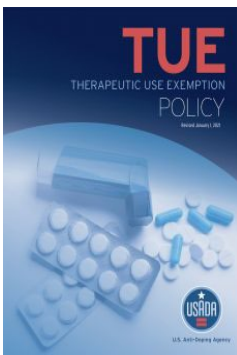


Medication exemption:

Consistent with the WADA International Standard for Therapeutic Use Exemptions (ISTUE), the policy explains the process for TUEs.

https://www.usada.org/wp-content/uploads/USADA_TUE_Policy.pdf

For more information on TUEs, visit [USADA.org/TUE](https://www.usada.org/TUE)



Additional Resources:

Check the status of over the counter and prescription medications:

<https://globaldro.com/Home>

Realize, recognize, and reduce supplement risks:

<https://www.usada.org/athletes/substances/supplement-connect/>

Certified Supplements: <https://www.nfsport.com/>

Help keep your sport clean:

<https://www.usada.org/resources/playclean/>

