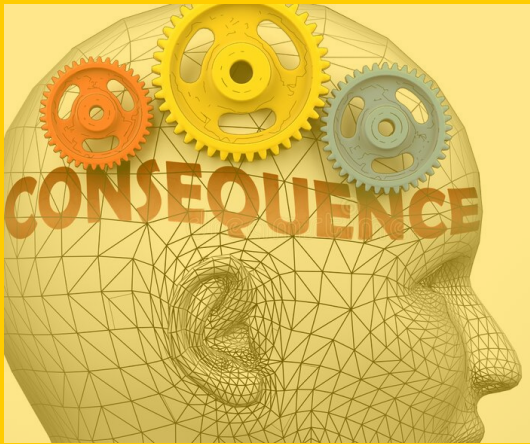


## Assess the need!?

Need = Is my nutritional intake optimal?  
Risk = What are the risks (no guarantees)  
Consequence = What's the impact of getting it wrong? "ANARAC" - Assess the Need, Assess the Risk, Assess the Consequence!



## What next

Check the product you intend to use is listed on informed sport, (<https://sport.wetestyoutrust.com/>)  
Make sure you check the batch number of the product

Remember a vitamin is a supplement!!



## Strict Liability

Regardless of how a banned or restricted substance entered your body, through supplements or otherwise it, the buck stops with you!

## STEP 01



## Consult

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## STEP 02

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## STEP 03



## Record it! (100%me)

## STEP 04

Why not store any supplement / batch number in the 'my medication section of your 100%me App

## STEP 05

