

NUTRITIONAL SUPPLEMENT PURCHASE APPROVAL FORM

This form must be completed and approved prior to the purchase of any nutritional supplement not previously approved by the Director of Strength & Conditioning, Nutritionist or Director of Athletic Training, and the Compliance Office.

In accordance with the *NCAA Division I Manual, Bylaw 16.5.2 (g)*, an institution may provide permissible nutritional supplements to a student-athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. (*Adopted: 4/27/00 effective 8/1/00, Revised: 11/1/01 effective 8/1/02, 4/14/09*)

An institution may not provide any nutritional supplements/ingredients to a student-athlete unless it is a non-muscle-building supplement and is included in one of the four classes identified in the bylaw above. The following list, while not exhaustive, should assist in determining the types of nutritional supplements/ingredients that may be provided to LSU student-athletes:

Permissible	Impermissible
<p style="text-align: center;">Vitamins and Minerals Energy Bars Calorie Replacement Drinks (e.g., Ensure, Boost) Electrolyte Replacement Drinks (e.g., Powerade)</p>	<p style="text-align: center;">Amino Acids (including Amino Acid Chelates) * Chondroitin Chrysin CLA (Conjugated Linoleic Acid) Creatine/Creatine-containing compounds Garcinia Cambogia (Hydroxycitric Acid) Ginkgo Biloba Ginseng * Glucosamine ** Glycerol Green Tea HMB Carnitine Melatonin MSM (Methylsulfonyl Methane) Protein Powders Tribulus Yohimbe</p>
<p>* Chondroitin and/or Glucosamine may be provided to a student-athlete for medical purposes, provided such substances are provided by a licensed medical doctor to treat a specific, diagnosed medical condition (as opposed to prescribing them for preventative reasons). ** Glycerol or Glycerine as a binding ingredient in a nutritional supplement is permissible.</p>	

A supplement that contains protein may be classified as a non-muscle-building supplement provided it is included in one of the four permissible categories, does not contain more than 30 percent of its calories from protein (based solely on the package label) and does not contain additional ingredients that are designed to assist in the muscle-building process (see examples of impermissible supplements/ingredients). Nutritional supplements containing more than 30 percent of its calories from protein are classified as muscle-building and may not be provided to student-athletes.

One gram of protein equates to four calories. Therefore, the percentage of calories from protein contained in a nutritional supplement may be calculated by multiplying the number of grams of protein per serving by four and dividing the product by the total number of calories per serving.

If a product includes any impermissible ingredient, it is not permissible to provide to student-athletes. Further, when evaluating a product's protein content, you should consider the listing of the word "protein" and the number of grams included. If any other parts of the protein are listed separately (such as any amino acid or chain), the product is impermissible. If a product lists a "proprietary protein" or "protein blend," it is most likely an impermissible nutritional product as the protein is not derived from a whole food source, but rather a concoction created by the manufacturer.

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In considering whether a product is a permissible nutritional supplement under NCAA rules, you should:

- 1) Review the label and ingredients to determine if the product falls under one of the four categories of permissible supplements;
- 2) Review the ingredients for any banned substances (click [here](#) for further information)
- 3) Determine whether or not the product contains any of the examples of "impermissible" ingredients referenced earlier; and
- 4) Determine if the product contains more than 30 percent calories from protein.

If you are still unsure of the permissibility of a particular product, please contact the Compliance Office for assistance, and provide full product ingredient information. Compliance will work with the Sports Medicine staff to review the product and determine whether it may be provided to student-athletes. Products deemed permissible shall be reviewed annually to determine if any reformulation of the product has introduced elements that may affect its permissibility.

To be completed by the INDIVIDUAL REQUESTING PURCHASE:

Name of Individual Requesting Purchase		Title / Position		Date
Name of Product			Manufacturer of Product	
Serving Size	Total Calories	Protein/serving (grams)	Calories from Protein	PERCENT CALORIES FROM PROTEIN
(initial) _____	The product falls into one of the four permissible categories of permissible supplements (carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals).			
(initial) _____	The product does not contain any NCAA banned substances.			
(initial) _____	The product does not contain any of the substances identified as "impermissible" in this form.			
(initial) _____	If the product contains glucosamine or chondroitin, it will only be distributed to student-athletes for medical purposes by a licensed medical doctor to treat a specific, diagnosed medical condition.			
(initial) _____	The product does not contain more than 30 percent calories from protein.			

*** PLEASE ATTACH A LIST OF INGREDIENTS AS INDICATED ON THE PRODUCT PACKAGING ***

To the best of my knowledge, the above information is accurate and the product meets NCAA requirements.

Signature of Tommy Moffitt or Jack Marucci	Date	Signature of Lauren Reagan or Shelly Mullenix	Date
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FOR COMPLIANCE USE ONLY

APPROVED

DENIED

Compliance Office Signature

Date