

WCHM Anti-Doping Supplement Checklist



1. Check Ingredients

- Before using any supplement, search ingredients on: www.globaldro.com
- Confirm “Not Prohibited” for Weightlifting and competition status.

2. Choose Certified Supplements

- Prefer “NSF Certified for Sport” or “Informed Sport” tested supplements.
- Reduces risk of cross-contamination.

3. Record Keeping

Write down:

- Brand and product name
- Batch/lot number
- Purchase receipt
- Photos of label and ingredient list

Keep for at least two years.

4. Monitor Changes

- Check the WADA Prohibited list each January for changes.
- Recheck any supplement before each competition season.

5. When in Doubt, Leave it Out!

- If unsure about a supplement or ingredient, do not take it until clarified with:
 - ✓ A sports medicine doctor
 - ✓ A pharmacist familiar with anti-doping
 - ✓ CCES Info Line at 1-800-672-7775.

6. Medical Needs

- If prescribed medication includes a prohibited substance, apply for a TUE (Therapeutic Use Exemption) if competing in an international masters weightlifting championship but contact imwla.antidoping@gmail.com for advice, OR
- Apply for a “Medical Review” if competing at the Canadian Masters Weightlifting Championships. Carefully review “WCHM Anti-Doping Documents” on the WCHM Website.
- Carefully review “Preparing for Doping Control” on the WCHM Website.
- Contact the CCES at 1-613-521-3340 or the CCES Info Line at 1-800-672-7775.